

UPSWING HEALTH

Subungual Hematoma/Runner's Toe

1st Toe Extension Stretch

With a towel or strap around the big toe, pull back so that a stretch is felt along the bottom of the great toe. Hold 30 seconds, 3 repetitions, 2-3 times a day.



Single Leg Balancing

Stand facing a chair or countertop for balance. Attempt to balance on your involved leg. Do not lock your knee. (Progress to doing without holding onto countertop, then with your eyes closed.) Hold 10-30 seconds, 3-5 repetitions, 2-3 times a day.



Discontinue exercises and consult with a medical professional if any discomfort is experienced.

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Anterior Reaches

While standing on the involved leg, glide the opposite leg forward to a pain-free distance by bending the involved knee. Return to the starting position without touching the foot down. Perform 2-3 sets of 10 repetitions, once a day.



Posterior Reaches

While standing on the involved leg, glide the opposite leg backwards to a pain-free distance by bending the involved knee. Return to the starting position without touching the foot down. Perform 2-3 sets of 10 repetitions, once a day.



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Towel Curls

Sit with your involved foot in front of you, resting on a towel. Slowly bunch the towel up by curling your toes. (Progress to doing with a weight on the end of the towel.) Hold 3 seconds, 30 repetitions, once a day.

