



### Straight leg raise

**Starting position:** Lying on the back or sitting up with the back supported

1. Have your child tighten their thigh and glute muscles and keep their knee straight.
2. Slowly lift the leg straight off the bed, keeping the knee straight.
3. Hold this position for 3-5 seconds.
4. Slowly lower the leg back down to the bed.

Do exercise \_\_\_ times.

Repeat \_\_\_ times a day.