

HOME EXERCISE PROGRAM HANDOUT
AMPUTATION - HIP ABDUCTION, SIDE LYING

Name: _____ Date: _____

Physical Therapist: _____ Phone: _____

- Lie flat on your side, stump up.
- Bend your bottom leg backward for support.
- Slowly lift your stump towards the ceiling, taking care not to roll your body forward.
- Slowly return to the starting position and relax.
- Repeat _____ times.

SPECIAL INSTRUCTIONS:
