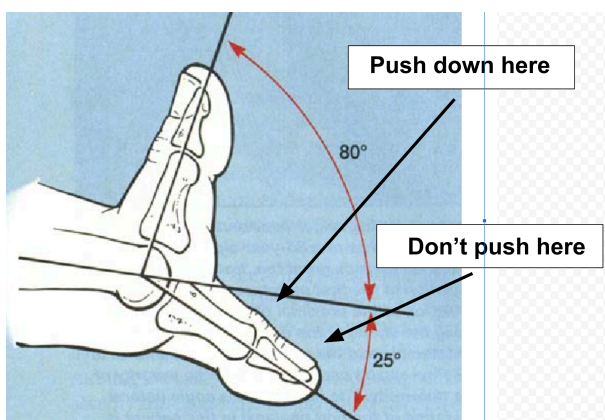


Postoperative Hallux Exercises

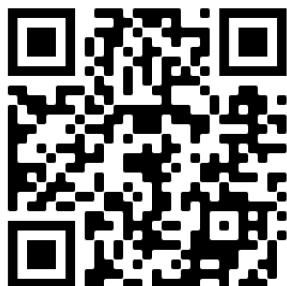
After your bunion surgery, there is an important exercise you must do to get back some of the original flexibility in your big toe joint. This is very important and if neglected can lead to a painful joint afterwards. The exercises are usually started one week after surgery after we change the dressing the first time. After the second dressing change and the stitches are removed, we recommended that you increase the intensity of the exercises. The purpose is to gain back range of motion; we are not too concerned about strength here. You should move the toe up and down to the point where you experience a 4/10 pain. This will be more difficult to achieve after a few weeks.

These should be done for 3-5 minutes at a time, three or more times a day.



Push toe down (not from the tip but from the first knuckle) stop and hold above.

Push the toe up. This should be done gently with a constant increasing pressure until a small amount of discomfort (4/10) is encountered, hold to the count of ten.



Here's a one minute video on how to do this!

Scan this QR code on your phone, or go to the YouTube video below.

[YouTube.com/watch?v=1QhIqxOhq2w](https://www.youtube.com/watch?v=1QhIqxOhq2w)

BELLEVUE PODIATRIC PHYSICIANS