



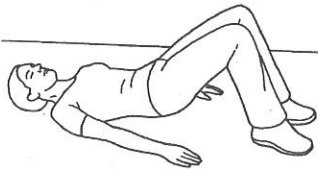
Personal Exercise Program

PhysioTools

Work with the Best

Date : 29/10/2018

Lying on your back with knees bent.

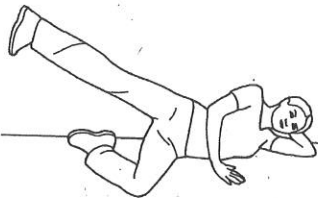


Level 1: Squeeze your buttocks together and lift your bottom off the floor. Hold for 5 seconds. Return to starting position. try to lift your left leg up off the floor and balance through the prosthesis

Repeat 10 times 3 times daily

© PhysioTools Ltd

Sidelying on your left side. Keep the leg on the bed bent and the upper leg straight.



Lift the upper leg straight up with ankle flexed and the heel leading the movement. Hold 10 secs. make sure it is a sideways movement and not any twisting

Repeat X20.

© PhysioTools Ltd

Lie on your side with your knees bent.



Tighten your buttocks. Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together and back straight during the exercise.

Repeat 10 times, 3 sets

© PhysioTools Ltd

Lying on your back with your fingers just behind your ears and elbows out.

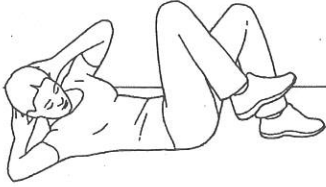


Tighten your stomach muscles and lift your head and shoulders off the floor.

Repeat 20 times.

© PhysioTools Ltd

Lying on your back with knees bent and hands clasped behind your neck or hands by your sides.



Lift your upper trunk by bringing your chin towards your chest and tightening your stomach muscles, then reach with your hand or elbow towards your opposite knee letting the knee come up a bit. Return to starting position. Repeat with other side.

Repeat 20 times.

Lying on your back with knees bent.



Level 1: Squeeze your buttocks together and lift your bottom off the floor. Hold for 5 seconds. Return to starting position. try to lift your left leg up off the floor and balance through the prosthesis

© PhysioTools Ltd

Repeat 10 times 3 times daily

Sidelying on your left side. Keep the leg on the bed bent and the upper leg straight.



Lift the upper leg straight up with ankle flexed and the heel leading the movement. Hold 10 secs. make sure it is a sideways movement and not any twisting

© PhysioTools Ltd

Repeat X20.

Lie on your side with your knees bent.



Tighten your buttocks. Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together and back straight during the exercise.

© PhysioTools Ltd

Repeat 10 times, 3 sets

Lying on your back with your fingers just behind your ears and elbows out.



Tighten your stomach muscles and lift your head and shoulders off the floor.

Repeat 20 times.

© PhysioTools Ltd

Lying on your back with knees bent and hands clasped behind your neck or hands by your sides.



Lift your upper trunk by bringing your chin towards your chest and tightening your stomach muscles, then reach with your hand or elbow towards your opposite knee letting the knee come up a bit. Return to starting position. Repeat with other side.

© PhysioTools Ltd

Repeat 20 times.

