

The Rule of 10 (What to remember)

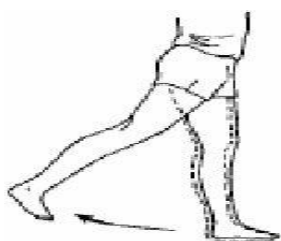
The amount of information parents/carers are given in regards to what is needed for their child with a disability can be overwhelming. The information below is designed to summarise key Orthopaedic information. It is not meant to be an exclusive list. Please do not hesitate to ask for further information from your child's Physiotherapist/Orthopaedic team.

Maintaining flexibility at the hip, knee and ankle is very important as your child is growing. Any tightness or shortening of muscles will have an impact on their functional ability.

Preventing this from occurring in the first place is much easier than trying to treat the problems once they have occurred.

Ensuring your child maintains flexibility as they are growing will help significantly decrease the chance of muscle tightness impacting on their functional abilities.

An easy way to remember what is needed is **"The Rule Of 10"**. It looks like this:



10 degrees of hip extension



A straight knee (< 10 flexion)



10 degrees of ankle dorsiflexion, knee straight

Regular specific stretches – similar to those shown below are important and should be done on an *almost* daily basis for 15-20 min.

Hip Extension -



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Knee Extension –



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Ankle dorsiflexion –



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Finding a time or activity that can include these is the best way to ensure they are done regularly. Your child's physiotherapist would be happy to help suggest options for similar exercises/activities.

Depending on the age of your child, they may need help with the position and stretch – do them together!

If your child has splints, they will also need to wear these as much as possible. A good rule of thumb is **“Splints should be on within an hour of getting up and come off an hour before going to bed.”** This may be different for some children and you should discuss any questions with your child's physiotherapist, Orthotist or Orthopaedic team.

Muscle adapt to the position they are most in. Activities for strengthening/fitness and 'Positions of Stretch' (playing in positions such as sitting with legs out, on tummy etc) are also very important together with active stretching.

Short muscle stays short if left in that position. Muscles that move stay longer and more flexible.

This sheet is designed to summarise important information. It does not replace or supersede any therapy programme you may have been given. If in doubt – PLEASE ASK!

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