

Foot/Toe Exercises

Stretch Great Toe Flexor

- Sit, grasp heel with one hand.
- Pull up on big toe with other hand.
- Straighten and repeat.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



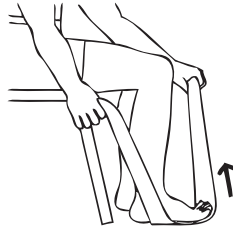
Stretch Toe Extensors

- Sit, grasp foot, under the heel.
- Push toes down with other hand, curling them under foot.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



Stretch Toe Flexors w/Towel

- Sit with foot on floor.
- Loop towel under toes and gently pull up into stretch.
- Keep ball of foot on floor.
- Perform 1 set of 10 repetitions, twice a day.
- Hold exercise for 10 seconds.



AROM Toe Flex w/Towel

- Sit in chair.
- Place towel on floor.
- Keep heel on floor.
- Pull towel towards you, using the toes only.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.

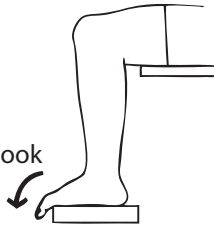


Iso Foot Intrinsic/Toe Flex

Special Instructions

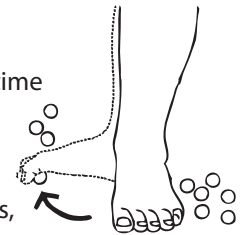
Do not hold breath.

- Sit with feet on book, toes off edge, as shown.
- Bend toes down over edge of book and hold.
- Relax and repeat.
- Perform 1 sets of 10 repetitions, once a day.
- Hold exercise for 10 seconds.



Resist Toe Flex w/Marbles

- Place 10 marbles on floor to side of foot.
- Pick up each marble, one at a time with toes.
- Place marbles on other side of foot.
- Perform 3 sets of 20 repetitions, once a day.
- Rest 1 minute between sets.
- Perform 1 repetition every 4 seconds.



Signature _____

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