

## Personal exercise program



### Lower limb strengthening (easy)

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Provided for



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Stand with legs apart and back straight.

Bend down into a full squat. Let your heels come off the floor. Return to starting position.

Repeat   10   times.

You can encourage squatting through play:

- Try putting a puzzle on a chair/table and the puzzle pieces on the floor to encourage your child to squat down to pick up each piece.
- Try completing ball games where you roll the ball to the child to encourage them to squat down to pick it up.
- Try "Simon Say's" style games where squatting/bending down is an instruction.



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Sit on a chair.

Pull your toes up. Tighten the front of your thigh muscle and straighten your knee slowly.  
Hold for 10 seconds then slowly lower back to starting position.

Repeat   10   times.

Make sure not to lean backwards or to the side! Keep up tall and your back straight.

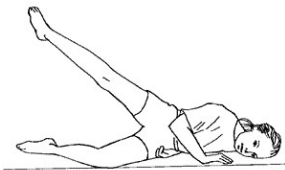


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Lying on your back with one leg straight and the other leg bent.

Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg   10   cm off the bed. Hold   10   secs.  
Slowly let your leg down to the floor.

Repeat   10   times with both legs.



Lying on your side with under leg slightly bent.  
Make sure that your body is in line (head, shoulder and hips).

Lift your upper leg out to the side. Do not twist your back and don't let your hip rock backwards. An adult may need to place a hand on the hip to stop this from happening. Hold for 5 seconds.  
Return leg to the starting position.

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Repeat   10   times both legs.

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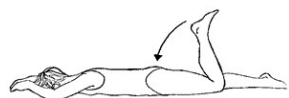
Lying face down.

Lift your leg towards the ceiling keeping your knee straight. Squeeze your muscles at the back of the thigh and bottom.  
Hold 5-10 seconds. Slowly relax to starting position.

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Repeat   10   times each leg.

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Lying on your front.

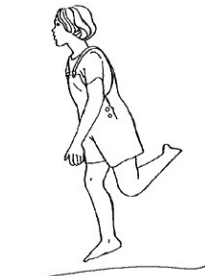
Bend alternate knees - try to get your heel as near to your bottom as possible. Hold at the top for 5 seconds then SLOWLY lower back to starting position.

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Make sure you don't go too fast. The movement needs to be slow and controlled.

Repeat   10   times each leg.

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Stand on right leg and hop:

Forwards  
Backwards  
Sideways

Repeat on other leg.

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Jump up in the air and land softly.

Try jumping:  
Forwards  
Backwards  
Sideways

Do this in time to someone else clapping or include it as part of a game.

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