

Home Exercise Program

Adductor Stretching Exercises

Passive Hip Adductor Stretch

- Have your child lie on his/her back with the legs straight and hips as level as possible
- Using gentle pressure, slowly pull legs apart while keeping knees straight

Hold ____ seconds

Both legs ____ times

Repeat ____ times per day



Alternative Passive Hip Adductor Stretch

- Have your child lie on his/her back with the knees bent and feet together
- Slowly add gentle pressure outward to the knees, do not force this movement

Hold ____ seconds

Both legs ____ times

Repeat ____ times per day





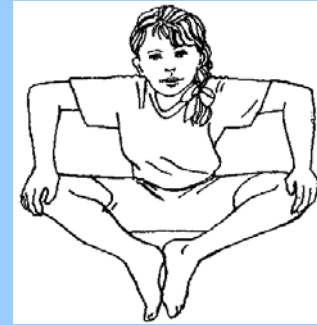
Alternative Active Hip Adductor Stretch

- In sitting, place soles of feet together
- Bring the heels as close to the body as comfortably possible while keeping the back straight
- Lean forward and add a gentle push outward on the knees

Hold ____ seconds

Both legs ____ times

Repeat ____ times per day



Hamstring Stretching Exercises

Passive Hamstring Stretch

- With your child lying on his/her back, hold thigh and cup heel with hand
- Gradually straighten the knee while keeping thigh still
- Use gentle pressure, the opposite leg should remain fairly straight

Hold ___ seconds

Right leg ___ times

Left leg ___ times

Repeat ___ times per day



Long sitting

- Sit on the floor with bottom and back against wall
- Extend the legs in front of the body
- Keep the knees as straight as possible without causing pain

Complete with AFO's on? YES or NO

Hold ___ minutes

Repeat ___ times per day





Active Hamstring Stretch

- Sit with 1 leg straight and the other leg bent
- Sit up tall and make sure the back is not rounded
- Reach hands towards the foot of the leg that is straight while keeping the knees flat to floor
- The leg

Hold ____ seconds

Right leg ____ times

Left leg ____ times

Repeat ____ times per day



Lying with Legs Up the Wall

- Lie with your back on the floor and feet extended about the body
- Ensure that the low back does not curve and that the knees are straight
- Bring the bottom as close to the wall as possible

Hold ____ seconds

Both feet ____ times

Repeat ____ times per day



Heelcord Stretching Exercises

Passive Gastrocnemius Stretch

- Have your child lie on his/her back
- Cup one hand around the heel
- Keep inside of forearm in contact with the sole of the foot
- Apply traction to the heel by gently drawing it away from the body
- Gently draw the foot towards a right angle while stabilizing the leg with the other hand
- Use gentle pressure. Do not force.

Hold ____ seconds

Right foot ____ times

Left foot ____ times

Repeat ____ times per day



Passive Soleus Stretch

- Bend your child's knee
- Grip your child's heel with one hand and rotate it carefully outwards and pull it down
- Bend the ankle up with the other hand
- Use gentle pressure. Do not force.

Hold ____ seconds

Right foot ____ times

Left foot ____ times

Repeat ____ times per day





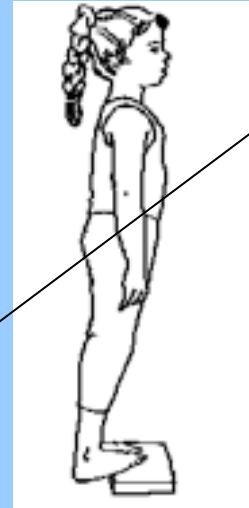
Active Gastrocnemius Stretch on Stairs

- Stand with forefeet on the edge of a stair
- Use the railing to help balance
- Lower your heels down towards the floor

Hold ____ seconds

Both feet ____ times

Repeat ____ times per day



Alternate Runner's Stretch

- Lean forward against the wall as shown with the feet shoulder width apart and the toes straight forward
- Stretch the heel towards the floor
- You should feel a stretch in the back of your calves

Hold ____ seconds

Both feet ____ times

Repeat ____ times per day



Active Soleus Stretch

- Stand at wall for support
- Stand with both knees bent and place one leg behind you, keeping toes pointed forward
- Stretch the heel towards the floor
- The foot further from the wall will receive the stretch

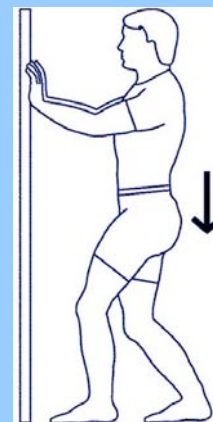
Hold ____ seconds

Right foot ____ times

Left foot ____ times

Repeat ____ times per day

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Runner's Gastrocnemius Stretch

- Stand an arm length from the wall and step one foot forward, placing both hands on the wall
- Keep toes of both feet pointed towards the wall
- Lean forward towards the wall bending the front knee and keeping the back knee straight
- Both heels should remain on the floor
- The foot further from the wall will receive the stretch

Hold ____ seconds

Right foot ____ times

Left foot ____ times

Repeat ____ times per day



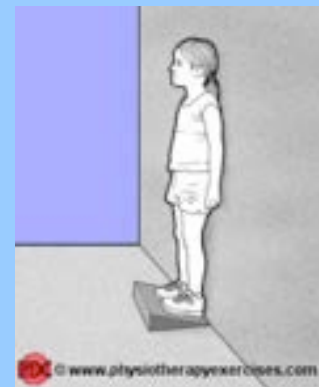
Wedge Gastrocnemius Stretch

- Stand on a wedge
- If support is required, stand on wedge with body against a wall or with hands supported on table or counter
- Wedges/incline can be fabricated from foam, wood or by placing the child's forefoot on a phone book, while maintaining heels on the ground

Hold ____ seconds

Both feet ____ times

Repeat ____ times per day



Hip and Knee Strengthening Exercises

Quads Over Roll (Quadriceps Strengthening)

- Sit on floor with the leg extended in front of the body
- Place a rolled towel underneath the knee
- Lift the foot off the floor by straightening the leg and pushing the back of the knee into the towel
- Progression: place a ___ lb weight around the ankle

Hold ___ seconds

Left leg ___ times

Right leg ___ times

Repeat ___ times per day



Bridging Hip Extensor Strengthening

- Lie on the floor with the knees bent and the feet flat on the floor
- Raise the hips/buttocks off the floor to form a bridge

Hold ___ seconds

Repeat ___ times per day



Sit to Stand

- Sit on a chair or bench ___ high
- Keeping the feet flat on the floor, slowly stand up
- Hold ___ seconds and slowly return to sitting

Place small ball between knees YES or NO

Repeat ___ times per day



Wall Slides

- Stand against the wall with the feet slightly away from the wall
- Keeping the back and bottom against the wall, slowly bend the knees into a squat until a seated position is reached
- Hold for ___ seconds
- Slowly straighten the knees into full standing

Place small ball between knees YES or NO

Repeat ___ times per day



Single Leg Stance (Gluteus Medius Strengthening)

- Stand on the ___ leg and place the ___ foot on a small stool or step
- Ensure that the hips are aligned in a straight line
- Have the child pop bubbles or reach for a toy while holding the position

Hold ___ seconds

Right leg ___ times

Left leg ___ times

Repeat ___ times per day



Ankle Strengthening Exercises

Active Dorsiflexion (Tibialis Anterior Strengthening)

- Sit in a chair with feet flat on the floor
- Keeping the heel firmly in contact with the floor, raise the toes and forefoot off the floor
- Make into a game where the child pops bubbles with toes
- Progression: try in standing (being careful not to bend forward at the waist) or place a padded weight over the top of foot

Hold ___ seconds

Right leg ___ times

Left leg ___ times

Repeat ___ times per day



Active Dorsiflexion (Tibialis Anterior Strengthening)

- With your child lying on his/her back, tie a resistance band around the foot as shown
- Hold band to resist desired motion (child should be pulling toes up towards the head)
- Start with toes pointing down and end with the toes pointing up towards the head

Hold ___ seconds

Right leg ___ times

Left leg ___ times

Repeat ___ times per day



Heel Walking – Active Tibialis Anterior Strengthening

- Encourage child to walk on their heels, keeping toes off the floor
- Try to walk as tall as possible, keeping knees, hips, and trunk straight
- Parent may need to hold child's hand during activity

Distance ____
____ times per day



Active Tibialis Posterior (Arch Support) Strengthening

- Sit in a chair with the knees bent and the feet flat on the floor
- Pick-up a marble using your feet/toes and place it into a small container or box

Hold ____ seconds
Right leg ____ times
Left leg ____ times
Repeat ____ times per day



Active Eversion Strengthening

- Sit up straight with back against wall for support
- Attach theraband to ankle as shown
- Slowly turn foot outward and hold position

Hold ____ seconds
Right leg ____ times
Left leg ____ times
Repeat ____ times per day



Heel Raises with Support (Gastrocnemius Strengthening)

- Stand beside a counter or table with the hands on the counter or table top for support
- Keeping the legs straight, raise yourself up towards the ceiling onto your toes

Hold ___ seconds

Both feet ___ times

Repeat ___ times per day



Single Leg Heel Raises with Support (Gastrocnemius Strengthening)

- Stand behind a chair with your ___ foot flat on the ground
- Using the chair for support (as needed), slowly raise yourself up onto your ___ toe

Hold ___ seconds

Right leg ___ times

Left leg ___ times

Repeat ___ times per day

