

Exercise Program for: _____

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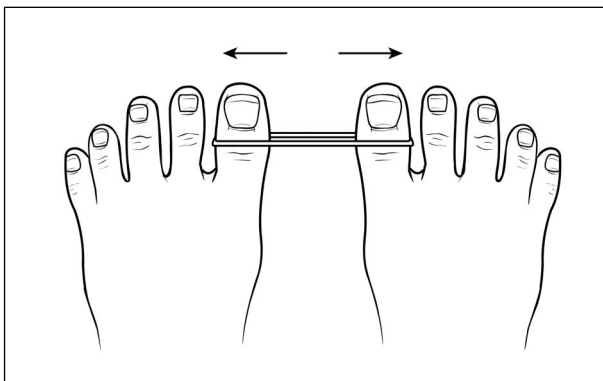
TOE STRENGTHENING PROGRAM

EXERCISE	RECOMMENDED FOR	REPETITIONS OR DURATION
TOE SQUEEZE	HAMMER TOES, TOE CRAMPS	10
BIG TOE PULLS	BUNIONS, TOE CRAMPS	10
TOE PULLS	BUNIONS, HAMMER TOES, TOE CRAMPS	10
GOLF BALL ROLL	PLANTAR FASCIITIS, ARCH STRAIN, FOOT CRAMPS	2 MINUTES
MARBLE PICK-UP	PAIN IN BALL OF FOOT, HAMMER TOES, TOE CRAMPS	UNTIL ALL MARBLES HAVE BEEN PICKED UP
TOWEL CURLS	HAMMER TOES, TOE CRAMPS, PAIN IN BALL OF FOOT	5



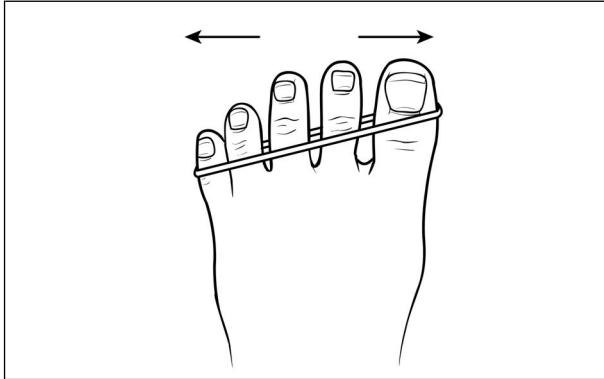
TOE SQUEEZE

Place small sponges or corks between the toes and hold a squeeze for 5 seconds. Repeat 10 times.



BIG TOE PULLS

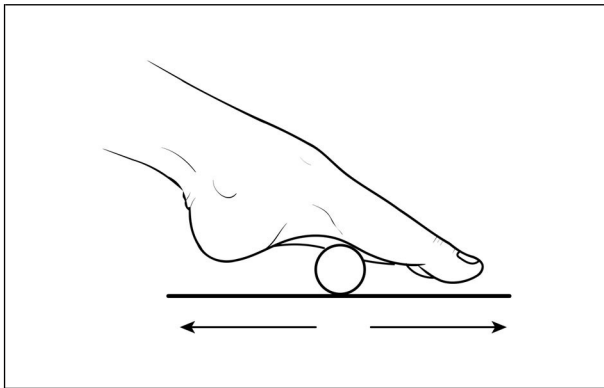
Place a thick rubber band around both big toes and pull the big toes away from each other and toward the small toes. Hold for 5 seconds. Repeat 10 times.



Figures adapted from Brochure: *Bunion Surgery*. Rosemont, IL, American Academy of Orthopaedic Surgeons, 1995.

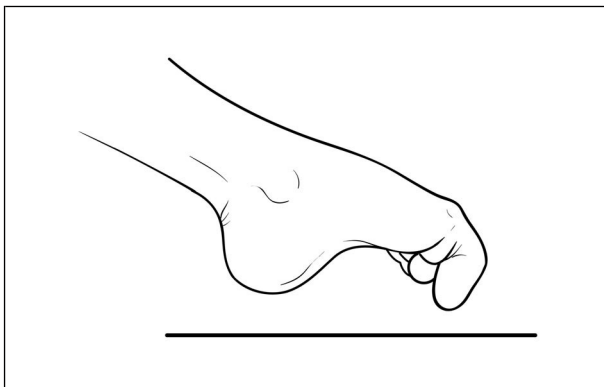
TOE PULLS

Put a thick rubber band around all your toes and spread them. Hold this position for 5 seconds. Repeat 10 times.



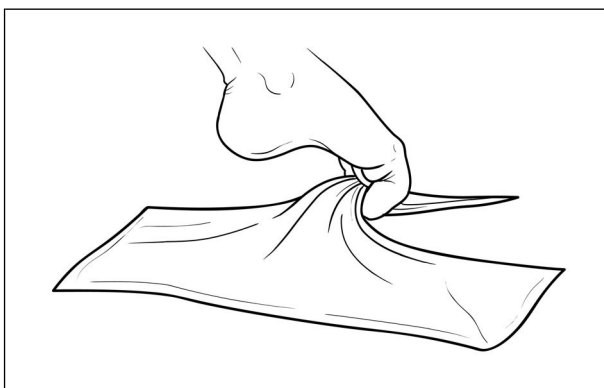
GOLF BALL ROLL

Roll a golf ball under the ball of your foot for 2 minutes to massage the bottom of the foot.



MARBLE PICK-UP

Place 20 marbles on the floor. Pick up one marble at a time and put it in a small bowl. Repeat until you have picked up all 20 marbles.



TOWEL CURLS

Place a small towel on the floor and curl it toward you, using only your toes. You can increase the resistance by putting weight on the end of the towel. Relax and repeat 5 times.

Figures adapted from Brochure: *Bunion Surgery*. Rosemont, IL, American Academy of Orthopaedic Surgeons, 1995.