



Frederick Holmes School  
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Provided by Sammie Scott-Wells  
Provided for

Do not force the stretch

Take the movement to the point of resistance

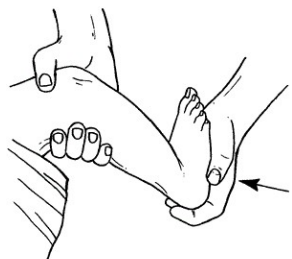
The range of movement shown in the picture may not represent your child's range of movement



### Passive calf stretch

a) Have your child lie on his/her back on a firm bed. Place one of your hands under your child's right knee, keeping the knee bent slightly. Hold firmly so that the leg will not move. Place your other hand on the bottom of the foot.

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b) Push on the bottom of the foot. Slowly push it until it feels tight. Maintain the foot in neutral position (don't let it turn in or outwards). Making sure the knee and hip are flexed to a 90 degree angle

Hold this position for \_\_\_\_\_ seconds.

Slowly release the stretch.

Repeat this exercise \_\_\_\_\_ times on each foot.

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### Stretching tendo - achilles knee extended



Cup one hand around heel. Keep inside of forearm in contact with the sole of the foot. Gently draw the foot towards a right angle stabilising the leg with the other hand. Use gentle pressure. Do not use force. Hold \_\_\_\_\_ secs.

Stretch R foot \_\_\_\_\_ times. L foot \_\_\_\_\_ times.

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