



### Prone lying

**Starting position:** Lying on the stomach on a bed, with knees and lower leg off the edge of the bed

1. Have your child lie like this for 15 to 20 minutes, making sure that the front of the hips stay flat on the bed. This keeps the pelvis level.
2. If the frame is too heavy, you can support your child's lower leg, or place a stool under it, making sure the knee can stay completely straight. The stool should be lower than the bed to ensure there is no bend in the knee.
3. Perform this stretch once daily.