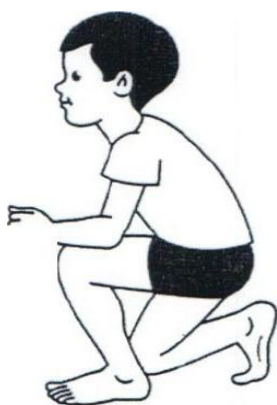


Patient information

Stretching exercises for children

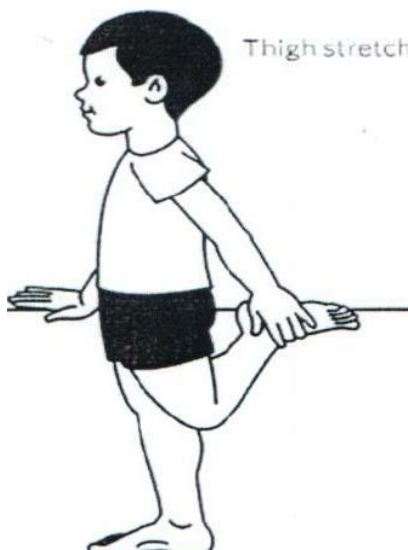
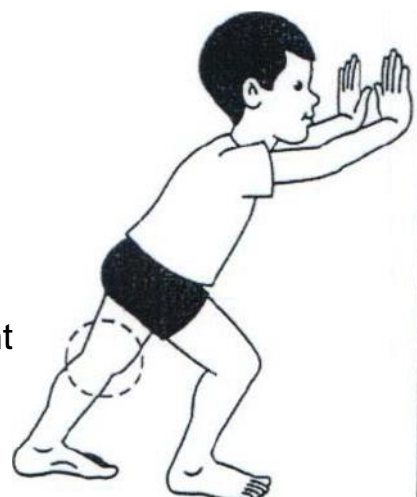


Some gentle exercises to get you started

Try to do these every day

To help you remember you could do them as part of your morning and evening routine.

Right
knee
straight



When you feel better keep doing your exercises.

This can stop the pains coming back.

Every time you grow your muscles need time to stretch and catch up with your bones!