



Knee extension stretch (standing)

Starting position: Standing with the leg extended straight on a stair or on the floor, depending on flexibility

1. Have your child stand with their heel on the floor, or a block, and their toes against a wall.
2. Keeping the knee as straight as possible, have them lean slightly forward. Your child should feel a stretch through the back of their thigh and knee.
3. Hold for ___ seconds.

Do exercise ___ times.

Repeat ___ times a day.

** Note: Depending on how flexible your child's hamstrings are, they may not be able to bend as far forward as shown. Your child's physiotherapist will assist you with this.*