

Table 11-1
ADL DIFFICULTY

| | <i>Unilateral TT</i> | <i>Unilateral TF</i> | <i>Bilateral TT</i> | <i>TT to TF</i> | <i>Bilateral TF</i> | <i>Bilateral HD</i> | <i>Unilateral HD and TP</i> |
|--|----------------------|---|--|--|--|--|--|
| Sit | No limitation | No limitation | No limitation | No limitation | No limitation | No limitation | No limitation |
| Stand | No limitation | No limitation | No limitation | No limitation | No limitation | No limitation | No limitation |
| Walk | No limitation | No limitation | Slight limitation | Some limitation | Some limitation | Some limitation | Some limitation |
| Stairs with rail | No limitation | No limitation | No limitation | No limitation | No limitation | Difficult | Some limitation |
| Curbs | No limitation | No limitation | Some limitation | Some limitation | Difficult | Difficult | Difficult |
| Public Transportation | No limitation | Some limitation | Some limitation | Difficult | Not advised | Not advised | Some difficulty |
| Stairs without rails | No limitation | Some limitation | Some limitation | Difficult | Not advised | Not advised | Some difficulty |
| Carry | No limitation | Some limitation | Unlimited with some objects | Limited | Not advised | No | Some difficulty |
| Push | No limitation | Some limitation | Some limitation | Difficult | Not advised | No | Some limitation |
| Lift | No limitation | Some limitation | Some limitation | Difficult | Difficult | No | Difficult |
| Kneel | No limitation | Some limitation | Difficult | Difficult | Difficult | No | Some limitation |
| Pull | No limitation | Some limitation | Some limitation | Difficult | Not advised | No | Some limitation |
| Get up and down from floor | No limitation | No limitation | Unlimited | No limitation | Difficult | Difficult | No limitation |
| Step over objects | No limitation | Difficulty increase with the height of the object | Unlimited | Difficult | Very difficult | Difficulty increases with the height of the object | Difficult |
| Assistance device(s) usually necessary | Often no device | Sometimes a cane | Sometimes a cane (Wheelchair for night or if prostheses are in repair) | One or two canes (Wheelchair for night or if prostheses are in repair) | Usually two forearm crutches (Wheelchair for night or if prostheses are in repair) | Two forearm crutches (Wheelchair for night or if prostheses are in repair) | Sometimes a cane (Wheelchair for night or if prostheses are in repair) |

Adapted from Karacoloff L. *Lower Extremity Amputation*. 2nd ed. Pro-Ed: Austin, Tex; 2005:162,165.

Because the average physical and cardiac condition is poor in persons with an amputation due to vascular disease,³⁹ patients should participate in daily aerobic activities, stretching as well as strengthening exercises.

As the level of the amputation moves higher, the patient will decrease gait velocity so as not to exceed tolerable oxygen cost.⁴⁰ In addition, amputations due to dysvascular conditions result in higher energy con-