



Ankle dorsiflexion (DF) standing (runner's lunge)

Starting position: Standing facing a wall with feet, knees and hips pointed straight ahead

1. Have your child step back with the leg they are stretching.
2. Keeping hips level and the upper body straight, have them lean forward with their hands out to touch the wall. The front knee may be bent, but the back knee should remain straight.
3. Your child should gradually lean forward in this position until they feel a stretch at the back of the calf on their back leg. Both heels should stay on the floor throughout the exercise.
4. Hold for ____ seconds.

Do exercise ____ times.

Repeat ____ times a day.