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: _________________________________
• Sit in a chair. Bend your knee so that you can reach your toes.

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

• Sit in a chair. Bend your knee so that you can reach your toes.

• Hold the end of your toe and slowly bend the toe downwards until you feel a stretch.