

## Personal exercise program

Paediatric Therapies

Provided by Julie Sinclair  
Provided for

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Squat taking the knees forwards over the toes, keeping heels down, feet pointing forwards as in the diagram on the L  
Younger children should be able to squat all the way to the floor without lifting their heels  
Older children may need to turn their feet out to achieve this

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Leaning forward against the wall as shown.

Stretch heels towards the floor. You should feel a stretch in the back of your calfs.

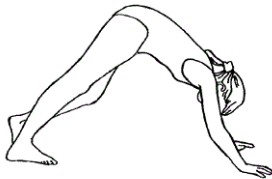
Hold 20 secs.

Relax.

Repeat 3 times.

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Start in the position shown.

Gently stretch one heel to the floor while slightly bending the opposite knee. You should feel a stretch in your calf of the heel stretching to the floor.

Hold 10 secs. Repeat 3 times.

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