

HOME EXERCISE PROGRAM HANDOUT
AMPUTATION - STRAIGHT LEG RAISE

Name: _____ Date: _____

Physical Therapist: _____ Phone: _____

- Recline on your back, propping yourself up on your elbows.
- Keep your stump straight and bend the other leg. Keep your legs close together.
- Straighten your stump as much as possible, tightening the muscles on top of the thigh.
- Raise your stump off the floor approximately four inches (4") and hold for five (5) seconds.
- Slowly return to the starting position and relax.
- Repeat _____ times.

SPECIAL INSTRUCTIONS:
