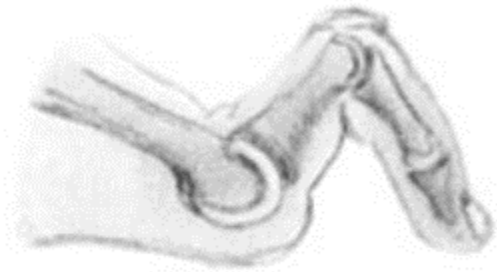


**Releasing Joint Restrictions:** ©Lorraine Lovejoy-Evans, PT, DPT  
Foot Hammer Toe [FHT]  
**For: Foot or ankle pain**

**Claw Toe/Hammer Toe:** The toes can be drawn up creating a bump on the top of the toes that can cause a callous or corn and eventually wounds from rubbing on the shoes.



**Movement Combination:** The muscles on the bottom of the foot are causing it to draw into this folded pattern. Push the toe farther into the position it is stuck in pushing to toe toward the foot maintaining this stretch for 90 seconds to release it. This may not straighten the toe but it can reduce any pain help to maintain it at this position and stop it from worsening.

This photo is shown on the finger to demonstrate the stretch position better

