

# Physiotherapy Upper Limb exercises for lower limb amputees



Information for patients,  
relatives and carers

## Before you get started with the exercises

- Ensure you are sat upright and balanced – engage your core to sit upright.
- If you are sat in a wheelchair, ensure the brakes are on.
- You can add resistance bands or small weights to progress these exercises when advised by your physiotherapist.
- Unless advised specifically by your physiotherapist, repeat each exercise 10 times, aiming for three times a day.
- If any of the exercises give you any pain, please stop immediately and inform your physiotherapist.

## 1. Shoulder abduction

Holding your arm out straight to the side, raise and lower your arm slowly as far as you can.



## 2. Biceps curls

With your palms facing up, bend your elbow before straightening again.



### 3. Triceps extension

Hold your arm straight above your head then bend and straighten your elbow whilst keeping your shoulder still.



### 4. Internal and external shoulder rotation

Place your arms by your side and bend your elbows to 90 degrees. keeping your elbow tucked into your side, move your arms inwards towards your stomach and then outwards to the side.



## 5. Cross body rotation

Place both of your arms to one side of your body and lift one arm across and in front of your chest until it is straight out in front of you. Hold this for a few seconds before lowering it back down.



## 6. Horizontal abduction

Place your arms straight out in front of you. Move your arms out to the side and back to the middle. Ensure you keep your shoulders at 90 degrees throughout the movement.




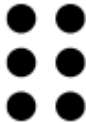


## 7. Shoulder press

Lift your arms out to the side, bend your elbows to 90 degrees and lift your arms above your head, straightening your elbow, then bring them back down slowly.



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Please contact the Patient Advice and Liaison Service (PALS) on:

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### Legal notice

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