HOME EXERCISE PROGRAM HANDOUT

AMPUTATION - HIP EXTENSION, LYING

Name: _____ Date: _____

Physical Therapist: _____ Phone: _____

- Lie flat on your stomach with your arms folded under your head.
- Keep both legs straight and close together.
- Lift your stump off the floor just enough to clear the other thigh. Be sure to keep your stomach flat on the floor and keep your knee straight throughout the exercise.
- Return to the starting position and relax.
- Repeat _____ times.

SPECIAL INSTRUCTIONS:

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