

## Amputee associations

### British Limbless Ex-Service Men's Association (BLESMA)

www.blesma.org - Frankland Moore House, 185-187 High Rd, Chadwell Heath, Romford, Essex RM6 6NA - Tel 020 8590 1124

### The Limbless Association

www.limbless-association.org

The Limbless Association, Unit 16 Waterhouse Business Centre, 2 Cromar Way, Chelmsford, Essex, CM1 2QE. Help Line: 0800 644 0185 enquiries@limbless-association.org

### The Disabled Living Foundation

www.dlf.org.uk

380-384 Harrow Road, London, W9 2HU - Tel 020 7286 6111.

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## References

If you require a full list of references for this leaflet please email  
patient.information@ulh.nhs.uk

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CARING FOR YOU

United Lincolnshire Hospitals NHS Trust

# Above Knee Amputation (Trans-femoral)

Physiotherapy Departments

[www.ulh.nhs.uk](http://www.ulh.nhs.uk)



## Aim of the leaflet

It is very important that you are actively involved in your rehabilitation.

The following is advice and exercises that are to aid your recovery.

The exercises must be done daily to help prevent complications.

Following an above knee amputation it is important to prevent the hip from staying in a flexed, or poor position. Prevention of swelling is also important.

You can ensure this by:

- Changing the position in which you are sitting and therefore the position of your hip.
- Try not to sit in a chair for long periods of time.
- Do not put a pillow underneath your amputated leg when lying down. Equally do not place a pillow under your hips or between your thighs. (Unless instructed to do so).
- Do not hang your amputated leg over the side of the bed.



## Physiotherapy contact details

If you have any questions relating to your physiotherapy please contact:

### Physiotherapy Departments

Lincoln.....	01522 573945
Grantham.....	01476 464253
Boston.....	01205 445359
Louth.....	01507 600100 ext 1234
Skegness.....	01754 613516

## Other useful contacts

### Nottingham Disability Services Centre

Amputee Liaison Nurses  
Nottingham City Hospital  
Hucknall Road  
Nottingham  
NG5 1PB  
0115 9691169 ext 57539 (nurse station)  
0115 9691169 ext 55688/56544 (appointments)

### Wheelchair Services for Lincolnshire (including repairs)

Millbrook Healthcare  
Somer House  
Great Northern Terrace, Lincoln

Telephone: 03332400101 (calls charged at local rate)

Dry your limb thoroughly using a soft clean towel. Dab dry, do not rub.

To keep the skin of the limb supple and healthy apply a moisturiser such as E45 or Aqueous cream. Massage into the scar line once it is healed to stop the skin becoming attached to the underlying bone.

Check your limb daily, especially before and after putting on your compression sock (if issued) or prosthesis. Look for sore, blistered or broken areas.

Do not treat any broken areas yourself. Contact your GP, Practice Nurse or District Nurse for an urgent review to ensure the correct treatment is given.

In hot weather you may need to change your socks and wash your limb during the day to prevent sores and rashes caused by sweating once you are wearing a prosthesis.

### **Who to contact if you have a problem**

If you have a problem with your wound, have any pain or infection please contact your GP or District Nurse.

If you have a problem with your prosthesis please contact the Nottingham Disability Service Centre (details on page 15).

### **Instructions for exercises:**

- It is recommended that you try and perform these exercises 2 to 3 times per day. For every exercise repeat 5 times to start with, progress to 10 times with the guidance of your therapist.
- The exercise sheet contains a small description of the exercise and a picture for you to follow. Do not bounce back and forth when performing stretches.
- If you have any questions relating to the exercises or if you are unsure about the correct way to perform, ask your therapist who will explain.
- It is possible to 'over do' your exercises, if you suffer any additional pain or feel short of breath, please let your therapist know who will then advise you on progression.

**PERFORM EACH EXERCISE THAT IS TICKED IN BLOCKS OF 5 REPETITIONS 3 TIMES PER DAY.**



Your physiotherapy contact is.....

At.....

## Static Gluteal Contractions

(Buttock clenching)

- Lie on your back
- Keep both legs straight and close together
- Squeeze your buttocks as tightly as possible
- Hold for 5 seconds
- Repeat \_\_\_ times.



## Hip Flexor Stretch

- Lie on your back, preferably without a pillow
- Bring your thigh towards your chest and hold with your hands
- Push your opposite leg down flat on to the bed
- Hold for 30 to 60 seconds, then relax
- Repeat \_\_\_ times
- Repeat the above with the other leg.



## What happens next?

Not everyone wants or is suitable for a prosthesis and this should have been discussed with you whilst you have been in hospital.

Once you are discharged from hospital you should be referred to your local physiotherapy department if you are going to become a limb wearer and given their contact details and a name to ensure that your treatment is continued.

Once you have been assessed and started further rehabilitation then you will be reviewed by the Prosthetic service which is based in Nottingham and all your appointments for this will come from them. All patients from Lincolnshire will have their prosthetics dealt with in Nottingham but the majority will have their physiotherapy outpatient sessions near home.

It may be possible to talk with someone who has already been through losing a limb and if you would like to meet up and talk please ask your physiotherapist to see if it could be arranged. We are not always able to do this but it is worth asking!

## Compression socks

These may be given to you to help the shape of the stump improve and control the swelling. If you are issued with one of these then your physiotherapist will give you instructions how to put on, wearing time and how to care for the sock.

## Taking care of your amputated limb

Begin to touch your amputated limb as soon as possible. Gentle massage encourages the blood supply to help the wound heal and can help reduce phantom sensations.

Wash your limb daily using warm water and a mild unperfumed soap - don't get your dressing wet in the early stages.

## Forward flexion in standing

Maintaining a safe standing position gently move the amputated leg in front of the body, flexing from the hip. Try to maintain an upright posture preventing bending backwards.



\* Do not attempt any of these exercises unless advised by your therapist. If you feel unsteady be sure to make your therapist aware so that further advice can be given.

## Hip Hitching

- Lie on your back
- Keep both legs flat on the bed
- Hitch one hip up towards you on one side and push away on the other (shortening one side and stretching the other)
- Hold for 3 seconds
- Repeat \_\_\_ times
- Repeat on the other side.





## Bridging

- Lie on your back with your arms at the side
- Place a couple of firm pillows or rolled up blankets under your thighs
- Pull in your stomach, tighten your buttocks and lift your bottom up off the bed
- Hold for 5 seconds
- Repeat \_\_\_ times.

To make this exercise more difficult, place your arms across your chest as shown in the picture.



## Standing Exercises\*

Before beginning these exercises ensure that you are positioned in a safe manner to prevent the risk of becoming unbalanced. For example, stand holding the back of a sturdy chair, a secure table or a high window sill.

### Abduction in standing

Once steady and safe in standing move amputated leg out to the side. Be sure to maintain straight hips and upper body, try not to bend forward.



### Extension in standing

Maintaining a safe standing position gently swing amputated leg behind the body, extending from the hip. Try to maintain an upright posture preventing bending forwards.

## Hip Adduction With Resistance

- Sit with both legs out in front of you
- Place a pillow or rolled up towel between your thighs
- Squeeze your legs together
- Hold for 5 seconds
- Repeat \_\_\_ times.

NB This exercise can also be performed when sitting in a wheelchair or at the edge of a bed.



## Hip Flexion and Extension in Side Lying

- Lie on your side
- Bend the bottom leg
- Lift your top leg slightly
- Bend your thigh fully towards your chest
- Push your leg backwards as far as you can
- Repeat \_\_\_ times
- NB Try not to let your hips roll forwards or backwards.
- Repeat the above with the other leg.



## Hip Abduction in Side Lying

- Lie on your side
- Bend the bottom leg
- Keep hips and top leg in line with your body
- Slowly lift your top leg up
- Slowly lower
- Repeat \_\_\_ times
- NB Try not to let your hips roll forwards or backwards.
- Repeat the above with the other leg.



## Hip Extension in Prone Lying

- Lie flat on your stomach
- Lift your leg off the bed as far as you can
- Be sure to keep hips flat on the bed and do not roll your body
- Hold for 5 seconds, slowly lower
- Repeat \_\_\_ times
- Repeat the above with the other leg.

