AKA and BKA Intermediate Functional

Step 1 | Step 2 | Step 3



Single Leg Standing Ball Rolling Forward/Back

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

SETUP:
Begin in a standing upright position with either a chair at your side or in parallel bars and a small ball on the ground.

MOVEMENT:
Shift your weight onto your prosthetic leg and place your sound foot on top of the ball. Roll the ball forward and backward.

TIP:
Make sure to maintain your balance, keep your core engaged, and use the chair for support as needed during the exercise.

Step 1 | Step 2



Single Leg Standing Ball Rolling Lateral

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

SETUP:
Begin in a standing upright position holding onto a chair or countertop for support. Place a ball on the ground in front of your sound foot.

MOVEMENT:
Shift your weight onto your prosthetic leg and place your sound foot on top of the ball. Use support for balance as needed to get set up, then let go of the support (if possible) and roll the ball sideways left and right.

TIP:
Make sure to keep your core engaged and maintain an upright position during the exercise. Focus on maintaining your balance and controlling your movements.

Step 1 | Step 2 | Step 3



Single Leg Standing Ball Rolling Circles

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

SETUP:
Begin in a standing upright position holding onto a chair or countertop for support. Place a ball on the ground in front of your sound foot.

MOVEMENT:
Shift your weight onto your prosthetic leg and place your sound foot on top of the ball. Roll the ball in circles in both directions.

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 and BKA Intermediate Functional



Standing Toe Taps

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

SETUP:
Begin in a standing upright position with a 4" high box on the ground in front of you.

MOVEMENT:
Slowly shift your weight onto your prosthetic leg and lift your other foot. Place your foot on top of the box and tap your toes, then return to the starting position.

TIP:
If you are having a hard time tapping your foot, shift more of your weight onto the prosthetic side. Make sure to keep your core engaged and maintain your balance during the exercise. Try not to move your upper body too much.

Step 1 Step 2



Standing Lateral Toe Taps

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

SETUP:
Begin in a standing upright position with a 4" high box on the ground in front of you.

MOVEMENT:
Slowly shift your weight onto your prosthetic leg and lift your sound foot up to tap the top of the box.

TIP:
If you are having a hard time tapping your foot, shift more of your weight onto the prosthetic side. Make sure to keep your core engaged and maintain your balance.

Step 1 Step 2 Step 3 Step 4



Standing Lunges

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

SETUP:
Begin in a standing upright position holding onto a chair or countertop for support.

MOVEMENT:
Shift your weight onto your prosthetic leg. Imagine you are in the center of a clock. Use your sound leg to tap the numbers as seen on the clock. Use a support for balance as needed.

TIP:
Make sure to maintain your balance and keep your core engaged. Focus on controlling your movements.

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