AKA and BKA Intermediate and Advanced Strengthen

Step 1



Step 2



Standing TheraBand Hip Abduction

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

SETUP:
Begin in a standing upright position and use a straight back chair for support. Loop the TheraBand around one leg of the chair and around your leg. You can do this with both legs with the use of a prosthesis.

MOVEMENT:
Lift your leg sideways pulling against the TheraBand resistance.

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

Step 1



Step 2



Standing TheraBand Hip Abduction

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

SETUP:
Begin in a standing upright position and use a straight back chair for support. Loop the TheraBand around one leg of the chair and around your leg. You can do this with both legs with the use of a prosthesis.

MOVEMENT:
Pull leg inward against the TheraBand resistance.

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

Step 1



Step 2



Standing TheraBand Hip Extension

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

SETUP:
Begin in a standing upright position and use a straight back chair for support. Loop the TheraBand around one leg of the chair and around your leg. You can do this with both legs with the use of a prosthesis.

MOVEMENT:
Pull straight backward against the TheraBand resistance.

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

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 and Advanced Strengthen

Step 1



Step 2



Squat

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

SETUP:
Begin in a standing upright position and use a straight back chair for support.

MOVEMENT:
Bend at your hip and knees and hold for 10 seconds.

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

Step 1



Single Leg Squat

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

SETUP:
Begin in a standing upright position and use a straight back chair for support. Stand on one leg.
Above Knee Amputees: perform exercises on just the sound leg. ***Below Knee Amputees:*** perform exercise with both legs with prosthesis on.

MOVEMENT:
Bend at your hip and knees and hold for 10 seconds.

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

Step 1



Step 2



Single Leg Stand

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

SETUP:
Begin in a standing upright position and use a straight back chair for support. Stand on one leg.
Above Knee Amputees: perform exercises on just the sound leg. ***Below Knee Amputees:*** perform exercise with both legs with prosthesis on.

MOVEMENT:
Bend at your hip and knees and hold for 10 seconds.

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

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.