

# HOME EXERCISE PROGRAM HANDOUT

## AMPUTATION - HAMSTRING CURLS

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Physical Therapist: \_\_\_\_\_ Phone: \_\_\_\_\_

- Lie flat on your stomach with your arms folded under your head.
- Keep your legs straight and close together.
- Bend the knee of your stump, slowly bringing it back toward your buttocks.
- Slowly return to the starting position and relax.
- Repeat \_\_\_\_\_ times.

### SPECIAL INSTRUCTIONS:

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