



Ankle dorsiflexion (DF) while sitting (assisted)

Starting position: Sitting on a bed with leg extended straight

1. Have your child bring their toes and ankle towards their face as much as they can on their own, without raising their leg off the bed.
2. You (the parent or caregiver) can gently further the stretch, making sure the leg remains straight. Your child should feel this in the back of their calf.
3. Hold for ____ seconds.

Do exercise ____ times.

Repeat ____ times a day.