



Assisted knee extension

Starting position: Sitting

1. Place one hand above your child's knee and one hand around their lower leg, as close as possible to the knee to support the joint. Depending on the frame, you may use your full forearm to support the lower leg.
2. Gently press downwards above the knee and upwards against the lower leg. This is to extend (straighten) the knee.
3. Hold for ___ seconds.

Do exercise ___ times.

Repeat ___ times a day.

** Note: Due to the shape of the frame, you will likely need to place a small roll under your child's ankle/frame to allow for full extension of the knee during the stretch.*