



Essex-Union Podiatry LLP

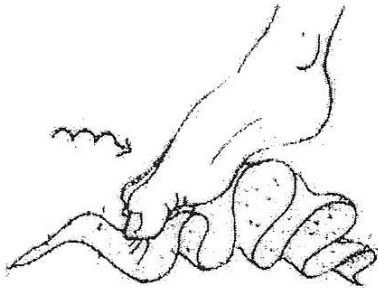
Dedicated to Foot and Ankle Health

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Exercises Post Operative Hammertoe



- 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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