AKA Beginner: Stretch & Strengthen

Step 1



Prone Hip Flexor Stretch Using Towel Roll

REPS: 1 SETS: 1 HOLD: 5 MIN DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin lying face down with a large towel roll underneath the end of your residual limb.

MOVEMENT:
Hold this position as prescribed by your therapist.

TIP:
Make sure the towel roll is large enough to get a stretch on the front of your hip without causing your back to arch.

Step 1



Prone Gluteal Sets Using Towel Roll

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Lay face down and place a towel roll between your legs.

MOVEMENT:
Squeeze the towel roll between your legs.

TIP:
Make sure the towel roll is large enough to be able to squeeze between your legs. Your thighs should not be able to touch each other with the towel roll between them.

Step 1 Step 2



Supine Single Leg Bridge

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin lying on your back with your residual limb straight, your sound leg bent, and your foot resting flat on the floor.

MOVEMENT:
Lift your hips and residual limb off the table to the highest possible height. Hold briefly, then lower your hips down and repeat.

TIP:
Make sure to keep your core engaged and do not hold your breath during exercise.

Disclaimer: This program provides exercises related to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.

AKA Beginner: Stretch & Strengthen

Step 1 Step 2



Supine Bridge and Sound Leg Lift

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin lying on your back and place a towel roll under your residual limb.

MOVEMENT:
Lift your hips to the highest possible height while raising your sound leg.

TIP:
Make sure to keep your core engaged and maintain your balance during the exercise.

Step 1 Step 2



Seated Side-Bending

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin sitting upright in a chair with your arms resting at your sides.

MOVEMENT:
Slowly bend your body to the side, lowering your arm to the ground, then return to the starting position and repeat on your other side.

TIP:
Make sure not to bend your body forward or backward during the exercise.

Step 1 Step 2



Seated Sall Chop and Lift

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin sitting upright holding a ball with both hands.

MOVEMENT:
Bring the ball to one side then lift the ball diagonally up above your opposite shoulder. Lower the ball back to the starting position and repeat.

TIP:
Make sure to look at the ball as you lift and lower it. Avoid shrugging your shoulders during the exercise.

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Step 1



Step 2



Seated Trunk Rotation

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin in a seated upright position on a chair. Fold arms across chest.

MOVEMENT:
Turn shoulders and trunk left and then turn right.

TIP:
Make sure to keep your back straight and do not let your legs turn as you move your upper body.

Step 1



Step 2



Standing Arm PNF D1 Flexion

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin in a standing upright position with both arms held out to your sides, palms facing down.

MOVEMENT:
Keeping your arms straight, raise your arm up and across your body, rotating your thumb to point up. Then reverse this motion back to the starting position and repeat.

TIP:
Make sure you keep your back straight and do not let your body turn as you move your arm.

Step 1



Step 2



Standing Arm PNF D2 Flexion

REPS: 10 SETS: 1-2 DAILY: 2-3 WEEKLY: 7 DAYS/WK

SETUP:
Begin in a standing upright position with one arm crossed in front of your body, thumb pointing down.

MOVEMENT:
Slowly raise your arm overhead across your body, and rotate it so your thumb is pointing up. Then reverse this motion back to the starting position, and repeat.

TIP:
Make sure you keep your back straight and do not let your body turn as you move your arm.

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