

HOME EXERCISE PROGRAM HANDOUT

AMPUTATION - GLUT SETS

Name: _____

Date: _____

Physical Therapist: _____

Phone: _____

- Recline on your back, propping yourself up on your elbows.
- Keep both legs straight and close together.
- Squeeze your buttocks together as tightly as possible.
- Hold for five (5) seconds, then relax.
- Repeat _____ times.

SPECIAL INSTRUCTIONS:
