

Resistance Chair Guideline for Extremity Amputation Rehabilitation

General Information

Extremity amputations can occur from trauma or serious medical conditions, causing significant functional challenges as well as physical and psychological impairment. A specifically designed therapy program should be initiated shortly following surgery to maintain strength and prevent muscle stiffening. Often, prosthetic limbs require more strength and a higher level of fitness for safety and function.

Resistance Chair Recommendations

The Resistance Chair home based general conditioning program provides a way to ensure maximal overall function and improvement in quality of life following an amputation. A rehabilitation program, as offered by the Resistance Chair, is essential in the recovery process. A new prosthetic limb places an increased demand on the body. A proper training program with a new limb should include regular exercise. The loss of an extremity often leads to a period of deconditioning and impairment in balance. The Resistance Chair general conditioning program also provides a way to preserve and increase strength of the other extremities and aid core stability. This is essential in restoring balance and reducing falls, which could lead to serious injury.

General disclaimer: Consult your physician before using exercise equipment or starting an exercise program. Please read the complete disclaimer before using any Active Aging equipment or products.

General Precautions: Stop exercise if you experience any pain and consult your physician before resuming the Resistance Chair exercise program.