

# Burn Care Exercise Program

## Toe Active Assisted Range of Motion

### Instructions

- ✓ Do these exercises at least 4 times a day.
- ✓ Repeat each exercise 8 to 10 times **on each toe**.
- ✓ Hold each stretch for 20 to 30 seconds.

### Toe extension and flexion

- Sit in a chair. Bend your knee so that you can reach your toes.
- Hold the base of your toe stable. Hold onto the middle of your toe with your other hand and slowly bend the whole toe downwards until you feel a stretch.



- Hold the base of your toe stable (as in picture above).
- Hold onto the middle of your toe with your other hand and slowly bend the whole toe upwards until you feel a stretch.

**What are your questions? Please ask.**

**Therapist:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

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- Hold the end of your toe and slowly bend the toe upwards until you feel a stretch.



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*Prepared by: Rehabilitation Services  
Designed by: NSHA Library Services*