



Ankle plantar flexion

Starting position: Sitting or lying down

1. Slowly move the toes downwards like the foot is pushing on a gas pedal. Your child should feel the stretch on the front of the ankle.
2. If they do not feel the stretch, you can help by bringing the ankle further into the movement. You should put one hand over the top of the foot and another hand just above the ankle if the frame allows.
3. Hold for ___ seconds.

Do exercise ___ times.

Repeat ___ times a day.