Before the amputation

Appropriate exercises prior to the amputation ensure that the muscles are strengthened and help prevent contractures.

**Sitting correctly**

Even before surgery, the patient should take care to sit up straight and possibly sit without using a back support for a certain period. This activates the trunk muscles, which are also essential for wearing and walking with a lower limb prosthesis.

After an amputation, patients often need a wheelchair on a temporary basis. It must have a firm seat that prevents curvature of the spine. Transtibial amputees should hold the residual limb straight to counteract swelling and knee contractures.

**Mobilising the contralateral leg and strengthening the muscles**

To ensure that the patient will be able to stand on the contralateral leg as soon as possible after the amputation and load it fully – e.g. for transfers – movement exercises and strength training for the leg muscles are recommended before the surgery. Early muscle strengthening and stretching of the whole body helps prevent contractures.