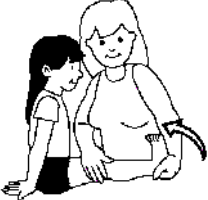
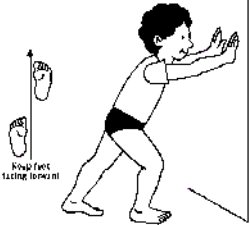
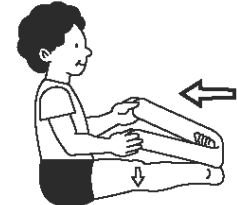



Name _____

Date _____

Stretching Your Child's Calf Muscle

Name	Picture	Type of Exercise	Frequency/Week*	Time to Complete
Manual Calf Stretch		Static Stretch	Daily	Hold this stretch for 30 seconds and repeat 2 times.
Wall Stretch		Static Stretch	Daily	Hold the stretch for 30 seconds and repeat 2 times.
Towel/Long Sit Stretch		Static Stretch	Daily	Hold the stretch for 30 seconds and repeat 2 times.
Heel Drop Stretch		Static Stretch	Daily	Hold the stretch for 30 seconds and repeat 2 times.

*Select 1 or 2 stretches/day and 1 strengthening/day

Revised 10/07
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Name _____

Date _____

Active Exercise for Your Child's Ankles

Name	Picture	Type of Exercise	Frequency/Week*	Time to Complete
Squat Play		Active Stretch	Daily	During playtime
Bear Walk		Active Stretch	5-7 times/week	During playtime
Scooter Races		Active Strengthening	3 times/week	During playtime
Heel Walking		Active Strengthening	Daily	During set times of the day
Downward Facing Dog		Active Stretching	4 times/week	Hold the stretch for 30 seconds and repeat 2 times.

*Select 1 or 2 stretches/day and 1 strengthening/day

Revised 10/07
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Name _____

Date _____

*Select 1 or 2 stretches/day and 1 strengthening/day

Revised 10/07
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