



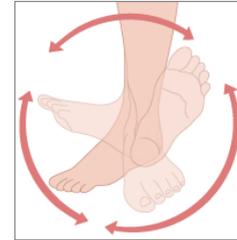
DIANA EMINI, DPM
MICHELLE KIM, DPM

HOME EXERCISE PROGRAM

The below exercises are designed to help with your condition. Perform each for 1-2 minutes, 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.



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.

BALL OF FOOT STRETCH

Designed to help stretch the front of your foot. 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 ball of your foot.

Also flex the ball of your feet and toes against the foot roller.



CALF STRETCHES: STANDING

Designed to stretch your calf muscle and Achilles tendon, which is made up of 2 muscles: the gastrocnemius and the soleus. Place your hands against the wall and lunge. Your toes should be pointed straight ahead.

Stretch #1

(Gastrocnemius)

Only front knee bent.



Stretch #2

(Soleus)

Both knees bent.

Keep both feet flat on the floor.

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. Release and repeat.

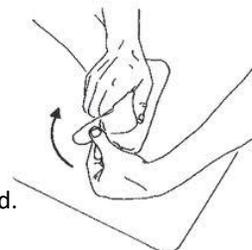


POST BUNIONECTOMY RANGE OF MOTION EXERCISES

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.



YOGA TOES

These devices help to stretch out the tendons, joint, and little bones of your toes.

Designed to release tightness, stimulate circulation, and sooth discomfort from bunions, hammertoes, and neuromas. Wear everyday for 15 to 60 minutes.

