

MOBILITY CLINIC

EXERCISE ESSENTIALS FOR AMPUTEES

TABATA STYLE

- There are 2 exercises per set. 30sec on / 20sec off
- Each set represents 5 minutes
- Complete 3 repetitions of the 2 nominated exercises before moving on to the next 2 exercises
- Scan the QR code below to view the Tabata video demonstration

TRY THE BLUE ALTERNATIVE FOR A TOUGHER WORKOUT!

SET 1

Ab crunches: crunches then obliques.

Heel digs with knees bent.

Try it with straight legs or
Bilateral leg Lifts or V-snaps.

SET 2

Plank off the knees. **Off the toes.**

Push ups off the knees.
Off the toes. Hand tap partner for hardcore.

SET 3

Bridging off both feet.

Arms to ceiling, **lifting one foot off the ground.**

Clams with theraband red.

Use green theraband.

SET 4

4point kneel hip abductors.

Use theraband resistance.

4point kneel hip abductors other leg.

Use theraband resistance.

SET 5

Squats.

Use theraband resistance, pulses.

Hip extensor tband resistance.

Non MPK users tband hip extension sound limb.

SET 6

Standing hip abductor tband resistance.

Green band.

Knee repeaters. **Increase speed and range.**

SET 7

Squat rows (hold the squat and row 30sec).

Non MPK T/F will stand and row. **Green Band.**

Lunge with opposite arm rotations. **Green Band.**

Non MPK users keep prosthetic knee straight.

STRETCH

Hip flexors, hamstrings, quads,
L/S rotation, IT band, adductors, gastrocs.

We recommend you consult your physician or healthcare professional before starting this exercise program to determine if it is suitable for you. If you engage in this exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself.

