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.