

Supine Psoas Stretch (AKA)



Setup

Begin sitting upright with your sit bones on the edge of a bed.

Movement

Slowly lay down on your back and pull your sound side knee toward your chest, relaxing your residual limb down in the opposite direction.

Tip
Make sure to keep the movements controlled and try not to arch your low back during the exercise.

Supine Piriformis Stretch with Residual Limb (AKA)



Setup

Begin lying on your back.

Movement

Lift your residual limb toward your opposite shoulder and gently apply pressure with your hand until you feel a stretch in your buttock muscle. Hold this position.

Tip
Make sure to keep your back flat on the bed and do not let your trunk twist during the exercise.

Supine Knee to Chest (BKA)



Setup

Begin lying on your back.

Movement

Bend your residual limb toward your chest and apply pressure with your hands until you feel a stretch in your buttock muscle. Hold this position.

Tip

Make sure to keep your back flat on the bed and do not let your trunk twist during the exercise.

Seated Hamstring Stretch (AKA)



Setup

Begin sitting upright on a bed with your sound leg straight in front of you.

Movement

Lean your upper body forward, hinging at your hips, and hold this position.

Tip

Make sure to keep your shoulders forward and do not round your back during the exercise.

Supine Hip Extension with Towel Roll (AKA)



Setup

Begin lying on your back with a large towel roll underneath the end of your residual limb.

Movement

Lift your hip up off the table, pushing your residual limb against the towel roll. Hold briefly, then lower back down and repeat.

Tip

Try not to use your sound leg to do the bridge. Make sure to keep your core engaged and do not arch your back.

Supine Single Leg Bridge with Sound Leg (AKA)



Setup

Begin lying on your back with your sound leg bent and foot resting flat on the floor.

Movement

Tighten your abdominals and lift your residual limb, then lift your hips off the table. Hold briefly, then lower your hips down and repeat.

Tip

Make sure to keep your core engaged and do not hold your breath during the exercise.

Sidelying Hip Abduction with Flexion and Extension (AKA)



Setup

Begin lying on your sound side, with your residual limb on top, keeping your legs, hips, and torso in a straight line.

Movement

Lift your residual limb up and forward, then reverse the motion, extending it backward, and repeat.

Tip

Make sure to keep your core engaged during the exercise. Do not let your back arch or allow your hips to roll forward or backward.

Sidelying Hip Abduction (AKA)



Setup

Begin lying on your sound side, with your residual limb on top, keeping your legs, hips, and torso in a straight line.

Movement

Lift your residual limb up toward the ceiling. Hold briefly, then lower back down and repeat.

Tip

Make sure to keep your core engaged during the exercise. Do not let your back arch or allow your hips to roll forward or backward.