



**How to use this sheet.** Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

### 1 Toe splay



Spread the toes apart and hold.

10 times

Daily

✓ **Should feel**

The toes separating

✗ **Should not feel**

Cramp



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Listen to it read aloud, in English, हिंदी or मराठी — or ask for **sheet 44**

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2

## Toe separator stretch



Use a toe separator while sitting.

10 minutes

Daily

✓ **Should feel**

A gentle stretch

✗ **Should not feel**

Pressure pain



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## Towel toe curls



Scrunch a towel with the toes.

10 times

Daily

✓ **Should feel**

The foot muscles working

✗ **Should not feel**

Cramp



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**Band toe exercise**

Loop a band round the big toes and pull them apart.

**10 times****Daily****✓ Should feel**

The big toe working

**✗ Should not feel**

Sharp joint pain

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## Marble pickup



Pick up marbles one at a time with the toes and drop them into a bowl.

10–15 marbles

### ✓ Should feel

The muscles in the sole of the foot and the underside of the toes working

### ✗ Should not feel

Sharp pain or burning between the toes, or a cramp that does not settle when you stop



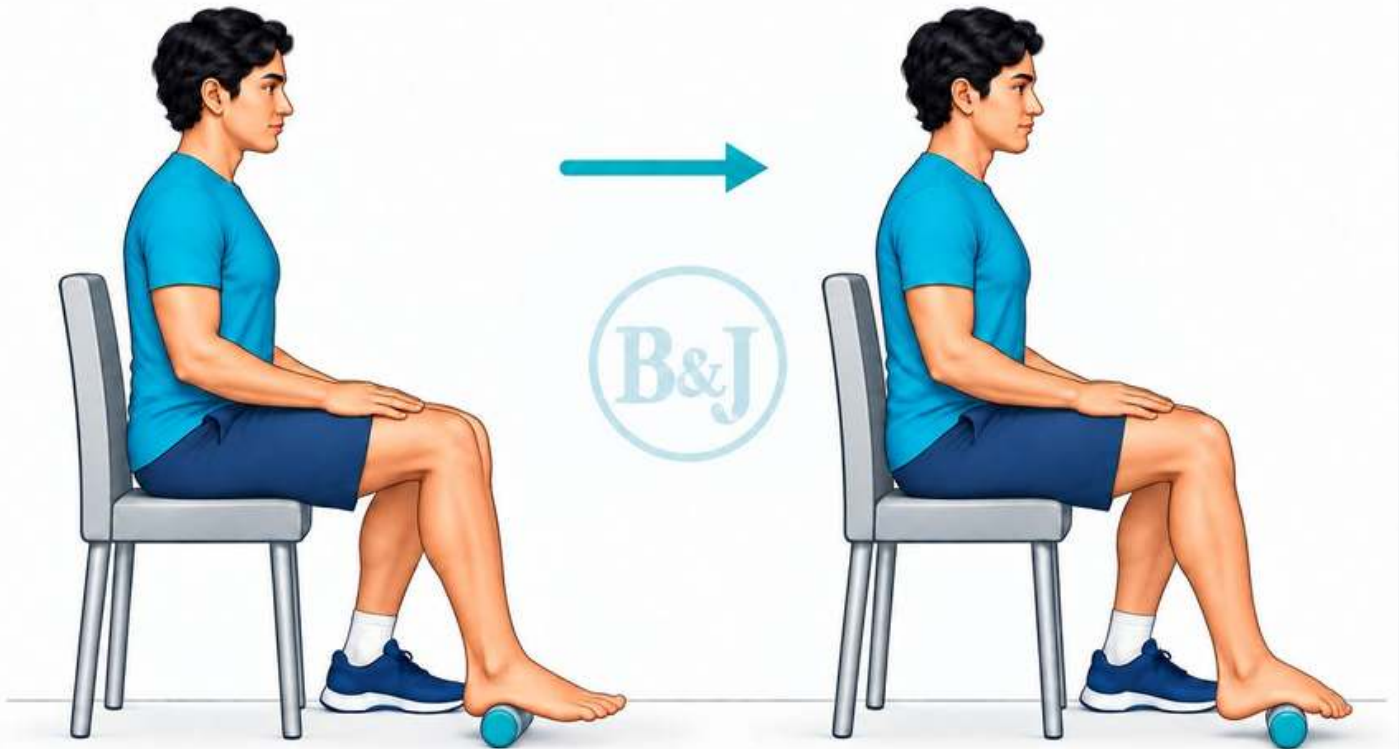
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Roll the sole of the foot over a cold bottle.

2 minutes

Evenings

✓ **Should feel**

The sole loosening from the heel to the ball of the foot

✗ **Should not feel**

Bruising pain

### Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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