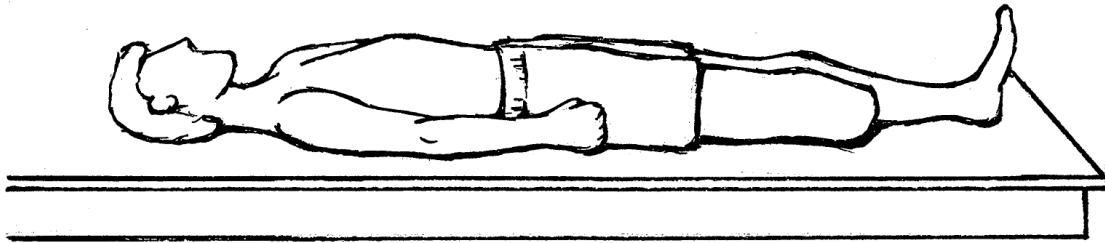


Proper positioning is important to maintain muscle length as well as to prevent other complications after an amputation. Positioning will also assist with decreasing swelling and will allow joints in your residual limb to continue to move freely. This will be important for using a prosthesis and for all daily activities like dressing and getting out of bed. Complications that may arise are muscle tightening or contractures.

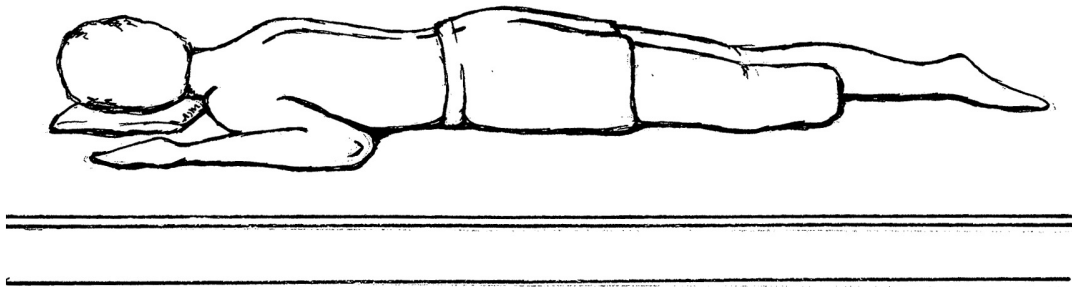
Supine (lying on your back)

- DO NOT use pillows under residual limb or between legs.
- Keep residual limb flat on the bed with knee and hip straight.
- Keep hospital bed flat when sleeping or resting.



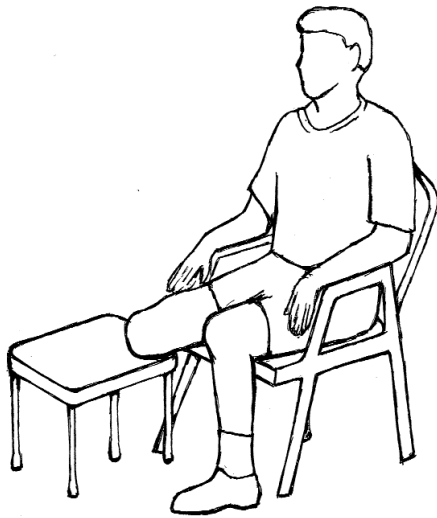
Prone (lying on your stomach)

- Keep residual limb flat on bed or propped on towel.
- Keep knee straight.
- Keep legs close together.
- Often used in therapy for assisting with stretching hip muscles in the front of your thigh.



Sitting

- Support residual limb on firm surface (propped on leg rest).
- Keep knee straight on amputated side (can use knee immobilizer).
- Sit with legs close together, but not crossed.



- Do not allow your amputated leg to hang down due to increased blood flow to amputated side and muscle shortening, as shown here:

