

Tick the required exercise below

## 1. Knee hugs



- Lie on your back with knees bent and feet flat.
- Hug one knee to your tummy and hold for ..... seconds. Repeat \_\_\_\_\_ each side
- Alternatively, if your child is unable to do this themselves then you can gently move their hip in towards their chest for them passively

## 2. 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'. Hold for 30 seconds, repeat 3 times.

## 3. Straight leg abduction 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. Stabilize 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.
- Hold for 30 seconds, repeat 3 times

## 4. Passive 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. Hold for 30 seconds, repeat 3 times each leg

## 5. 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'. Hold 30 seconds, 3 times.

For further information and advice please visit our website: [www.poole.nhs.uk/physio](http://www.poole.nhs.uk/physio) and find '[childrens physiotherapy](#)'

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### 7. Bridging



- Lie on your back with both knees bent.
- Slowly lift bottom off the floor until shoulders and knees are in a line keeping feet flat. Hold for 5 seconds, or get your child to pass an object around their waist 5-10 times then slowly lower back down to the floor. Repetitions.....

### 8. Straight leg raise



- Lying on your back or in sitting, bend one knee up to protect back whilst keeping the other leg straight
- lift the straight leg up about 45 degrees Hold for 5 seconds then slowly lower.
- Repetitions .....

### 9. Aeroplanes



- Lie on your tummy with your legs out behind you and your arms out to the side. Make sure you keep your knees nice and straight.
- Break movement down if needed to do just arms or legs, then try to out both together.
- Hold for ..... seconds, repetitions.....

### 10. Superman



- Start on your hands and knees. Practice lifting one arm out in front of you
- Then, practice lifting one leg out behind you
- Finally practice lifting one arm and your opposite leg. Hold for 5-10 seconds, repetitions.....

