

# Foot Sprain (Metatarsophalangeal Joint): Rehab Exercises

## Introduction

Here are some examples of exercises for you to try. The exercises may be suggested for a condition or for rehabilitation. Start each exercise slowly. Ease off the exercises if you start to have pain.

You will be told when to start these exercises and which ones will work best for you.

## How to do the exercises

### Great toe extension stretch



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1. Sit in a chair, and put your affected foot across your other knee.
2. Grasp your heel with one hand, and then slowly pull your big toe back with your other hand. Pull your toe back toward your ankle until you feel a stretch along the bottom of your foot.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

### Great toe flexion stretch



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1. Sit in a chair, and put your affected foot across your other knee.
2. Grasp your heel with one hand, and then slowly push your big toe down with your other hand. Push your toe down and away from your ankle until you feel a stretch along the top of your foot.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

### Great toe traction stretch



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1. Sit in a chair, and put your affected foot across your other knee.
2. Grasp your heel and the middle part of your foot with one hand. With your other hand, use your thumb and middle finger to grasp your big toe and gently pull it straight out and away from your foot.
3. Hold the stretch for at least 15 to 30 seconds.
4. Repeat 2 to 4 times.

### Forefoot stretch



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1. Sit in a chair with your affected leg bent, and put the heel of your affected foot on the edge of the seat. Or you can sit on the floor with your leg bent and your heel digging into the floor.
2. Grasp your foot with both hands. Your thumbs will be on the top side of your foot just below the joints where your toes connect to your foot. Your other fingers will be underneath your foot.
3. Use the fingers underneath your foot to push up on the two toes that are closest to your big toe. Then use your thumbs and hands to spread your foot and toes outward until you feel a stretch in your foot. The outer edges of your foot will curve downward as you push up on the middle toes. Hold the stretch for at least 15 to 30 seconds.
4. Next, slowly press your thumbs down on the two toes that are closest to your big toe. The outer edges of your foot will curve upward. Hold the stretch for at least 15 to 30 seconds until you feel a stretch in your foot.
5. Repeat 2 to 4 times.

### Towel scrunches



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1. Sit in a chair, and place both feet on a towel on the floor.
2. Scrunch the towel toward you with your toes. Then use your toes to push the towel back into place.
3. Repeat 8 to 12 times.

## Marble pick-ups



1. Put some marbles on the floor next to a cup.
2. Sit in a chair, and use the toes of your affected foot to lift up one marble from the floor at a time. Then try to put the marble in the cup.
3. Repeat 8 to 12 times.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

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