

Leeds Teaching Hospitals Physiotherapy Department

Toe: Phase 2

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Notes:

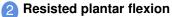
Undertake exercises little and often as pain allows.

1 Toe curl with towel





Sit on a chair with the affected foot resting on a flat towel. Slowly bunch up the towel by curling the toes. Replace the towel and repeat.







Sit straight on a chair with your feet flat on the floor. Flex the ankle to go on the tip of your toes, raising the heel off the ground. Lower and repeat.