Your therapist will instruct you on which exercises to do and how to do them.

It is very important to not keep a towel or pillow under the residual limb for a prolonged period of time.

**Quad Set / Hip Extension**
1. With a towel roll under the calf of your residual limb, tighten your thigh muscle to straighten your knee.
2. Push down into the towel roll to lift your buttocks.
3. Hold for _____ seconds.
   Repeat _____ times.
   Do _____ sessions each day.

**Knee Flexion and Extension**
1. With a towel roll behind your knee, gently bend and straighten your knee over the towel roll.
   Repeat _____ times.
   Do _____ sessions each day.

**Hip Extension**
1. With a towel roll under your residual limb, push down into the towel roll as you lift your buttocks.
2. Hold for _____ seconds.
   Repeat _____ times.
   Do _____ sessions each day.
**Push-Up - Sitting**
1. With your hands on the armrests of a chair, press down and lift your body by straightening your arms. Use your foot to help with balance.
2. Hold for ______ seconds.
   Repeat ______ times.
   Do ______ sessions each day.

**Hip Abduction**
1. Lie on your residual limb side with a towel roll under your thigh and your sound leg supported on a stool.
2. Push down into the towel roll while trying to lift your hips. Attempt to keep your residual limb in a straight line with your body.
3. Hold for ______ seconds.
   Repeat ______ times.
   Do ______ sessions each day.

**Hip Adduction**
1. With your residual limb on a stool, and your hip as straight as possible, squeeze down into the stool while trying to lift your hips.
2. Hold for ______ seconds.
   Repeat ______ times.
   Do ______ sessions each day.
**Bridging**

1. With your sound knee bent and foot flat, tighten your buttocks muscles as you lift your hips.
2. Hold for _____ seconds.
   Repeat _____ times.
   Do _____ sessions each day.

**Gluteal Set - Prone**

1. Lie on your stomach with a pillow under your sound shin to protect your foot.
2. Tighten your buttocks muscles every _____ minutes.
   Hold for _____ seconds.
   Repeat _____ times.
   Do _____ sessions each day

- At first, you may place a pad under your hips for comfort, but slowly decrease as you can tolerate.

**Knee Extension - Prone**

1. Lie on your stomach with a towel roll under the shin of your residual limb.
2. Push down into the towel roll to straighten your knee.
3. Hold for _____ seconds.
   Repeat _____ times.
   Do _____ sessions each day.

Talk with your therapist about any questions or concerns.