



Prone knee bend

Starting position: Lying on the stomach with the hips level

1. Support the leg you are stretching by placing one hand just below the knee as shown, and the other hand on the thigh.
2. Slowly bend the child's knee, making sure the lower leg stays in line with the top of the leg and torso.
3. Keep bending the knee until your child feels a stretch over the front of the thigh.
4. Hold for ____ seconds.

Do exercise ____ times.

Repeat ____ times a day.