

Practical tips for getting moving and maintaining exercise



NHS guidelines: to stay healthy and maintain fitness, it's beneficial for adults to engage in a variety of physical activities each week, including both aerobic and muscle-

strengthening exercises. It's also recommended that older adults and those with disabilities incorporate balance exercises into their routine to support overall wellbeing.

1. Type of exercise			
Exercise	Benefits	Frequency	Examples
Aerobic Activity (Cardiovascular activity)	Aerobic Activity increases your heart and breathing rate.	150 minutes of moderate intensity per week. 30 minutes a day 5 days a week.	Walking, cycling, swimming, doubles tennis, hiking.
Muscle-Strengthening	Try to work all the major muscle groups. (Legs, hips, back, abdomen, chest, shoulders and arms)	2+ days per week	Weight training, resistance bands, body-weight exercises
Balance Exercises (can be performed sitting or standing).	Are those which challenge co-ordination, stability and balance, both stationary and moving.	2+ days per week	Tightrope walk and one-legged stand (Standing), sit-and-reach (sitting).
Flexibility		Regularly, ideally every exercise session	Side bends, hamstring stretches, overhead stretches
Agility and Coordination		Include in weekly routine	Side-stepping, grapevine, ball toss, toe taps

Remember this daily activity can be broken down into smaller chunks, for example a ten-minute walk, 15 minutes of weight training and a ten-minute bike ride. Join one or more of LimbPower's free daily online classes and do all 30 minutes in one go!

An amputation can cause an imbalance between the left and right sides of your body, problems with your posture, and muscle tightness and shortening on the residual limb. It is important to maintain your range of motion and keep your muscles and joints supple to avoid pain and injury.

intensity activity should be a comfortable increase which doesn't have you gasping for breath. You can tell if you are working at moderate intensity, if you can still talk but not sing.

2. Types of fitness

Fitness is divided into Health-based and Skill-based components (see table below): The NHS emphasises health-based components, which help improve cardiovascular health, muscular strength, and flexibility.

3. Practical tips for each exercise type

3.1 Aerobic activity (moderate intensity)

What It Is: while all aerobic activity that raises your heart rate and makes you breathe faster and feel warmer, moderate

Intensity guide

Moderate: Comfortable enough to talk but not sing (4-6 out of 10).

Vigorous: Heavier breathing can't talk easily (7-8 out of 10).

Suggested Activities: Walking fast, water aerobics, bike riding, doubles tennis, hiking or pushing a lawn mower.

3.2 Muscle-strengthening activity

What It Is: Exercise that challenges your muscles to grow stronger. It is sometimes referred to strength training, weight training or resistance training. You can use weights,

Type of fitness	
Category	Components
Health-based	Cardiovascular endurance, muscular strength, muscular endurance, flexibility
Skill-based	Agility, balance, coordination, power, reaction time, speed

Practical tips for getting moving and maintaining exercise

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LimbPower Exercise and Fitness Disclaimer

Always consult your G.P., Rehabilitation Consultant or other health care professionals before starting any new exercise or fitness programme to determine if the programme is appropriate for your ability and your needs. This is especially true if you (or a family member) have a history of high blood pressure or heart disease. If you have ever experienced chest pains when exercising or have experienced chest pains in the past month when not engaged in physical activity, smoke, have high cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness programme if your G.P. or rehabilitation consultant or other health care professional has advised against it. Stop exercising immediately if you experience pain, discomfort, soreness in your sound or prosthetic (residual limb) fatigue, light-headedness, dizziness, headache, shortness of breath, blurred vision, nausea or sickness at any time while exercising. If something hurts, stop doing it.

exercise machines, resistance bands or your own body weight where your muscles are used to control the movement.

Guidelines:

Minimum 8-10 exercises per session, targeting major muscle groups.
Intensity: Complete 6-12 repetitions for 3 sets, with breaks in between.

Ways to Increase Intensity:

Use heavier weights, perform more reps, or reduce rest time.

Suggested Activities:

Upper Body: Lateral bends, planks, crunches.

Lower Body: Sit-to-stand, bridges, high knees, foot taps.

3.3 Balance training

What It Is: Exercises to improve stability and control.

Frequency: Include at least five balance exercises twice per week.

Example exercises:

Standing: Tightrope walk, disco glide, staggered stance.

Seated: Sit-and-reach in various directions, using a balance cushion.

Progression: Start with stationary exercises, progressing to more dynamic movements as balance improves.

Training balance helps reduce the risk of falls and increases your ability to control movement. The NHS recommend including five balance exercises with your other activities at least twice a week. If standing is a challenge balance exercise can be done seated. Join our weekly Wobble Class.

3.4 Flexibility training

Importance: Helps maintain range of motion and prevent muscle tightness. This is especially important for amputees.

Guidelines:

There is growing evidence that improved flexibility is a vital part of maintaining health and functionality of the body. Incorporate stretches when muscles are warm (e.g. after other exercises). Stretch major muscle groups and hold each stretch for 15-30 seconds.

Example Stretches:

Side bends, hamstring stretches, arm circles and overhead reaches.

3.5 Agility and coordination training

benefits: It helps you control complex movements and supports daily activities.

Sample Exercises:

Agility: Tightrope walking, side-stepping, grapevine.

Coordination: Ball toss (upper limb), toe taps, juggling.

4. Sample weekly schedule

(See table below)

5. Exercise programmes and resources

• **LimbPower YouTube Channel:**

Access free exercise videos and classes. LimbPower YouTube

<https://www.youtube.com/c/limbpower>

• **Ottobock App:** "Fitness for Amputees":

Mobile app for personalised training.

• **UR: Enabled Video Series:**

Offers a range of workouts for amputees.

6. Contact for Support

LimbPower's National Sports Development Officer can connect you to additional fitness resources tailored to your needs.

Phone: 07502 276858

Email: david@limbpower.com

Sample weekly schedule

Day	Activity
Monday	30 mins moderate aerobic activity (walking/biking)
Tuesday	Strength training: 8-10 exercises targeting all muscle groups
Wednesday	Balance exercises + 30 mins aerobic
Thursday	Flexibility stretches + light coordination exercise
Friday	30 mins moderate aerobic activity
Saturday	Strength training (different muscle focus than Tues)
Sunday	Rest or light activity (e.g. yoga or walking)