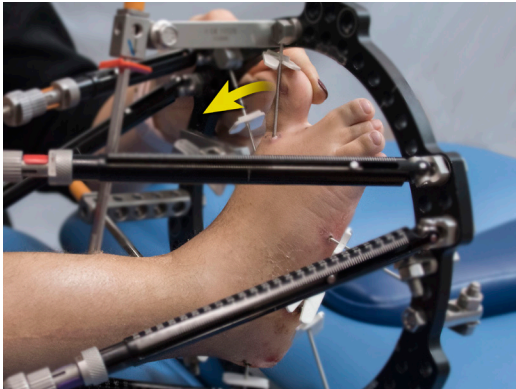
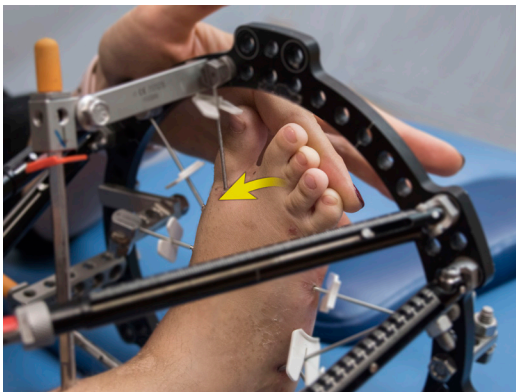


Big toe stretch**Toe flexor stretch****Toe flexor stretch**

Starting position: Sitting or lying down

Warm-up: Wiggle the toes up and down approximately 10 times to warm up the muscles

1. Holding your child's big toe (as shown left), gently bring it towards the face until a stretch is felt along the bottom of the foot.
2. Hold for ___ seconds.
3. Repeat steps 1 to 2 with the remaining toes together.

Do exercise ___ times.

Repeat ___ times a day.

** Note: Sometimes the wires near the toe will block full extension, so just move it as far into extension as the frame allows.*