



Home Physical Therapy – Bunion Post-Op



Standing Calf Stretch - Gastrocnemius

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also, you can adjust the bend of the front knee to control the stretch as well. Video # VVNCZDYGG

Repeat 3 Times
Complete 1 Set

Hold 1 Minute
Perform 2 Times a Day



Standing Calf Stretch - Soleus

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also, you can adjust the bend of the front knee to control the stretch as well. Video # VVGUVSTYG

Repeat 3 Times
Complete 1 Set

Hold 1 Minute
Perform 2 Times a Day



Toe Flexion and Extension

Curl your toes downward then upward and repeat.
Video # VVVFWSFMA

Repeat 20 Times
Complete 1 Set

Hold 5 Seconds
Perform 2 Times a Day



Toe Spreading for Foot Intrinsic Strengthening

1. Assume either a sitting or standing position where you are bearing weight on your feet.

2. Actively try to spread/splay your toes apart.

*This is easier if you can actually see your toes.

Try to go into plantarflexion (point your toe).

Repeat 20 Times
Complete 3 Sets

Hold 5 Seconds
Perform 2 Times a Day



Great Toe Extension Stretch

While seated, cross your legs so that the affected leg is on top.

Next, bend your big toe back with your fingers until a stretch is felt in your toe and/or the bottom of your foot.

Video # VV7KS3BAR

Repeat 3 Times
Complete 1 Set

Hold 1 Minute
Perform 2 Times a Day



Great Toe Distraction with Extension

Take a firm grasp of your great toe and pull it straight away from your foot. While keeping this pull, bring your toe up towards your knee. Maintain the pull and return the toe back to neutral.

Repeat 10 Times

Hold 10 Seconds

Perform 2 Times a Day



Ice Application and Elevation

Use of ice is very important for swelling and pain control. Ice can be applied whenever needed up to 20 minutes at a time. Lie down with involved leg propped up above the level of your heart, with support under your knee, calf, and ankle. Complete at least 2-3 times per day, or more often if needed.

Repeat 1 Time

Hold 10 minutes

Complete 1 set

Perform 2 Times a Day