

Burn Care Exercise Program

Toe Active Range of Motion

Instructions

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

Toe extension

- Move your toes up and hold.
- Return to the starting position.



What are your questions? Please ask.

Therapist: _____

Phone: _____

Toe flexion

- Bend your toes down and hold.
- Return to the starting position.



Toe abduction

- Spread all of your toes apart and hold.
- Return to the starting position.



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