



Quadriceps setting over roll

Starting position: Lying down or sitting up with back supported on a bed, knee slightly bent over a rolled-up towel

1. Have your child tighten their thigh muscles and push their knee down into the roll.
2. Lift the lower leg and foot up off the bed. Keep the knee on the roll and make sure the kneecap and toes point straight up towards the ceiling throughout the exercise.
3. Try to hold the leg up for 3-5 seconds.
4. Slowly lower the leg back down.

Do exercise ___ times.

Repeat ___ times a day.