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**PASSIVE RANGE OF MOTION EXERCISES FOR AFTER BUNION SURGERY**

The patient is to start the following exercise regimen 1 week after surgery on the post-operative toe:

Patient will use his/her hand and fingers to stabilize the toe at the joint near the top of the toe. They will then move the toe **up** and count to 10, then move the toe **down** and count to 10 again.

This should be repeated 10 times in each direction and 2 sets daily.

If you are unable to do the exercises yourself have someone do them for you.

This is an important part of the healing process and will promote greater range of motion more quickly.

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