



Essex-Union Podiatry LLP

Dedicated to Foot and Ankle Health

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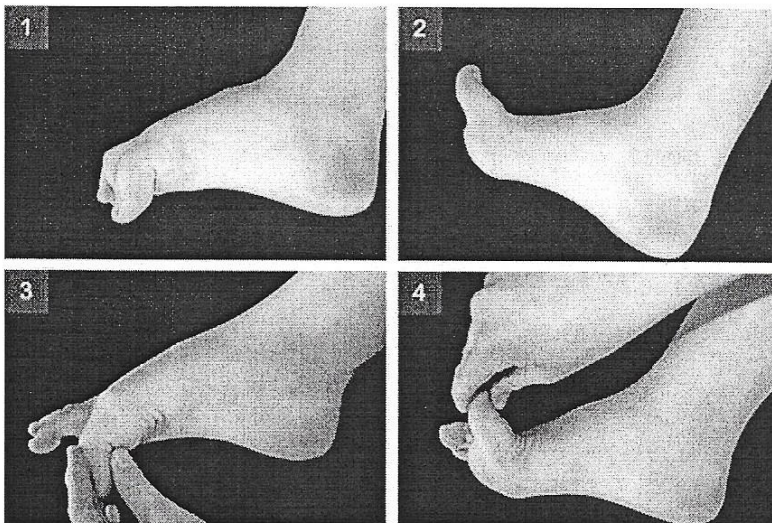
Exercises Post Op Bunionectomy

The following exercises are to be done when instructed to by your physician. Doing these exercises prematurely can possibly negatively affect your health and bunion result.

Big Toe Joint Down Stretch

(See image #3)

1. Sit with toe to be stretched crossed over opposite leg .
2. Grasp forefoot at base of big toe to stabilize and use opposite thumb and forefinger to bend the big toe downward and hold 10 seconds
3. Return to starting position relax and repeat. Do 10 times. Repeat after 30 seconds rest. Do this twice a day.

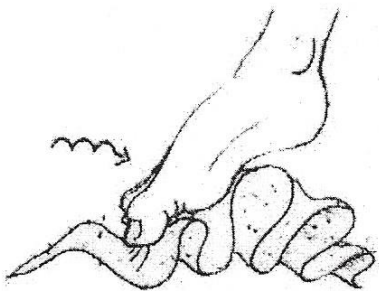


Big Toe Up Stretch

(See image #4)

Sit, grasp heel with one hand. Pull up on big toe with other hand, hold for 10 seconds. Perform 10 times, Rest 30 seconds, Repeat. Do this twice a day

Big Toe Towel Exercise



- Sit with towel on the floor in front of you.
- Contract toes to bunch up towel under your foot. Hold for 4 seconds
- Relax toes.
- Repeat.

Perform this 10 times, rest 60 seconds and repeat 3 times.

Contract the toes for 4 seconds each time.

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