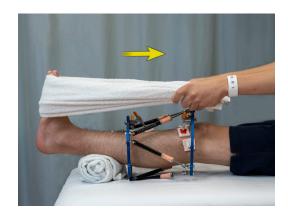
Range of motion exercises



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.
4.	Hold	tor	seconds.

Do exercise _____ times. Repeat _____ times a day.