



Hamstring stretch

Starting position: Lying on the back

1. Support your child's leg just above the knee and at the hip, with their ankle resting on your shoulder.

Depending on how flexible your child's hamstrings are, you may not be able to raise their leg off the bed as shown. Your child's physiotherapist will assist you with this. Your child should feel a stretch through the back of their thigh and knee.

2. Hold for ___ seconds.

Do exercise ___ times.

Repeat ___ times a day.