

#weareNHFT



Northamptonshire Healthcare  
NHS Foundation Trust

# POST OPERATIVE EXERCISE

## PODIATRIC SURGERY

INFORMATION  
LEAFLET

 01327 708102

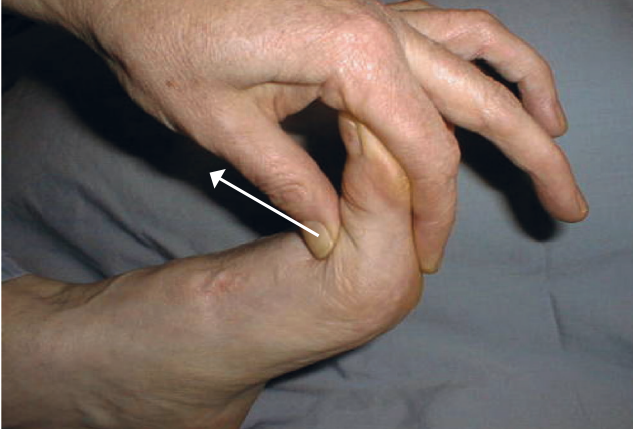
 [nhft.nhs.uk/podiatric-surgery](https://nhft.nhs.uk/podiatric-surgery)



**MAKING A  
DIFFERENCE  
FOR YOU,  
WITH YOU**

# YOUR EXERCISES

Hold the toe firmly as shown. Grip the middle joint of the toe so that you are exercising the “knuckle” joint only.



The toe will be sore for the first few months after surgery but the more you can stretch the toe in the early stages, the better the range of motion will be at the six month stage.

Move the toe to the extreme of its motion up and down (just to the point when discomfort is felt) and hold for five (5) to 10 seconds.



**DO THIS 10  
TIMES IN EACH  
DIRECTION 3-5  
TIMES A DAY**

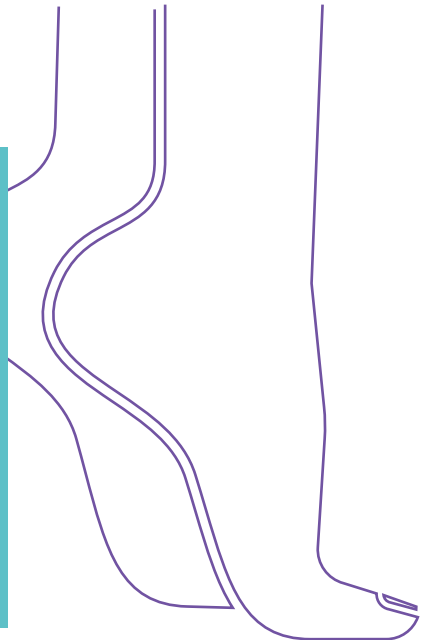
## WE ALSO FIND DOING TIP-TOE RAISES VERY USEFUL.

When you are walking, keep your feet pointing forward – try to resist pointing your feet out (Charlie Chaplin style) so that the toe is put through the correct range of motion.

Use any splint that may have been issued from now on.

Other exercises may be given by your podiatric surgeon as additions to these exercises.

These exercises  
can be done sitting  
down or standing  
against a stable surface  
like a chair or work  
surface



# PLEASE ASK IF YOU HAVE ANY FURTHER QUESTIONS REGARDING YOUR SURGICAL CARE.



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**The Podiatric Surgery Service**  
**Danetre Hospital,**  
**London Road Daventry,**  
**Northants.**  
**NN11 4DY**  
**Telephone: 01327 708102**

Inspected and rated

**Outstanding** ☆



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Jeżeli się Państwo zainteresowali otrzymaniem tych informacji w innym formacie lub języku,

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.