Stretches

- These exercises should be done according to your therapist's instructions

- Try to do your stretches regularly as part of your daily routine. If your muscles are not stretched they will get shorter and you will not be able to move as freely.

- When stretching, ensure that you go to 'stretch' not 'pain'. The position should be held for 30 seconds. You may find you can go further into the stretch after 20 seconds.

Passive Hamstring Stretches

Instructions:

With the child lying on their back, keeping both legs straight, stretch one leg towards the chest whilst fixing the lower leg flat. 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, once a day.**

This stretch can also be completed using a doorway;
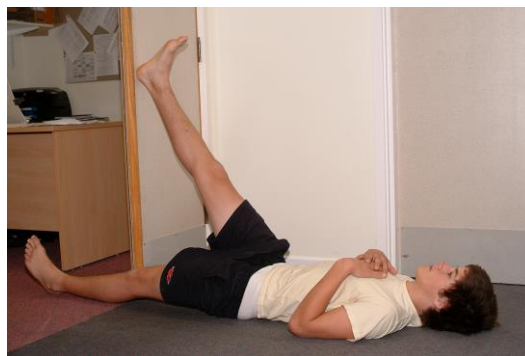
Instructions:

With the child lying on their back, the centre of their body lined up with the centre of the doorframe, put one leg up the door frame and the other through the door. Both knees should be facing upwards and straight. The child's hips should be on the floor, no bottom lifting. If it hurts, then shuffle back a little until the stretch can be felt but with no pain. Progress can be marked with Blu-tack or stickers on the doorframe. Move to the other side of the door to stretch the other leg.

Hold for 30 seconds. Repeat 3 times on each leg.

Active Calf Stretch

Instructions:

Stand with one foot in front of the other facing a wall. Rest your hands on the wall and make sure that your feet are facing forwards. Bend your front knee keeping your back knee straight and your back foot on the floor. You should feel a stretch in the back of your calf.

Hold for 30 seconds. Repeat 3 times once a day.

Passive Quadriceps Stretch

Instructions:

Start with the child lying on their front and legs out straight in a symmetrical position. Bend the leg to be stretched so that their heel approaches 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.

Hold for 30 seconds. Repeat 3 times, once a day.

As the stretch is applied you may find the child lifts the hip on that side off the floor. If this happens, move to the side, use one hand to apply pressure towards the floor on their buttock, and the other at the ankle.

Passive Hip Flexor Stretch

Instructions:

Start with the child lying on their stomach with legs out straight in a symmetrical position. 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 downward pressure through their buttock on the same side - gently as this applies the 'stretch'. Ask the child to tell you when they feel the 'stretch'.

Hold for 30 seconds. Repeat 3 times, once a day.

Passive Calf Stretch

Instructions:

Lay the child onto their back. Grasp the heel of the calf muscle to be stretched between thumb and forefinger and let the rest of the child's foot lye against your hand/forearm. Place your other hand just above the knee to keep the leg straight. Gently pull down on the heel away from the child and lever the foot towards the child with your forearm. The stretch should be felt in the calf muscle.

Hold for 30 seconds. Repeat 3 times on each leg.

Contact details

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For further general health-related information, please ask the relevant department for an information prescription or contact:

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We can supply this information in other formats, in larger print or have it translated for you. Please call the Patient Experience Team on 0300 019 8499 or email patientexperienceteam@uhd.nhs.uk for advice.

If you wish to make any comments or to ask about any research evidence used to write this leaflet, please contact the Patient Experience Team on 0300 019 8499, write to the Patient Experience Team (address above) or email patientexperienceteam@uhd.nhs.uk