



PhysioTools

# Lower Extremity Amputee Home Exercises

Modules

PX6

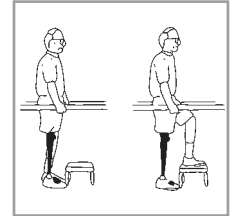
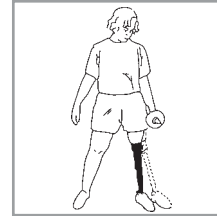
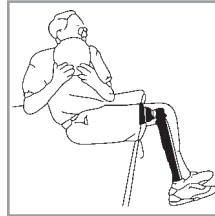
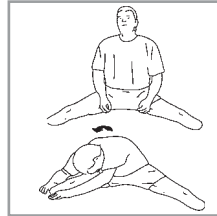
With PhysioTools you can create high quality personalised exercise and information handouts. Select from the world's largest professional exercise library and print in multiple languages.

## Product Information

- # 117 items
- Line drawings
- 5 author protocols

### Printout languages:

English, Finnish, Swedish, Danish, German



This module is based on the book 'Home Exercise Guide for Lower Extremity Amputees' by Robert S Gailey, Ann M Gailey and Sandra J Sendelbach. It has been designed for professionals to provide a comprehensive rehabilitation program for amputees.

It contains exercises and advice notes ranging from stretching, strengthening, balance, coordination and gait training. It has been designed after several years of clinical practice, educational workshops and exchange of information with amputees and health professionals.

### The content of this module can be sorted as follows:

**Sort 1:** Cardiovascular, Whole Body, /Arm Swing, Forward/Backward Back/Abdominals, Upper Limb, Stepping, Weight Shift, Quarter LowerLimb, Prosthetic.

**Sort 2:** Walking, Cycling, Rowing, Stepping, Walking/Arm Swing, Stair Climbing, Treadmill Walking, Figure-8 Walking, Toe Pivoting, Arm Cycling, Long Sitting, Standing, Heel Pivoting, Tandem Walking, Quadruped, High Kneeling, Braiding, Stepping Over Objects, Swimming, Back Extension, Trunk Beam Walking, Backwards Crunch, Sit Up, Bridging, Flexion, Walking, Ball Kicking, Stool Extension, Chest Press, Dips, Scooting, Side to Side Shifts, Front Shoulder Press, Lateral Raise, to Back Shifts, Ball Rolling, Abduction, Adduction, Adduction/ Squatting, Kicks, Bocci/Bowling, Internal Rotation, Plantar/ Baseball, Golf, Racquet Sports.

**Sort 3:** Aerobic, Balance & Coordination, Strengthening, Length, Sidestepping, Stepping Stretching, Gait.

## Technical Requirements

Windows 2000, XP  
32-bit: Vista, Windows 7,  
Server 2003/2008

Network licence available

Online: Internet Explorer 6  
or later, Broadband internet  
access

## Contact Information

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**Robert S. Gailey M.S.Ed., PhD, PT** is an Associate Professor at the University of Miami, School of Medicine, Department of Physical Therapy, where he has taught, practiced clinically and conducted research for the past 20 years. He has a joint position with Miami Veterans Affairs Medical Center as a health science researcher. He has authored numerous publications and has continued research efforts directed toward: evidenced based amputee rehabilitation, the biomechanics and metabolic cost of prosthetic gait, functional assessment and athletic pursuits of the amputee as well as other athletes with disabilities across their life span.

*Work with the Best*

PhysioTools is the global market leader  
in exercise prescription software

Combine individual PhysioTools modules to create your  
own resource library of exercises and information

You can place your logo on the left or right side of the handout

# Personal Exercise Program

## Your Organisation Name

Your Address

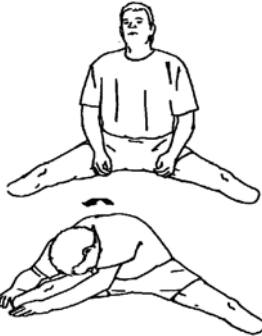
Your Telephone/Fax/Email/Website

You can have more than one header

Provided for : Patient's Name

Lower Extremity Amputee

Provided by : Your Name



### Knee Flexor Stretch

Sit on a firm surface, with your legs apart, and knees straight. Keeping your back straight, bring your chest toward your thigh as you reach forward with your arms.

Hold \_\_\_ secs

Repeat \_\_\_ times

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### Seated Two-Hand Chest Pass

Sit on a firm resting surface, with your legs comfortably apart to maintain your balance. Hold the ball with both hands.

Facing the wall or a partner, raise the ball to chest height and throw it in front of you. Catch the ball with both hands.

To increase difficulty; sit on the side of a bed or mat with your legs dangling off the side.

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Sets \_\_\_ Reps \_\_\_



### Weighted Side Stepping

Stand with your feet 2-4 inches apart with a weight in your prosthetic side hand. Step out to your side with your prosthetic limb, shifting your weight onto your prosthetic limb.

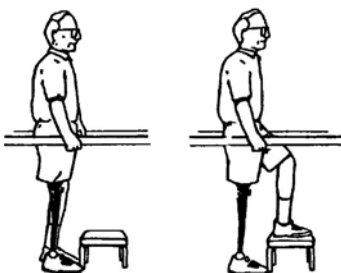
Return to starting position.

Switch the weight to your other hand and side step with your unaffected limb.

Sets \_\_\_ Reps \_\_\_

Weight \_\_\_

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### Stool Stepping

Place a 7 to 9 inch stool directly in front of your sound limb. Place one hand on the back of each of chair, feet approximately 2-4 inches apart. Step onto the stool with your unaffected limb as slowly as possible. As the movement becomes slower with both hands on the chairs, remove your unaffected side hand and finally remove both hands.

Sets \_\_\_ Reps \_\_\_

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