

Above Knee Amputation Exercise Program



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saskhealthauthority.ca

It is very important to do these exercises at home. They help you bend and straighten your hip. These exercises also help you build strength and energy. All of this is important if you want the best recovery possible.

These exercises can be done in bed or on an exercise mat. Try to do them 2 to 3 times each day

Starting Exercises

1. Slide leg out (snow angel)



- Lie flat on your back
- Slide your amputated leg out to the side
- Try to keep your knee cap pointing up at the ceiling. Do not twist leg in or out as you slide it.
- Do this 10 times in a row, 3 times a day



2. Straight leg lifts



- Lie flat on your back
- Lift your amputated leg up to the ceiling
- Hold for 5 seconds.
- Then lower your leg back down. Move slowly.
- Do this 10 times in a row, 3 times a day



3. Squeeze legs together



- Lie flat on your back or sit up
- Put a rolled up towel or blanket between your legs
- Squeeze your legs together
- Hold this for 5 seconds
- Relax for 5 seconds
- Do this 10 times in a row, 3 times a day

Advanced Exercises

1. Hip lifts



- Lie on your back. Rest your amputated leg on a rolled up towel or blanket. Your other leg is bent with your foot flat on the bed.
- Push with both legs to lift your hips up off of the bed. Move slowly, with control
- Try to lift both sides of your hips up the same amount, your body should not twist.
- Hold for 5 seconds with your hips off the bed
- Slowly lower your hips back down to the bed
- Do this 10 times in a row, 3 times a day

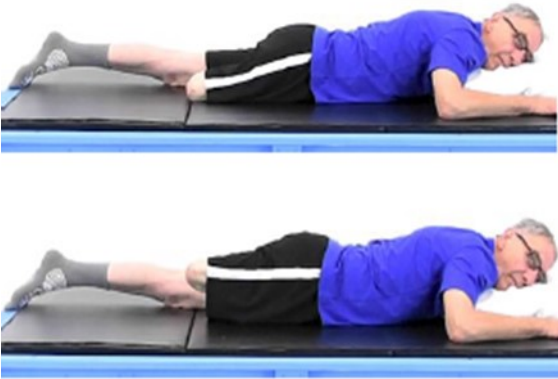
****TIP:** Try not to arch your back

2. Leg lifts



- Lie on your side with your amputated leg up
- Lift your amputated leg straight up. Move slowly, with control
- As you are lifting, make sure you stay on your side with your leg (thigh) facing forward
- Hold for 5 seconds. Lower your leg down
- Do this 10 times in a row, 3 times a day

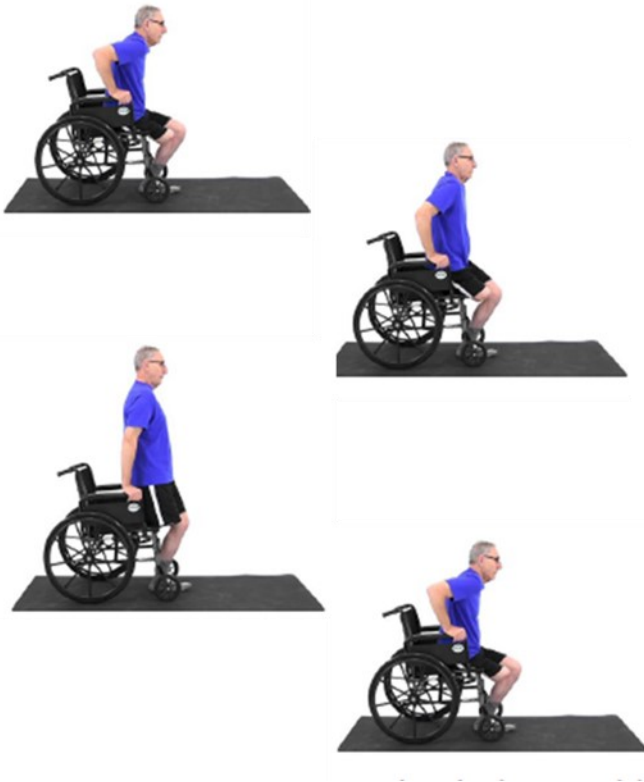
3. Leg lifts on your stomach



- Lie on your stomach
- You can put a small pillow under your hips for comfort
- Lift your amputated leg up off of the bed
- Hold for 5 seconds. Lower your leg down
- Do this 10 times in a row, 3 times a day

****TIP:** Do not arch your back or twist your body when you lift. The front of both your hips should stay flat on the bed. Lift your leg by squeezing your bum muscles

4. Chair push ups



- Start by sitting in your wheelchair or a chair with armrests
- If you are in a wheelchair, make sure the brakes are on. If you are sitting in a chair, make sure the chair back is up against a wall.
- Place your hands on the arm rests
- Push your weight into your hands and straighten your arms. This should lift your bum up off the seat.
- Hold for 3 seconds, if you can
- Slowly lower your bum down to the seat
- Do this 10 times, 3 times a day

Stretches

1. Hamstring stretch



- Lie flat on your back
- Bring your non-amputated leg to your chest
- Then straighten your knee
- Hold your leg straight and in the air for 30 seconds
- Slowly lower your leg
- Do this 3 times in a row, 3 times a day

2. Hip stretch



- Lie on your back, with one hip close to the edge of the bed
- Bring both legs up to your chest. Hold your legs there.
- Let go of the leg that is closest to the edge of the bed. Straighten that hip as far as you can so that your leg is flat or hanging down over the edge of the bed (keep holding your other leg to your chest). You will feel a stretch on the front of the hip of the straight leg.
- Hold this stretch for 30 seconds
- Repeat with the other leg
- Stretch each leg 3 times, 3 times a day

NOTES:

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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

PIER—Patient Information and Education Resource

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