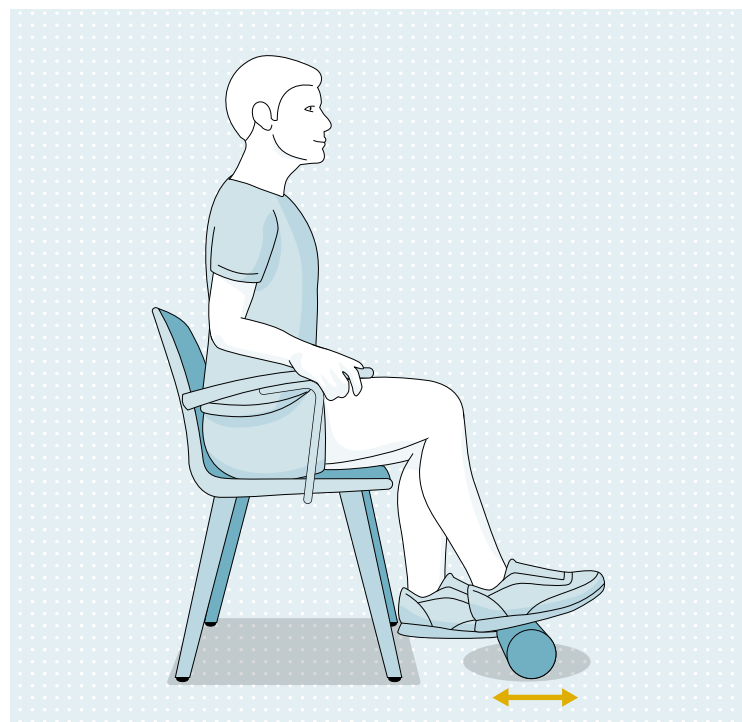
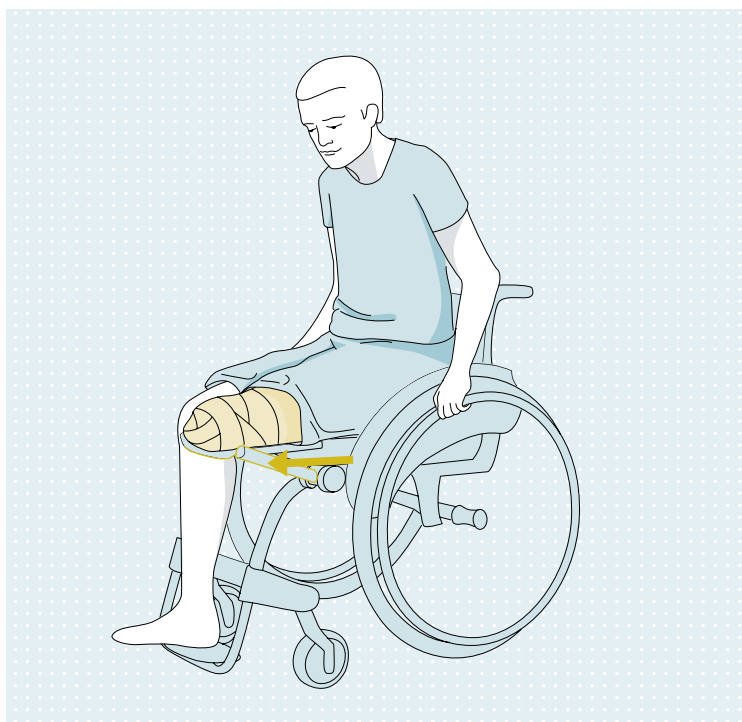


# Before the amputation

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. Transfemoral 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.