

<p style="text-align: center;">Physiotherapy Inter-Regional Prosthetic Audit Group (P.I.R.P.A.G)</p>

‘Exercises Following Lower Limb Amputation’

Advice for Physiotherapists

Following an audit of exercise sheets for amputees used by physiotherapists P.I.R.P.A.G has produced ‘Exercises following Lower Limb Amputation’. The aim of these documented exercises is to encourage all physiotherapists with responsibility for amputee management to select and implement relevant exercises. They can be introduced from the first post-operative day, and should be progressed appropriately.

- Included are exercises that are most commonly used for patients following trans-tibial and trans-femoral amputation, and by consensus can be considered as core exercises. It must be remembered that these illustrated exercises are examples of those that can be included in the post-operative physiotherapy phase of rehabilitation.
- It is the physiotherapist’s responsibility to assess the relevance of these exercises for each patient, following assessment and goal-setting.
- Exercises can be selected from the examples provided using the tick boxes
- It is your responsibility to advise your patients on the frequency of their exercises.
- Numbers of repetitions, time required for each ‘hold’ etc can be documented on the list.
- Additional relevant exercises can be added to the last page.
- Ensure that each selected exercise is explained to the patient and that the patient carries out the exercise properly.
- According to each patient the starting position of these exercises may need to be modified.
- Further modification of some of the exercise examples will be necessary for patients following bilateral amputations; and for patients following amputation at other levels e.g. trans-pelvic, symes.

