HOME EXERCISE PROGRAM HANDOUT

AMPUTATION - QUAD SET

Name: _____ Date: _____

Physical Therapist: _____ Phone: _____

- Sit on the floor.
- Put your hands on the floor behind you for support.
- Keeping your stump straight, bend your other leg. Keep your legs close together.
- Straighten the knee on your stump as much as possible by pressing your knee down, attempting to flatten the back of the knee on the floor, and by tightening the muscles on top of the thigh.
- Hold for five (5) seconds, then relax.
- Repeat _____ times.

SPECIAL INSTRUCTIONS:

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