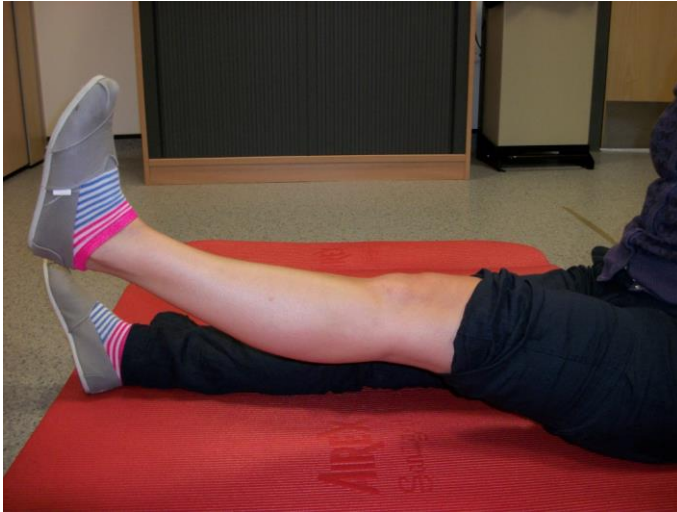


Lower Limb Strengthening Activities

Straight Leg Raise



- ① Sit with your legs straight in front of you.
- ② Keep your knee straight, lift your leg so that your heel is about 10cm off the floor.
- ③ Hold 5 seconds then smoothly lower back down
- ④ Aim for 10 to start with.
- ⑤ Aim to increase reps each day to do set of 20.

Inner Range Quads



- ◎ Sit with a rolled up towel/ cushion underneath your knee.
- ◎ Lift your heel off the floor to straighten your knee.
- ◎ Hold 5 seconds then smoothly lower your heel back to the floor.
- ◎ Aim to increase reps to 20.

VMO Strengthening



- ① Sit with your leg straight in front of you.
- ① Keep your knee straight and point toes outwards (turning out from the hip).
- ① Hold 5 seconds then smoothly lower back down
- ① Aim for 10 to start with.
- ① Aim to increase reps each day to do set of 20.

Scissors



Lie on your side with your bottom knee bent for stability. Now keeping your top leg straight but foot turned outwards up to the sky, slowly lift it up until it is about 20cm off the floor and then slowly lower back down.

Try to prevent your hips from rocking back when doing this.

Start with 5 repetitions, aiming to increase by 1 repetition each day as they become easier and you become stronger.

Clam Exercise



Lie on your side on the floor. Bend your knees up towards your chest until your shoulders, hips and ankles are in line. Now keeping your leg/foot in contact with the mat lift your top knee up towards the ceiling while keeping your feet together. Try to maintain this for 3 seconds, make sure you do not rock your hip back.

Start with repetitions.

Active Hip Extensions



- ⦿ Lie on your tummy on the floor
- ⦿ Keep your pelvis flat on the floor so your spine is straight
- ⦿ Raise one leg up off the floor and lower down smoothly.
- ⦿ Aim to increase reps each day by 1 until you can do 20.

Knee Flexion



- ⦿ Lie on your back/ sit on a mat on the floor
- ⦿ Bend your knee and then straighten it as much as you can.
- ⦿ Repeat 20 times

Heel Raises



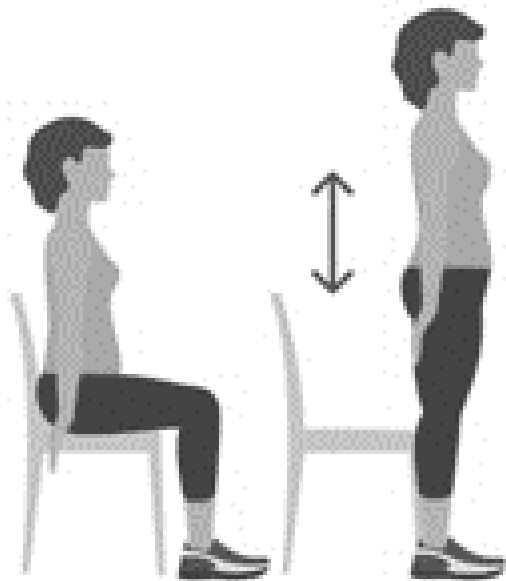
Stand with your hands flat against a wall for balance with your feet hip width apart and toes pointing forwards (12 O'clock).

Now push up onto your toes as far up as you can with both feet and then slowly lower down.

Make sure you are not pulling yourself up using your hands.

Start with 10 repetitions and gradually increase this to 20.

Sit to Stand



- Start by sitting on a chair or bench where my feet comfortably touch the floor with my feet flat.
- Next, without using my arms, I need to stand up. I can place my hands down by my sides or cross them over my chest.
- I need to make sure that when I stand up I keep my feet still and make sure I stand up tall.
- Next, I need to **slowly** sit down again, making sure I don't use my arms.
- I need to repeat this 10 times, building up the repetitions each day as it gets easier.

Squatting (Supported)



- © Lean against a wall and slowly squat down to the floor bending your knees fully and then push back up into standing.
- © Gradually build up the repetitions.

Single Leg Wall Squats



- ◎ Progress wall squat by performing on one leg.
- ◎ Ensure to keep your hip/ knee/ foot aligned throughout the movement.
- ◎ Aim to increase reps each day to 20.

Balancing



- ① Standing in front of a mirror or standing with hands on a wall.
- ② Have both feet touching the floor and slowly start putting some weight on the left side.
- ③ Hold position for 10 seconds.
- ④ Repeat 10 times
- ⑤ Increase the weight you put on the left leg

Single Leg Balance



- © Practice balancing on one leg.
- © To improve your balance, progress this by standing on an uneven surface, e.g. wobble board, cushions, pillow or with eyes closed.

Bridge



Lying on your back nice and straight as shown, with your knees bent, slowly lift your bottom as in the picture. Your body should be in a diagonal line as shown.

Hold for 5-10 seconds and slowly relax. Repeat times.

Bridge Progression



Progression of the bridge: Lift one leg straight as shown and hold for 10 – 20 secs. Repeat 10 times. Try to increase the length of time you hold bridge for and slowly build up to 20 repetitions.

Step Ups



- ◎ Step on and off a box/ bottom stair.
- ◎ Aim for a set of 20 then repeat leading with your other leg.

Lunge



- ◎ Start with your feet together
- ◎ Take a large stride, bringing your front knee over your toes
- ◎ Drop back knee down about 5cm off the floor

Side Stepping



- ◎ Stand up tall, you can rest your hands on the wall/ work surface for balance if required.
- ◎ Keep your back straight, and toes facing forward, avoiding feet turning out.
- ◎ Step side ways and then together and repeat.
- ◎ Can make harder by using theraband around ankles

Toe Tapping



Sit in a chair with your feet flat, positioned under your knees. Now try to lift and hold your toes up off the floor while keeping your heels down. Hold this for 3-5 seconds (gradually increase this) and then relax back down to tap the floor.

Start with 10 repetitions.

If this is too hard to begin with then try tapping your toes up and down to music.

Hip Abduction with Resistance



- ◎ Stand straight, you can rest your hands on the wall/ work surface.
- ◎ Have the Theraband looped around your ankles.
- ◎ Lift your leg sideways approx 45° then return to midline.
- ◎ Aim to increase reps each day to 20.
- ◎ Further progress by increasing the resistance from the band.

Penguin Walking



Walk like a Penguin lifting your toes up off the floor.
Try not to let your bottom stick out.

Ballerina Walking



Try to walk right up on your tip toes while maintaining your balance.

“Animal Walks”

Animal Walks

- ◎ The activities in this programme are designed to give the child a full body workout.
- ◎ Completing the Animal Walks will develop muscle strength, and increase body awareness.
- ◎ The aim is to make physical activity/physiotherapy fun.
- ◎ You can create activity cards which can be scattered for a child to collect and complete the walk on the card or just chose a different set of walks to do every day. For example pretend to be a bear, penguin, snake, rabbit on a Monday and a tortoise, seal, frog, alligator on a Tuesday etc.

Frog Hops



- © Squat down, with your hands on the floor in-between your knees.
- © Jump up and move forward landing back in a squatting position.
- © See how many ‘frog hops’ you can do.

Seal Slides



- © Lie on your tummy on the floor.
- © Use your arms to push up, lifting chest off the floor.
- © Now try to move forwards using just your arms to pull yourself along the floor. (don't use your legs).

Kangaroo Jumps



- © Stand up tall, then jump forward keeping your feet together.
- © Keep jumping and see how many Kangaroo Jumps you can do.

Rabbit Hops



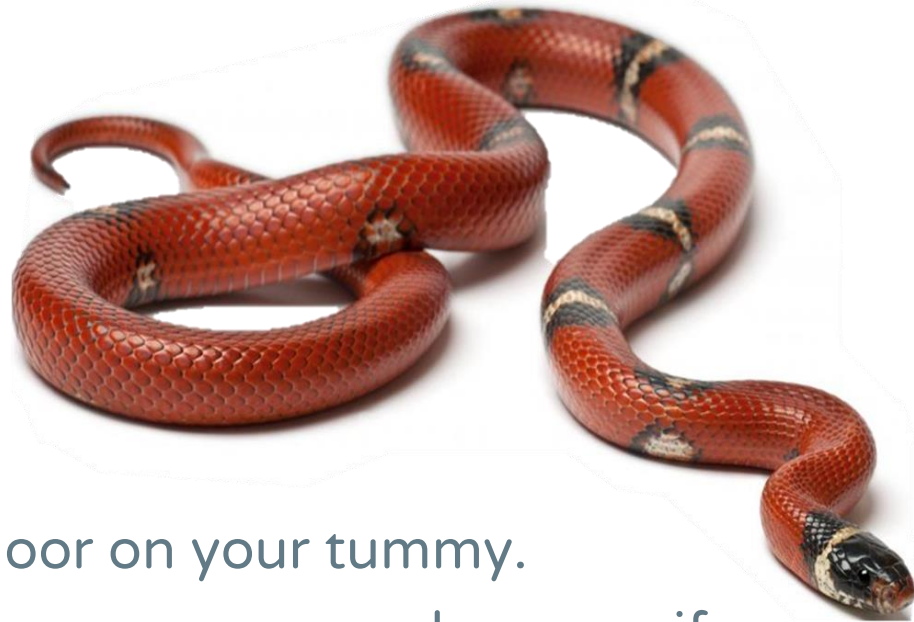
- © Squat down, next put your hands on the floor a little way in front of you and then jump your feet forward to meet your hands.
- © Move your hands forward again and keep going, see how many Rabbit Hops you can do.

Tortoise Crawl



- ◎ Put your hands and knees on the floor.
- ◎ Next slowly crawl around the room staying on your hands and knees.

Snake Slides



- © Lie on the floor on your tummy.
- © Without using your arms or legs, see if you can wriggle to move across the floor. (you can try stretching you arms out in front over your head)

Caterpillar Crawl



- ◎ Start by sitting with your legs out straight.
- ◎ Next bend your knees to bring your feet towards your bottom.
- ◎ Without using your hands, keep your feet still and push your bottom backwards

Inch Worm Loops



- ⦿ Place your hands and feet on the floor.
- ⦿ Keep your feet still whilst you ‘walk’ out your hands as far as possible (you end up in a press up position),
- ⦿ Next, keep your hands still whilst you walk your feet in towards your hands as much as you can. Repeat 😊!!

Crab Walk

- © Lie on your back on the floor.
- © Next use your arms and legs to lift your bottom up off the floor and walk around. *(moving table top)*



Crocodile Stomp



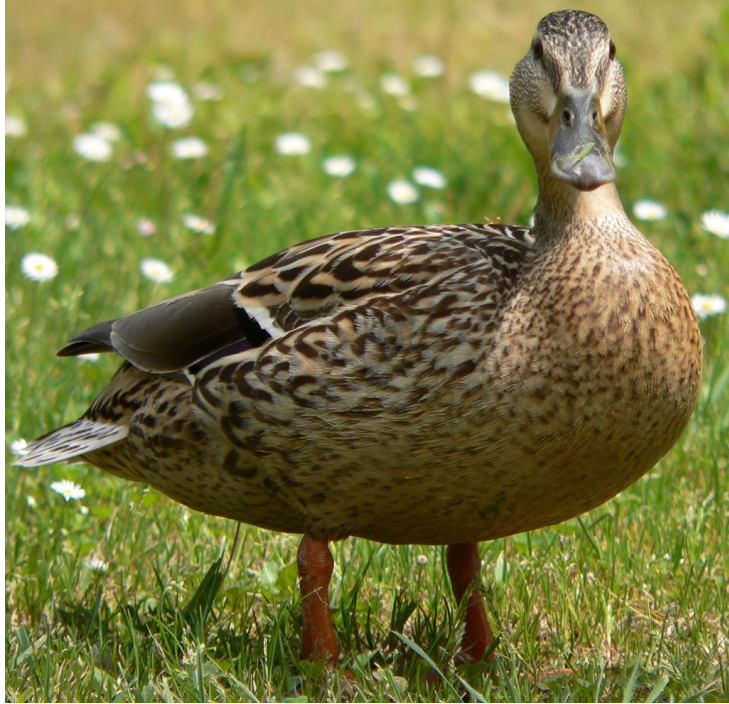
- © Lie on your tummy on the floor.
- © Resting on your forearms and toes hold your tummy off the floor and walk along.
(moving plank)

Bear Walk



- © Stand tall, then bend forward and place your hands and feet on the floor.
- © Keep your knees as straight as you can and your bottom up in the air.
- © Walk your feet and hands

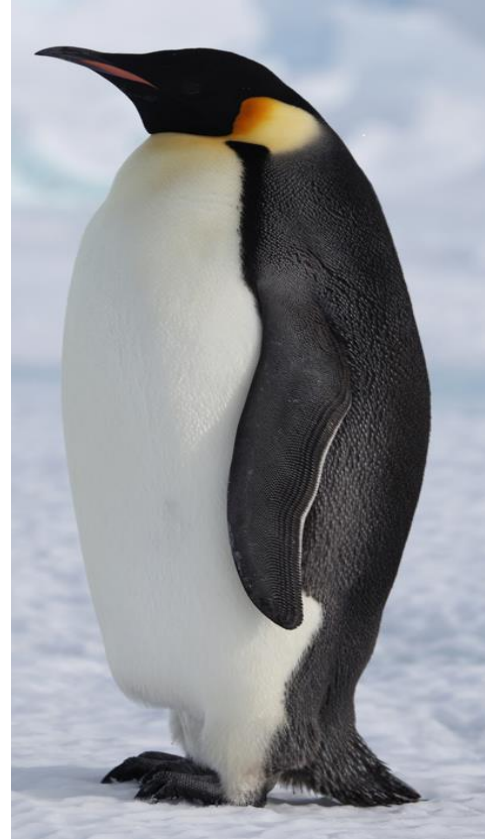
Duck Waddle



- © Standing up tall, turn both your feet out to the side and walk forward.
- © Make sure your feet stay turned out as you waddle.

Penguin Waddle

- ◎ Stand up tall with feet together and hands by your side.
- ◎ Lift your toes up from the floor and balance on your heels
- ◎ Walk forward on your heels, toes up off the floor, hands by your sides.
- ◎ You can try walking backwards as well.



Flamingo Balance

- ◎ Stand up tall with your feet together
- ◎ Lift one leg up from the floor and balance, you can stretch your arms out to the side if it helps.
- ◎ Stand up tall and as still as you can.
- ◎ Count to 10 and then change legs.
- ◎ Repeat 3 times on each leg.
- ◎ As it becomes easier to balance try to build up the amount of time you stand on each leg. You can also try standing on a wobbly cushion.



Lower Limb Stretching Activities

Adductor Stretch (Long)



Stand with your legs apart and rotated out. Now reach down to the floor with your hands until you feel the stretch on the inside of your thighs. Hold this for 30 seconds, 3 times.

Adductor Stretch (Short)



Sit on a mat on the floor. Bend your knees bringing your feet together and pull them in towards your groin using your hands. Now push down with your elbows on the inside of your knees until you feel the stretch on the inside of your groin. Hold this for 30 seconds, 3 times.

Gluteal Stretch



- Start by sitting on the floor with your legs out straight in front of you
- Bend your left knee and place the foot over your straight leg. Try to get your foot as close to your bottom as possible.
- Wrap your right arm around your left flexed knee hugging it to your chest.
- Turn your upper body to the left, remember to hug your knee to your chest.
- Hold this for 30 seconds, 3 times. Repeat on left leg.

Quadriceps Stretch (Lying)



Lie on your tummy on a flat surface. Bend one knee, hold onto ankle and draw your heel towards your bottom until you feel the stretch at the front of your thigh. Make sure your knees stay in parallel with each other and that your hips do not start to lift up. Hold this for 30 seconds, 3 times and repeat on other leg.

Piriformis Stretch



Lie on your back on a mat. Bend your knees up keeping your feet flat on the floor. Lift up one leg and rest it on top of your other knee. Now hold onto the back of your thigh and pull it in towards your chest so that your other foot comes up off floor until you feel the stretch around your hip. Hold this for 30 seconds, 3 times. Repeat on left leg.

Hip Flexor Stretch (Prone)



Lie on your tummy on a mat on the floor.

Now push your upper body up off the mat as far as you can until you feel the stretch at the front of your hips.

Hold this for 30 seconds

ITB Stretch



- ◎ Stand with one foot crossed over the other
- ◎ Keep your knees straight (but not locked out)
- ◎ bend forwards aiming to touch your toes
- ◎ Hold stretch 30 seconds

Hamstring Stretch (Sitting)



Sit on the edge of a chair with your right leg out straight, heel touching the ground and your toes pointing up. Sit up straight and then lean in towards your right knee, keeping it straight by applying pressure with your hands, until you feel the stretch at the back of your knee. Hold this for 30 seconds, 3 times and repeat on your left leg.

Hamstring Stretch (Standing)



Place one heel up onto a medium height surface with your toes pointing up. Now taking a bend with your other leg reach down your raised leg, while keeping it straight, until you feel the stretch at the back your knee. Hold this for 30 seconds, 3 times and repeat on your other leg.

Hip Flexor Stretch (Lunge)



- ⦿ Start with your feet together
- ⦿ Take a large stride, bringing your front knee over your toes
- ⦿ Drop back knee down about 5cm off the floor
- ⦿ Hold stretch 30 seconds

Stair Calf Stretch



- ◎ Stand on the bottom step with the balls of your feet on the step, with heels hanging free and knees straight
- ◎ Breath out letting your heels sink down.
- ◎ Hold 10-15sec
- ◎ Repeat 10 x
- ◎ To increase the stretch do one leg at a time.

Gastrocnemius Stretch



Stand with your hands against a wall and your feet hip width apart. Take a step back with one foot making sure your toes are pointing straight ahead (12 o'clock).

Ensuring your back leg is as straight as possible and your heel is flat on the ground, take a bend with your front knee lunging towards the wall until you feel the stretch at the back of your back knee.

Hold this for 30 seconds, 3 times and repeat on your left leg.

Soleus Stretch



Stand with your hands against a wall and your feet hip width apart. Take a small step back with your back foot making sure your toes are pointing straight ahead (12 o'clock). Now ensuring that both heels stay in contact with the ground, take a bend with **both** knees so that your bottom sinks closer to the ground until you feel a stretch at the back of your right heel. Hold this for 30 seconds, 3 times and repeat on your left leg.

If any activities or recommendations within this programme cause undue pain or discomfort please **stop** and contact the relevant therapist immediately.

Child Community Health Services

0300 123 3444

medch.childrenscommunity@nhs.net