



Isometric quadriceps (static contractions)

Starting position: Sitting up with back supported and a small roll under the heel

1. Have your child tighten their thigh muscles and push their kneecap down into the bed. They should make the knee as straight as they can. Make sure the kneecap and toes point straight up towards the ceiling throughout the exercise.
2. You will likely need to place a small roll under the ankle to allow the knee to fully straighten.
3. Hold for 3-5 seconds.
4. Relax.

Do exercise ___ times.

Repeat ___ times a day.

** Note: If the frame prevents your child from fully straightening the knee on the bed, your child's physiotherapist will show you how to modify the exercise.*