

Releasing Joint Restrictions: ©Lorraine Lovejoy-Evans, MPT, DPT

Bunion

For: Toe, Foot or ankle pain



Bunion: The big bump that develops by the big toe due to the muscles on the inside toward the other toes pulling the big toe inward.

This cannot be changed but the progression can be stopped and it can help reduce the pain



Movement Combination: Fold big toe over the other toes-push it in direction it is already trying to go and maintain this stretch for 90 seconds

