

GREAT TOE JOINT EXERCISES AFTER BUNION SURGERY

Range of motion exercises are very important to prevent stiffening of the big toe joint after surgery. These exercises must be done daily to achieve the best surgical results. It is crucial that you do these exercises as instructed. It is normal to have pain during and sometimes after performing the exercises. Consistently doing the exercises with enough firmness to cause pain will improve the functioning of the big toe. There will likely be much less scar tissue or adhesions in the joint.

If you have difficulty performing these exercises yourself, a family member or friend can do them for you. For questions, consult your physician.

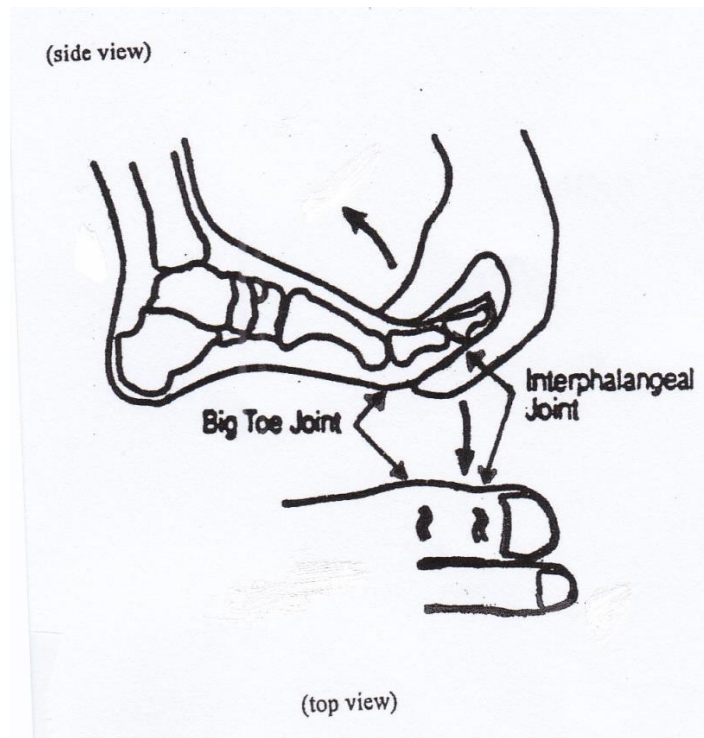
FIRST AND SECOND WEEKS AFTER SURGERY: Rest, elevation. No exercises are necessary.

THIRD AND FOURTH WEEKS AFTER SURGERY: Manually-assisted Range of Motion Exercise

**Perform this exercise 3 times a day for 20 minutes.*

Grasp the big toe near the base of the toe close to the big toe joint. Do not mistake the smaller interphalangeal joint which is closest to the toenail for the big toe joint.

Gently and firmly flex the big toe upwards until resistance is met and moderate discomfort is experienced. Hold the toe in the up position for 10 seconds and then flex the toe all the way downwards. Hold for 10 seconds in the down position. Repeat this up/down movement during the entire session and multiple times per day as instructed.

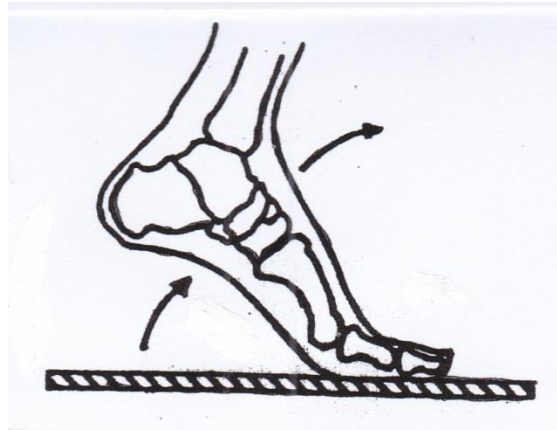


FIFTH AND SIXTH WEEKS: Continue the same manually-assisted range of motion exercise and gradually increase the amount of force used when pushing the big toe joint up and down.

SEVENTH WEEK TO 6 MONTHS: Gravity-assisted weight-bearing exercise

****Perform this exercise 3 times a day for 20 minutes.***

While seated, lift the heel up and keep the big toe on the ground, using body weight to force the big toe to flex. Hold this position for 30 seconds.



Distraction and Manipulation exercise

****Perform this exercise 3 times a day for 20 minutes.***

Figure A: Grasp the forefoot with one hand just behind the big toe joint with the thumb on the top of the foot. With the other hand, grasp the big toe at the base. Pull out to distract the big toe.

Figure B: While stabilizing the forefoot with thumb of the first hand, push the big toe upward as far as possible with the second hand keeping the toe straight and distracted/pulled out. Hold this position for 10 seconds.

Figure C: Perform the same maneuver by pushing the big toe downward as far as possible keeping the toe straight and distracted/pulled out. Hold this position for 10 seconds. Repeat this up/down movement with the toe distracted during the entire session and multiple times per day as instructed. Pain during the exercises is normal. Postoperative swelling in your foot can persist for up to 1 year.

