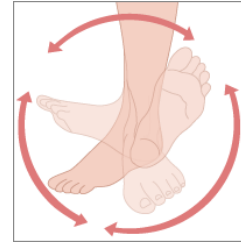


HOME EXERCISE PROGRAM

The below exercises are designed to help with your condition. Perform each checked activity 3 times a day.

ABC's

Designed to help improve your ankle range of motion. Using your toes as the guide, write the alphabet using your foot and rotating at your ankle, A through Z. Perform one time.



ANKLE ROTATIONS

Designed to improve blood flow to your foot and stretch your ankle and leg. While sitting, point your toes towards you. Do not move your knees. Rotate your ankles in a circular motion clockwise 10 times and then counterclockwise 10 times.

CALF STRETCHES: STANDING

Designed to stretch your calf muscle and Achilles tendon, which is made up of 2 muscles: the gastrocnemius and the soleus.

Stretch #1

(Gastrocnemius)

Only front knee bent



Stretch #2

(Soleus)

Both knees bent.



Keep both feet flat on floor and one in front of the other. Place your hands against the wall and lunge forward. Your toes should be pointed straight ahead. Hold each position for 30 seconds and repeat 3 times. Switch leg that is in the forward position and repeat.

CALF RAISES

Designed to exercise the muscles in the back of the leg. You may hold onto the back of a chair for support. While standing, go up onto your toes. Hold and release. Repeat 10 times.



TOWEL CURLS

This helps strengthen the muscles on the bottoms of your feet. Use your toes to pick up a small towel from the floor and hold for 1 second then release. Repeat 20 times.



BALL OF FOOT AND ARCH STRETCH

Designed to help stretch the front of your foot and arch. You can use a Theraband or Mobi foot roller. Apply pressure with your foot in a back and forth motion from the toes to the heel. Flex the ball of your foot and toes against the foot roller as you roll. For best results freeze foot roller. Roll foot for 5 minutes.



POST BUNIONECTOMY RANGE OF MOTION EXERCISES

It is essential to perform these exercises following your big toe surgery to regain proper range of motion of your big toe joint. Grab your big toe joint at the base (not near the toenail). Pull the toe UP, hold. Pull the toe OUT, hold. Pull the toe DOWN, hold. Repeat for 10 times.



5-TOE BUDDY

These devices help to stretch out the tendons, joint, and little bones of your toes. Designed to release tightness, stimulate circulation, and offer relief from bunions, hammertoes, and neuromas.

Wear daily for 15 to 60 minutes.

