



## Personal exercise program

Hospital for Special Surgery  
 Hospital for Special Surgery  
 535 East 70th Street, 10021, New York, New York, United States

Provided by HSS Rehab and LLCRS  
 Provided for

LLCRS: Fixed Foot/Ankle  
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### **Great Toe ROM Step 1:**

Gently use your hands to stretch your toes back towards your body.

If you cannot reach, have someone perform for you.



### **Great Toe ROM Step 2:**

Gently use your hands to stretch your toes away from your body.

If you cannot reach, have someone perform for you.

Perform \_\_\_\_\_ repetitons \_\_\_\_\_ times a day



### **Forefoot Stretch with Strap:**

Place your green strap around the top portion of your foot as shown. Gently pull the strap back towards your body so your forefoot bends back as well.

Hold for \_\_\_\_\_ seconds

Perform \_\_\_\_\_ repetitons \_\_\_\_\_ times a day

