

Hip rotation starting position**Hip internal rotation****Hip external rotation****Hip internal and external rotation**

Starting position: Lying on the back with the legs straight

1. Support your child's leg just below the knee and at the thigh.
2. For internal rotation, slowly rotate the leg inward. The toes and kneecap should be rolling inward with the leg as you rotate. Your child should feel a small stretch over the outside of their thigh.
3. For external rotation, slowly rotate the leg outward. The toes and kneecap should be rolling outward with the leg as you rotate. Your child should feel a stretch through the inside of their thigh.

Do exercise ____ times.

Repeat ____ times a day.