

MTP Joint Extension



Sit in a chair with your foot flat on the floor.

Keep your toes on the floor and lift your heel until you feel a comfortable stretch in the joints of your toes.

Note: Do not let your ankle roll out to the side, and make sure the ball of your foot remains on the floor.

Hold 3 seconds and then relax.

Repeat 10 x three times a day

MTP Self Mobilization



Stabilize midfoot with your right hand and use your left hand to pull your toe down as far as you can. Then push the toe up as far as you can.

Note: Make sure you are bending at the large knuckle of the big toe (not at the smaller knuckle that is closer to the toe nail).

Hold 3 seconds and then relax.

Repeat 10 x three times a day