



### Ankle dorsiflexion (DF) while sitting

**Starting position:** Sitting on a bed with leg extended straight

**Warm-up:** Move your ankle up and down slowly 10 times to warm up the muscles and make the stretch more comfortable

1. Wrap a towel or thick band around the middle of the foot and hold one end in each hand.
2. Keeping the knee as straight as possible, have your child slowly pull their foot towards their face using their own muscles.
3. Use the towel to bring the foot further into a stretch. Your child should feel this in the back of their calf.
4. Hold for \_\_\_\_ seconds.

Do exercise \_\_\_\_ times.

Repeat \_\_\_\_ times a day.