

BEFORE YOU READ THIS BOOK

Physical Fitness: A Guide for Individuals with Lower Limb Loss does not attempt to cover every possible exercise, nor is it to be considered a text on exercise physiology. Other excellent source texts have been written and are recommended for further information. They are listed in the Bibliography. This book does offer a solid foundation in understanding the importance of physical conditioning and the ways in which persons with an amputation can achieve fitness by adapting their prosthesis to the exercise regime and/or following a conditioning program without it. Several amputation levels are covered and variations on how the desired exercises can be accomplished are included.

Please note that when an above-knee (AK) amputee is shown performing a certain exercise or activity, it should not be construed as the way every AK amputee must attempt to perform that exercise—or that every amputee is capable of performing it. Starting with the proper surgery, training, and prosthetics, many activities are possible but are not to be expected of all amputees. The individual amputee and trainer should explore the opportunities for exercise based on that which the amputee feels comfortable with and confident in doing. The program can build from there and, in time, reach higher fitness goals.

The purpose of this book is to inform amputees that they can design a routine that would allow them to work out independently, after becoming familiar with activities from a trained instructor. The exercises shown are performed with equipment that does not require additional assistance. The use of free weights may require an observer (as it would for any able-bodied lifter) when performing a heavy routine. The use of this equipment, commonly found in health clubs across the country, allows lower limb amputees to feel confident in integrating into that mainstream environment knowing that they can also work the same muscle groups, although not always in the same manner. Certain exercises may need to be adapted; however, the same muscles mentioned are used and the amputee can achieve the same fitness levels as persons who have no amputation. If the amputee has the desire, this book will assist in finding the way to higher levels of physical conditioning.