



Knee flexion and extension (active assisted)

Starting position: Lying down on a bed or other smooth surface (to allow the heel to slide)

Warm-up: Slowly bend and straighten the knee 10 times as much as possible in each direction

1. For flexion, bend the knee and slowly slide the heel up towards the bum, as far as it can go. If the heel cannot touch the bed because of the frame, you can support your child's leg and help them move it to make sure that they have a full range of motion.
2. When your child feels a stretch over the front of their thigh, hold the position for five seconds.
3. For extension, slowly move the heel back down the bed until the leg is straight again.

Do exercise ____ times.

Repeat ____ times a day.

** Note: Some children may require the adult assisting them to perform most of the movement. This will be determined by your child's physiotherapist.*