

Below Knee Amputation Exercise Program



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

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

Starting exercises

1. Knee straightening with a roll



- Lie flat on your back
- Put a rolled up towel or blanket under your knee (on the same side as the amputation)
- Straighten your knee. Move slowly, with control.
- Hold your knee straight for 5 seconds
- Then relax your knee down
- 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. Try to keep your knee straight
- Hold for 5 seconds
- Then lower your leg back down. Move slowly.
- Do this 10 times in a row, 3 times a day

3. 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 your leg in or out as you slide it)
- Do this 10 times in a row, 3 times a day



4. 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, avoid twisting while you lift.
 - Hold for 5 seconds with your hips off the bed
 - Slowly lower 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 on your side



- Lie on your side with your amputated leg up
- Lift your amputated leg straight. Move slowly, with control
- As you are lifting, make sure you stay on side and your knee is facing forward
- Hold for 5 seconds. Then lower your leg.
- Do this 10 times in a row, 3 times a day

3. Move leg backwards (extension)

*Only do this exercise if you cannot lie on your stomach to do exercise number 4.



- Lie on your side. Lift your amputated leg up
- Then move your leg backwards, behind your body
- Make sure you stay on your side. Do not let your body roll backwards when you move your leg.
- Hold for 5 seconds
- Then move your leg forward again (to the starting position)
- Relax for 5 seconds
- Do this 10 times in a row, 3 times a day

4. Leg lifts on your stomach (extension)



- Lie on your stomach
- You can put a small pillow under your knee for comfort
- Lift your amputated leg up off of the bed. Keep your knee straight
- Hold for 5 seconds
- 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.

5. Knee bends on your stomach



- Lie on your stomach
- You can put a small cushion under your knee for comfort
- Bend your knee as much as you can. Move slowly, with control
- Hold for 5 seconds. Then relax - slowly let your knee go straight
- Do this 10 times, 3 times a day

****TIP:** Do not twist your body when you bend your knee. The front of both your hips should stay flat on the bed.

6. Knee straightening in sitting



- Start by sitting in a tall chair
- Straighten your knee. Move slowly, with control
- Hold for 5 seconds. Then slowly relax your knee.
- Do this 10 times in a row, 3 times a day

7. 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.
- Put 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. Straight leg hip stretch



- Lie flat on your back
- Bring one leg up to your chest
- Push your other leg flat and straight. This will stretch the hip on the straight leg.
- Hold for 30 seconds. Then relax.
- Switch legs to stretch the other side
- Stretch each leg 3 times, 3 times a day

2. Hamstring stretch



- Lie flat on your back
- Bring one leg up to your chest
- Straighten the knee of the leg you brought up to your chest
- Keep your knee straight for 30 seconds. Then lower your leg.
- Switch legs to stretch the other side
- Stretch each leg 3 times, 3 times a day

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