Personal exercise program

Great Toe ROM Step 1:
Gently use your hands to stretch your toes back towards your body.
If you cannot reach, have someone perform for you.

Great Toe ROM Step 2:
Gently use your hands to stretch your toes away from your body.
If you cannot reach, have someone perform for you.
Perform __________ repetitions __________ times a day

Forefoot Stretch with Strap:
Place your green strap around the top portion of your foot as shown.
Gently pull the strap back towards your body so your forefoot bends back as well.
Hold for __________ seconds
Perform __________ repetitions __________ times a day