



### Knee flexion (assisted)

**Starting position:** Sitting at the edge of a chair or bed

1. Straighten the leg as much as possible.
2. Slowly bend the knee. You should let your child bend their knee as much as they can by themselves first. Use one hand to keep the upper leg still and the other hand to support the knee.
3. When your child can no longer bend their knee themselves, place your hand just below the knee to gently continue bending the knee until your child feels a stretch in the front of their thigh or until the frame stops them from bending any further.
4. Hold for \_\_\_ seconds.

Do exercise \_\_\_ times, making sure the leg straightens each time. Repeat \_\_\_ times a day.