

Hold all stretches for 30 seconds repeat 3 times each side twice a day

Tick the required exercise below

1. Hamstring Stretch



- Start with the child lying on their back, keeping both legs straight, stretch one leg towards the chest whilst fixing the lower leg flat.
- Rest the child's straight leg on your shoulder
- You may find using a towel over the fixed leg and anchoring it to the floor with your knees helpful.

2. Gastroc stretch



- Start with your child lying on their back/sitting with legs out straight in front of them
- Cup their heel with your hand and rest the sole of their foot on your forearm.
- Gently stabilise above knee with the other hand.
- Slowly move the child's foot so that the toes point up towards the child's body. The stretch is felt in the calf
- To stretch the lower calf muscle bend the child's knee before moving their foot up towards their body as above.

3. Soleus stretch



- Start with your child lying on their back/sitting with legs out straight in front of them
- Cup their heel with your hand
- Bend the knee up to approximately 45 degrees
- Slowly move the child's foot so that the toes point up towards the child's body. The stretch is felt in the calf

Quadriceps stretch



- Start with the child lying on their front and legs out straight in a symmetrical position.
- Bend the leg to be stretched and move their heel towards their bottom. Support at the knee and at the ankle.
- Ask the child to tell you when you have reached 'stretch' in the front of the thigh.

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4. Hip flexor stretch



- Start with the child lying on their stomach with legs out straight. Position yourself at the side.
- Bend the child's leg on the side to be stretched and cup their knee in your hand, tucking the foot under your arm.
- With the other hand apply a gentle downward pressure through their buttock on the same side as this applies the 'stretch'.

5. Adductor frog leg stretch



- With the child lying on their back with knees bent, position yourself at the child's feet with your knees either side of their feet.
- Let their knees drop out to the side and then, holding their knees, slowly add pressure towards the floor until you feel resistance or when your child tells you they feel a 'stretch'.

6. Straight leg hip adductor stretch



- Start with the child lying on their back with legs straight.
- Position yourself at the side of the child, opposite to the hip you are about to stretch. Stabilise the hip on the same side with one hand, position the other hand underneath the child's knees.
- Gently move the hip out to the side keeping the leg straight until you feel resistance or when your child tells you they feel a 'stretch'. They will feel the stretch in the groin region

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