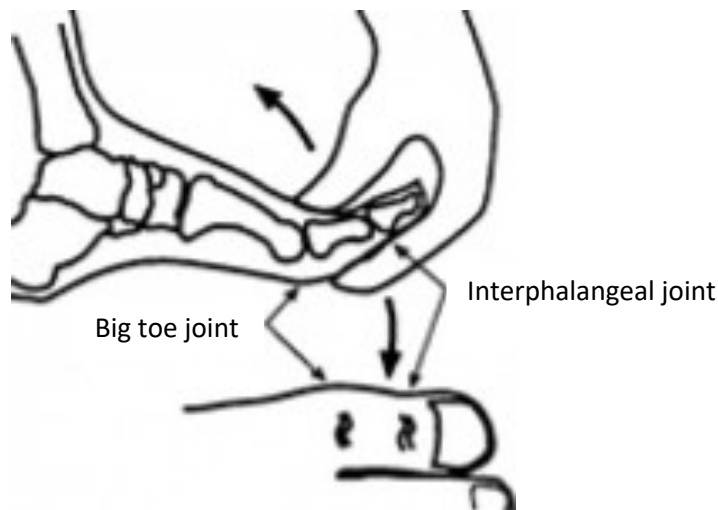


## Post-Op Bunion Range of Motion Exercises

- Stiffening of the big toe joint after bunion surgery can best be reduced by performing daily range of motion exercises of this joint.
- Range of motion exercises are important to achieve the best results after surgery.
- Range of motion therapy will help prevent stiffness and adhesions, and facilitate a quicker recovery.
- If during your recovery you are having difficulty performing your exercises, please let us know.



How to do range of motion exercises:

1. Grasp the big toe near the base of the toe close to the big toe joint (Do not mistake the big toe joint for the interphalangeal joint)
2. Gently flex the toe upward until resistance is met and mild discomfort is experienced. Hold this for 10 seconds.
3. Flex the toe downward in the same maneuver and hold for 10 seconds.
4. Do 10 repetitions each time.
5. Perform this 3 times a day.

You will notice more range of motion at the big toe joint with each progressing day.