



Isometric quadriceps (static contractions)

Starting position: Lying down on a bed with a small roll or towel under a slightly bent knee

1. Have your child tighten their thigh muscles and push their kneecap down into the towel. They should make the knee as straight as they can. Make sure the kneecap and toes point straight up towards the ceiling throughout the exercise.
2. Hold for 3-5 seconds.
3. Relax.

Do exercise ___ times.

Repeat ___ times a day.