



### Knee flexion (assisted)

**Starting position:** Sitting at the edge of a chair or bed so the frame is off the surface

1. Straighten the knee. You should help by holding your child's lower leg to support the weight of the frame.
2. Slowly bend the knee. You should let your child bend their knee by themselves. Use one hand to support the frame as it lowers and use the other hand to support the knee.
3. Keep 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. You may need to have your child move forward on the bed to allow more room for the knee to bend.
4. Hold for \_\_\_ seconds.

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