



ottobock.

# Ottobock Fitness booklet

Quality for life



## About the training

The exercises in this booklet form the basis for the training you need following the fitting of your prosthetic device – and are designed to be carried out with and without a prosthesis.

Although these exercises cannot replace the training given by your physiotherapist, they can supplement it in a useful way. You will find it is most effective to train with the help of this booklet three times a week and to regularly alternate between the exercises forming the modules Strength & Endurance and Coordination & Balance. We then recommend stretching your muscles with the exercises in the Stretch & Relax module.

These and further exercises can be found in the Fitness for Amputees app which you can download for free from the App Store or Google Play.

## Coordination & Balance

The Coordination & Balance exercises show you how to stand confidently on your prosthetic leg as well as how to improve your balance and coordination. This results in greater safety and a more natural way of moving.



## Tightrope walk – Walk the line in safety

This exercise supports the coordination skills and balance while walking.



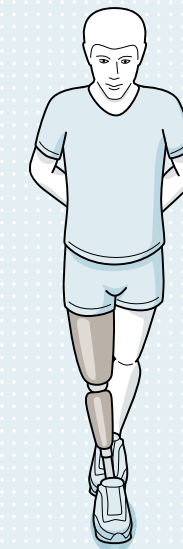
repetitions

**Equipment:** A line on the ground or some imagination.

**Procedure:** 5 repetitions, 10 steps forward each.

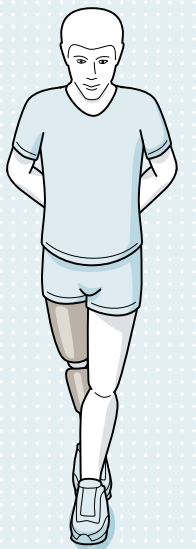
**Tip:** Try to keep looking ahead.

1



**1.** All you need is some room to walk and a great deal of concentration. Start by imagining or finding a straight line on the ground, such as the floorboards.

2



**2.** Then walk along it, step by step, putting each foot close in front of the other. Turn around after 10 steps and walk back in the other direction.

# Abductor exercise – A perfect hip exercise

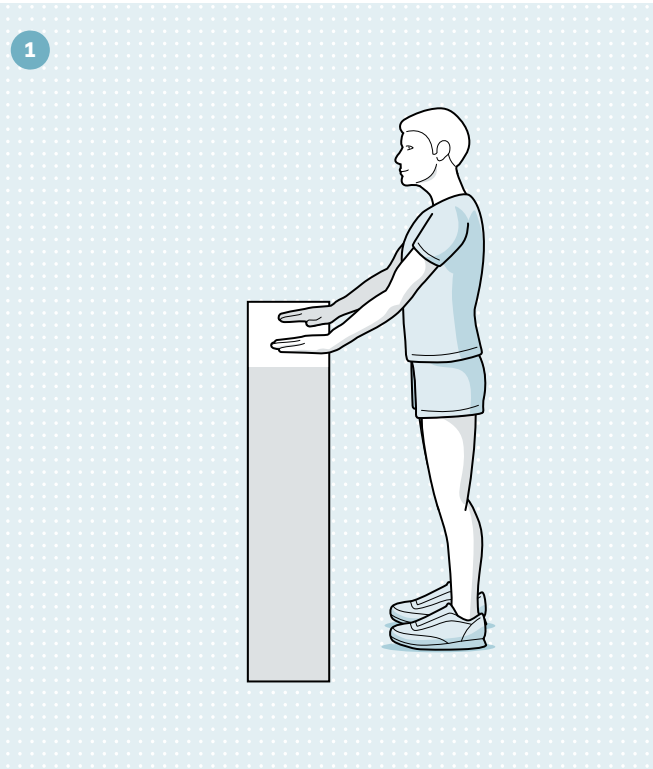
An easy way to strengthen the hip musculature.

3x12  
repetitions

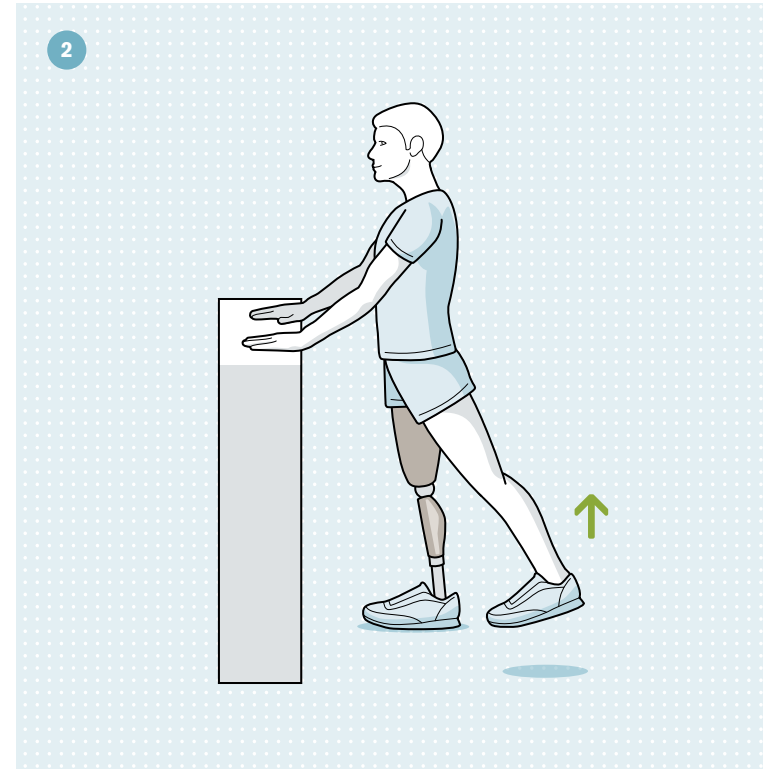
**Equipment:** Something to hold on to.

**Procedure:** 10-12 repetitions per leg, 2-3 sets with 30 seconds break in between sets.

**Tip:** Remember to keep your abs nice and tight and avoid curving your spine.



**1.** Begin by standing in front of something you can hold on to, such as a counter.



**2.** Now extend one leg diagonally backwards without rotating your foot and without putting it down. Lift your foot 12 times. After a break, swap sides and repeat the exercise with the other leg.

Daily training made easy.



## Strength & Endurance

The Strength & Endurance exercises are designed in particular to strengthen your upper body muscles and to stabilise your spine, forming the basis for a normal gait. Prosthesis users often complain of back pain and poor posture, which can be prevented by regular training.



## The bridge – Form a bridge with your body

This exercise effectively trains the thigh muscles.



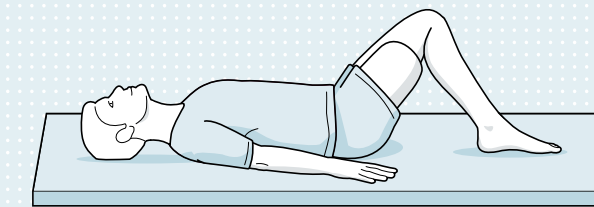
repetitions

**Equipment:** A mat or a towel.

**Procedure:** 6-8 repetitions per leg, 2-3 sets with 30 seconds break in between sets.

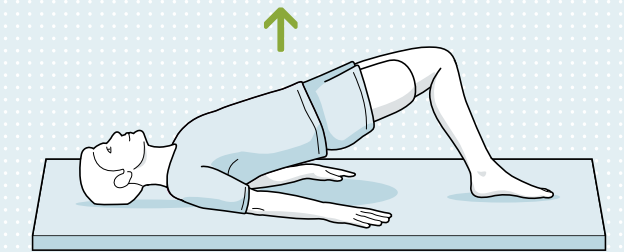
**Tip:** Keep your residual limb parallel to your healthy thigh.

1



**1.** Lay on your back with your knee bent and your foot flat on the ground.

2



**2.** Now lift your hips to form a straight line from your shoulders to your knee. Then lower your hip again onto the floor. Repeat this 8 times.

# The swimmer – How to swim on land

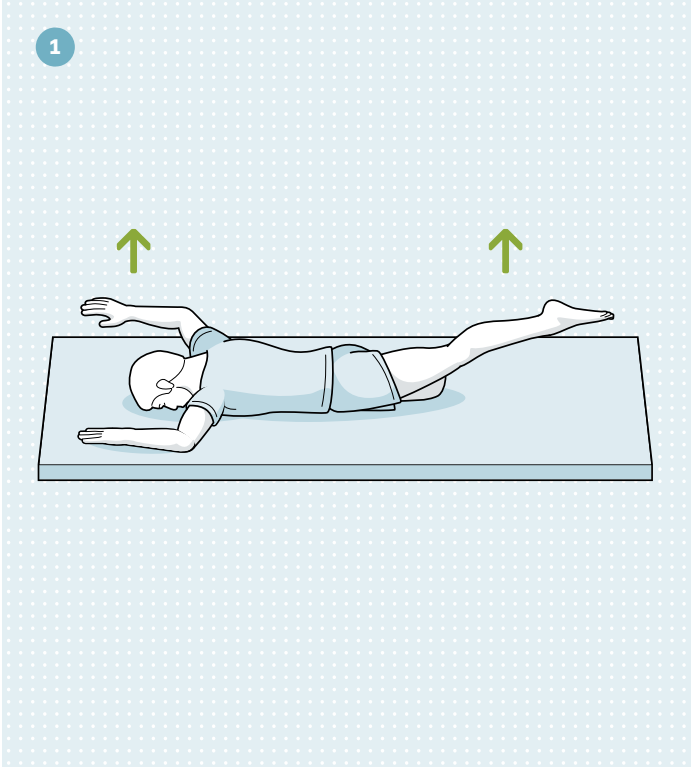
This exercise is well suited to strengthening your back.



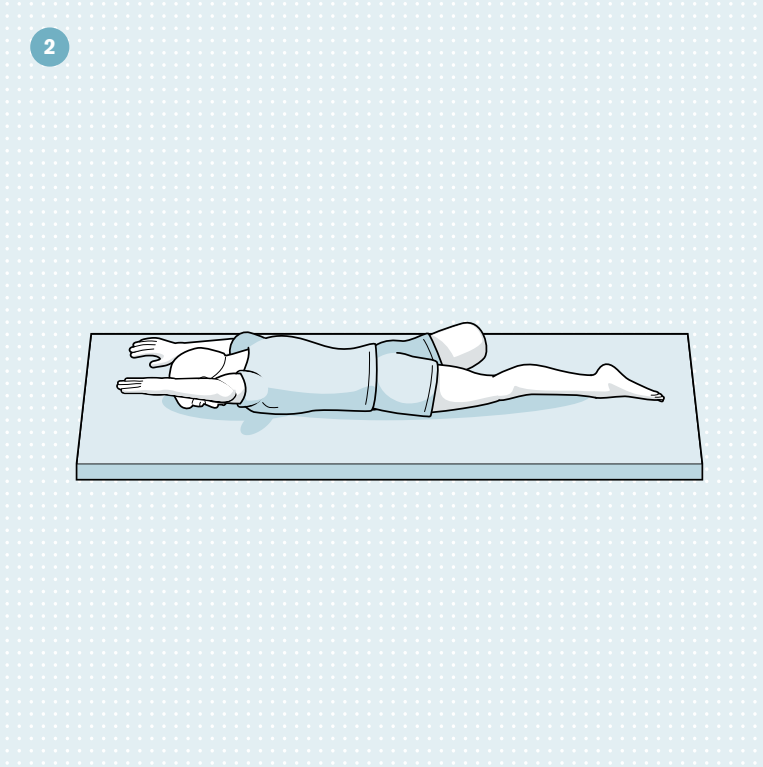
**Equipment:** A mat or a towel.

**Procedure:** 6-8 repetitions per side, 2-3 sets with 30 seconds break in between sets.

**Tip:** Use your abdominal muscles by pulling in your belly button.



1. Lying face down, extend your arms above your head, and keep your legs straight. Now raise your extended right arm and left leg clear of the ground.



2. Lower both your arm and leg and do the same with the other side. Repeat at a moderate speed, swapping from side to side.

# Leg lifts – The scissor movement

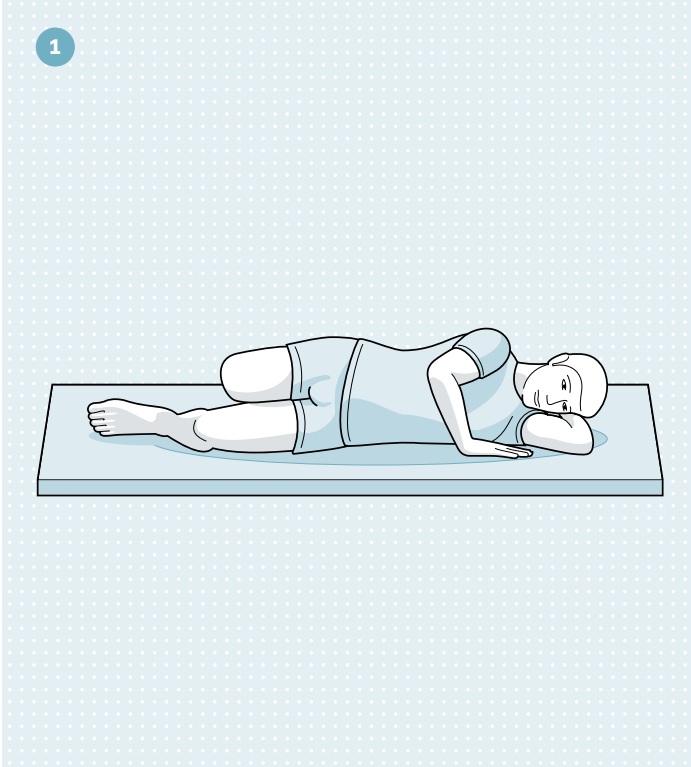
This exercise strengthens your buttock in an effective manner.



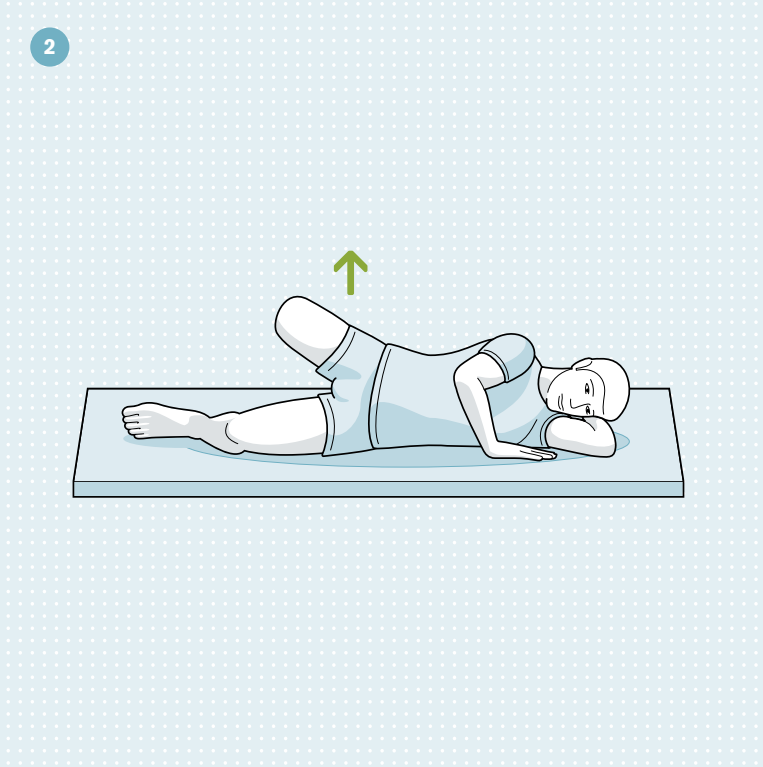
**Equipment:** A mat or a towel.

**Procedure:** 4-6 repetitions per leg, 2-3 sets with 30 seconds break in between sets.

**Tip:** Stabilise your body and remember to keep breathing normally.



1. Start by lying on your side, with your head resting on your lower arm and your hip and knee bent. Your hips should form a line with your upper body.



2. Slowly lift and lower your upper leg without putting it down. Repeat this 6 times. After a break, the exercise can be repeated 3 times. Then change sides.

## Stretch & Relax

The Stretch & Relax exercises help your muscles relax and promote faster regeneration. Prosthesis users are often affected by muscle contractures and back pain caused by poor posture. Stretching on a regular basis will have a positive impact on these factors and significantly improve your flexibility.



## Hip extensors – Make yourself as long as you can

This exercise makes your hips more flexible.



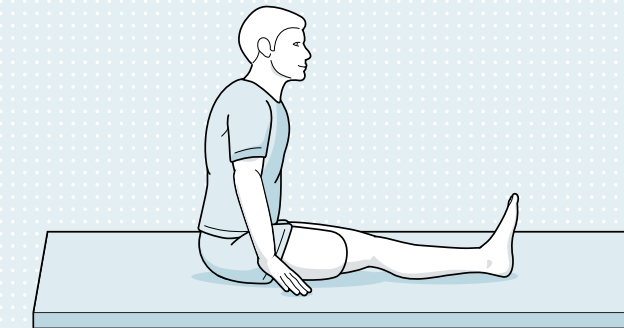
repetitions

**Equipment:** A mat or a towel.

**Procedure:** 4 repetitions, hold for 30 seconds with 10 seconds break in between.

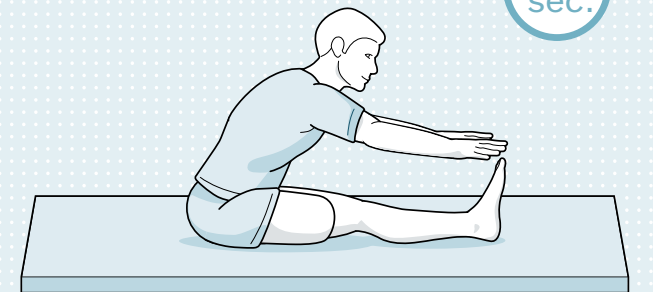
**Tip:** If you can't reach your toes at first, increase your flexibility slowly and begin by touching the edge of your shin.

1



**1.** Start by sitting on the floor and extending your legs out towards the front. It's important that your leg is extended through the knee joint as well and lying flat on the mat. Make sure that your spine is straight.

2



**2.** Now bend forward while keeping your trunk straight and try to touch your toes. Hold this position before returning to the starting position. Repeat this 4 times.



# Back stretch – Back relaxation

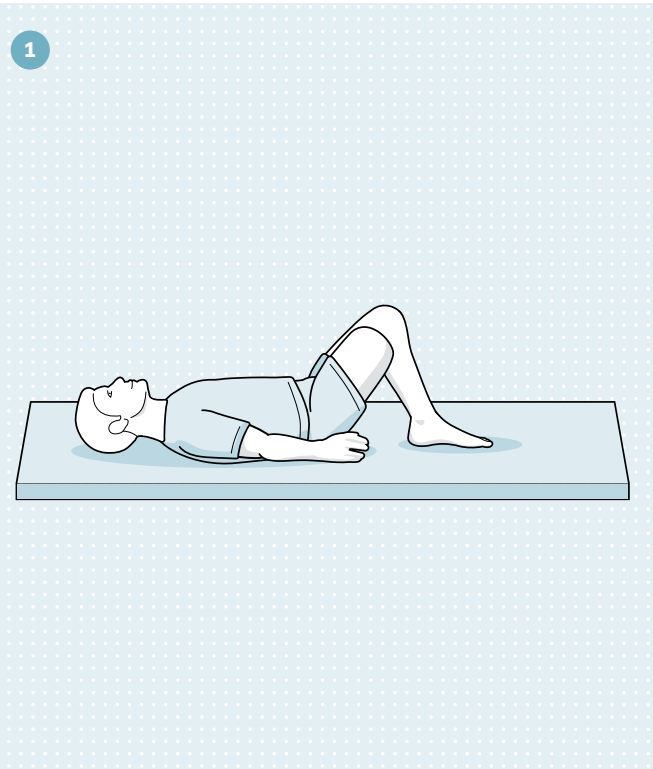
This exercise strengthens the large back extensor while also serving to mobilise your back.



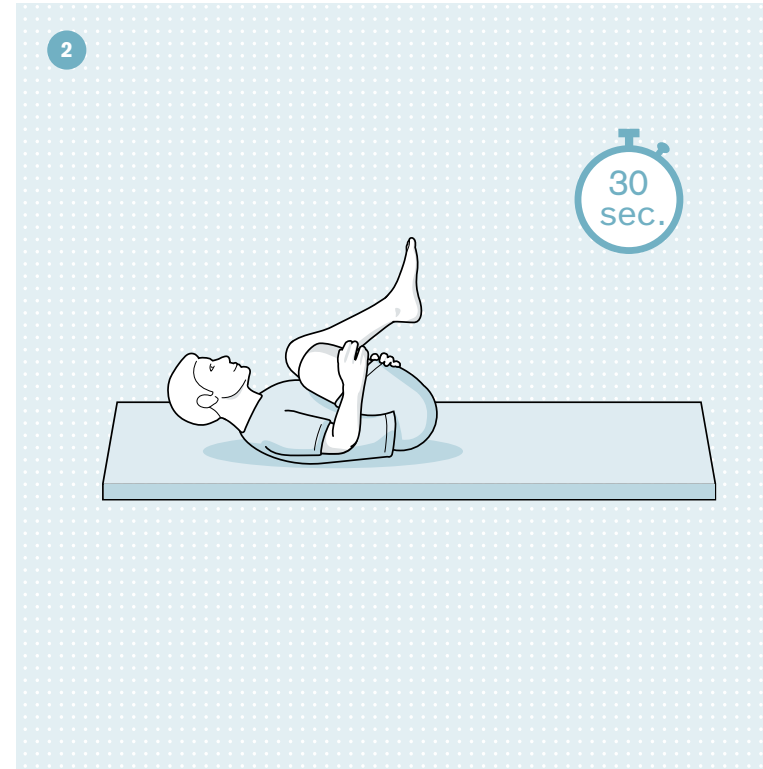
**Equipment:** A mat or a towel.

**Procedure:** 4 repetitions, hold for 30 seconds with 10 seconds in between.

**Tip:** You can deepen the stretch by pointing your chin down towards your chest.



**1.** Begin by lying on your back.



**2.** Pull your legs in as close as you can to your upper body. It's best to hold your legs in the hollow of the knee if you can. Remain in this position until the time is over. Repeat this 4 times.

It's not always easy,  
but it's always worth it.



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the App Store or Google Play.**