

Peke Waihanga
Artificial Limb Service

Below Knee Amputation (BKA)

Advice and Exercises



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Note: Progression through the exercises will depend on each individual's strength, ability, pain levels and wound healing.

Your physiotherapist will be able to advise you when you are ready to progress to the next stage of exercises.

Advice

The advice and exercises contained in this booklet are designed to maintain range of movement and strength following your amputation and to start to prepare you for fitting of an artificial limb.

After a below knee amputation it is important to prevent the knee and hip from staying in a bent or flexed position.

To prevent this:

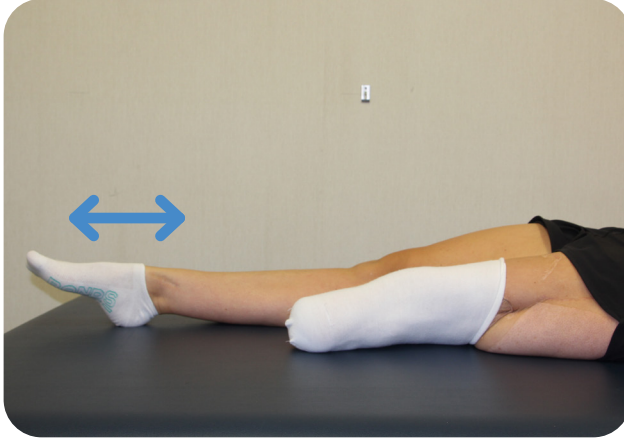
- **Do not** put a pillow under your residual limb (stump).
- **Do not** let your residual limb hang over the edge of the bed or chair.
- **Always use a stump board** on your wheelchair to rest your residual limb in a straight position.
- **Change position regularly** - at least every 2 hours.

Other advice:

- **Gently** touch, rub and massage the residual limb to help with desensitisation.
- **Do not** hop on your remaining foot unless advised that this is safe for you to do so.

Stage 1 exercises

Ankle pumps



Move the ankle of your sound leg **up and down**.

Repeat _____ times.

Static quads



Complete this action for both your amputated and sound leg.

Keep your knee straight and push the **back of your knee** into the bed.

Hold for _____ seconds.

Repeat _____ times.

Hip abduction

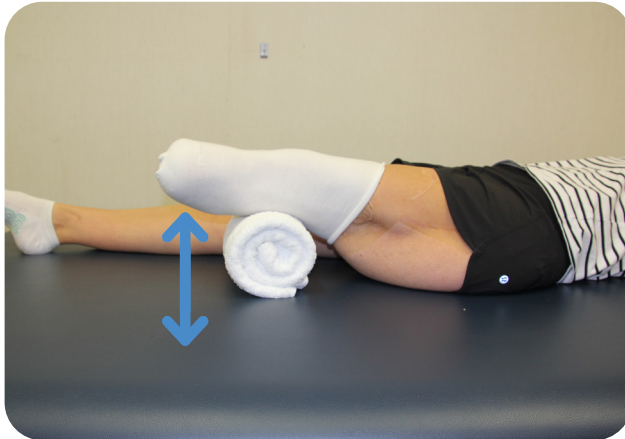


Complete this action for both your amputated and sound leg.

Take your amputated **leg out to the side** and return to the middle.

Repeat _____ times.

Inner-range quads



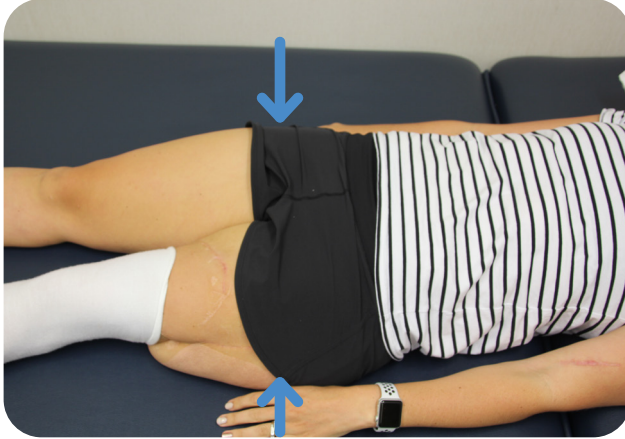
Complete this action for both your amputated and sound leg.

Place a rolled towel under your knee. Push the **back of your knee** into the towel and straighten your knee.

Hold for _____ seconds.

Repeat _____ times.

Bottom clenches

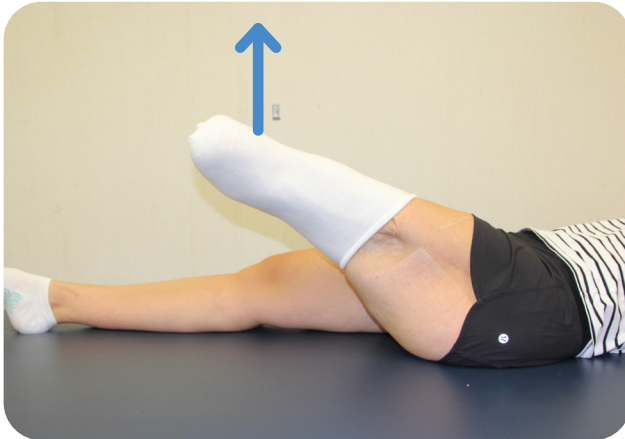


Squeeze your **buttocks together**.

Hold for ____ seconds.

Repeat ____ times.

Straight leg raises

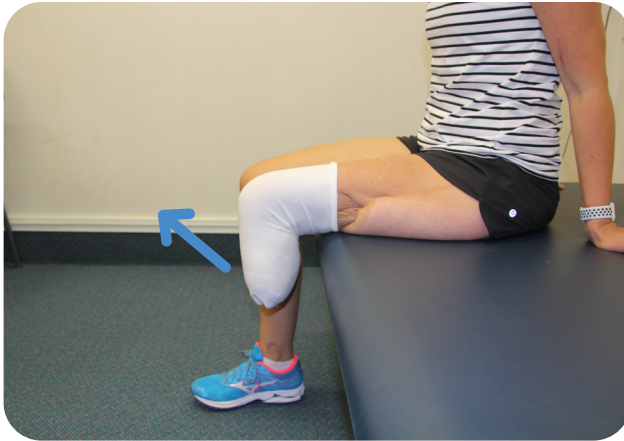


Complete this action for both your amputated and sound leg.

Keep the knee straight and **lift the leg up** off the bed and slowly lower it down again.

Repeat ____ times.

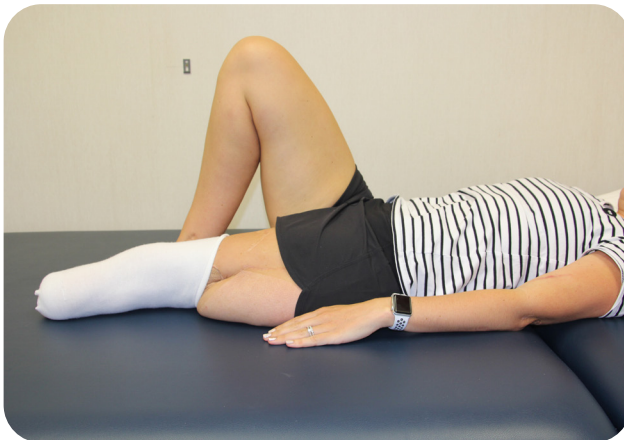
Knee Flexion and extension in sitting



Sit on the edge of the bed with the knee of your amputated leg bent, **slowly straighten knee** and then lower back down.

Repeat _____ times.

Hip and knee stretch



Lie flat on your back for **20 minutes** with your amputated knee straight.

Bend your sound knee with foot flat on the bed.

Stage 2 exercises

Knee extension

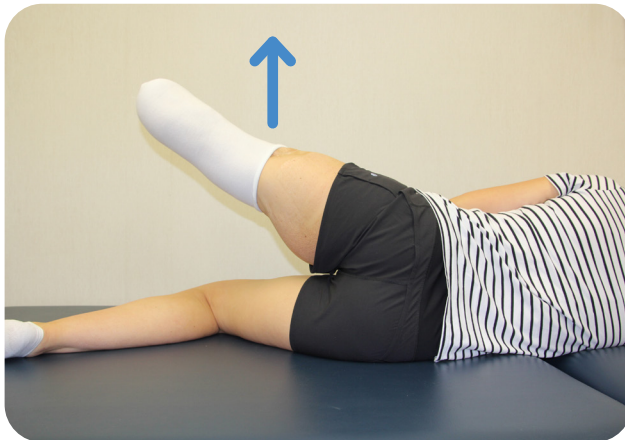


Lie **flat** on your back with your sound leg bent.

Straighten your knee with end of your stump **resting on** a rolled towel.

Stay in this position for **5 minutes**.

Hip abduction



Lie on your **sound side** with the knee bent.

Slowly **lift your amputated leg** towards the ceiling, keeping the knee straight.

Hold for ____ seconds.

Repeat ____ times.

Hip extension



Lie on your **sound side** with the knee bent.

Take your amputated **leg directly behind** you, keeping the knee straight.

Hold for ____ seconds.

Repeat ____ times.

Hip adduction



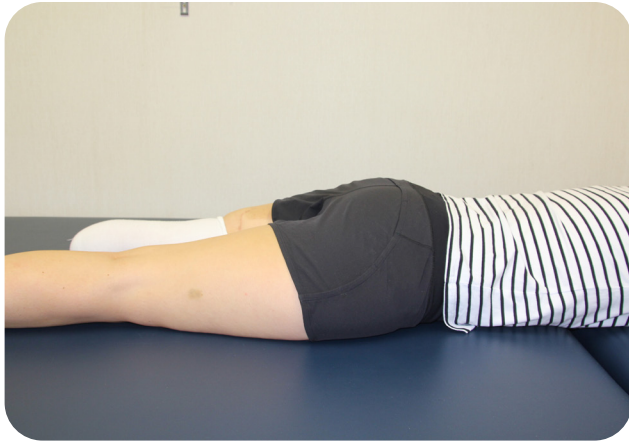
Lie flat on your back with your knees straight and place a folded towel between your thighs.

Squeeze your amputated **leg into the towel**.

Hold for ____ seconds.

Repeat ____ times.

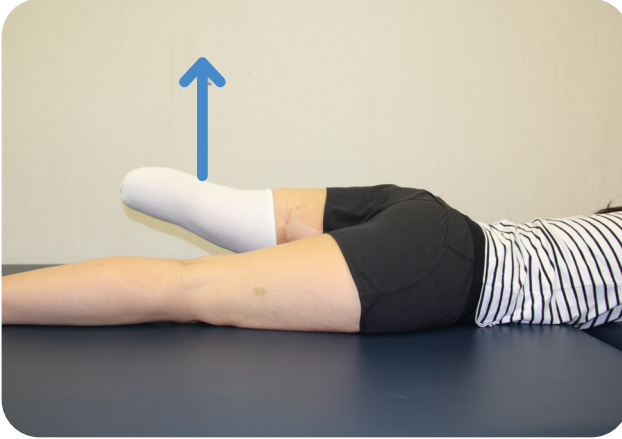
Prone lying



Lie flat on your **front** for **20 minutes, twice** a day.

Stage 3 exercises

Hip extension

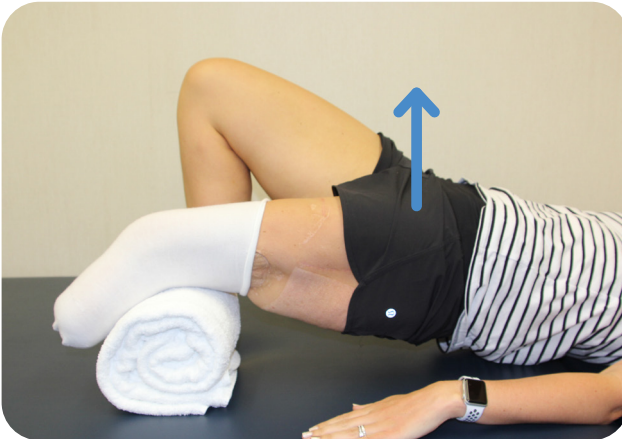


Lie flat on your front and **lift your amputated leg** off the bed. Make sure the front of your hip stays on the bed.

Hold for ____ seconds.

Repeat ____ times.

Bridging



Lie on your back, bend your knee and place your foot on the bed. Place a rolled towel under your amputated leg. Push through your foot and amputated leg and **lift your bottom** off the bed.

Hold for ____ seconds.

Repeat ____ times.

Standing hip abduction



Stand and **hold onto a secure surface**.

Take your amputated **leg out to the side**, keeping the knee straight. Ensure your body stays upright.

Hold for ____ seconds.

Repeat ____ times.

Standing hip extension



Stand and **hold onto a secure surface**.

Keeping your knee straight take your amputated **leg straight out behind** you. Ensure your body stays upright.

Hold for ____ seconds.

Repeat ____ times.

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