

## Big Toe Joint Mobilisation

### Why Do This Exercise?

To help stimulate the synovial fluid production in the big toe joint (the natural lubricant for the joint). It also helps with mobility.

### How To Do This Exercise?

1. Cross your left ankle over your right knee.
2. Use your left hand to stabilise your foot.
3. With a flat palm, slide your right hand between your 1<sup>st</sup> and 2<sup>nd</sup> toes, gripping your big toe.
4. Move your big toe in a clockwise direction and then in an anticlockwise direction.

### How Often?

.....10..... Clockwise rotations .....10..... Anticlockwise rotations.  
1 2 3 times daily.



**Note:** Ensure that you are moving your toe at the base, not at the top joint. Grinding in the joint is also fine unless it is painful. If this is the case, stop the exercise immediately and consult your practitioner.



Complete  
Podiatry

## Arch Strengthen Exercise

### Why Do This Exercise?

This exercise will strengthen the muscle that moves your big toe from side to side and keep the arch stable. This will assist in slowing the progression of the bunion deformity and help to stabilise your big toe.

### How To Do This Exercise?

1. Sit on the edge of a chair with your feet on the ground.
2. Relax your feet and legs.
3. Move your big toe away from the others with your hand, keeping the muscles relaxed and your foot flat on the floor.
4. Keep the big toe in this position by tensing the muscles and pushing the inside and outside edge of your toe/foot into the floor.
5. Hold this for 20 seconds. Repeat 10 times. Do 1 set per day.



Note: There may not be much movement of the big toe in relation to the second, only a few millimetres.

The muscles need to be relaxed until the big toe is in position. You can use something to put the big toe in position if you can't reach it e.g. ruler, wooden spoon.