

Level 1 Bunion Prevention Program

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Abdominal release

While lying on your back, massage your stomach in a clockwise direction, using small circles in each direction. Massage gently (not deep) for 2-3 mins.

Start at the upper right portion of the abdomen just under the right ribcage, move to the upper left portion, move down to the lower left, and work across to the lower right abdomen.

Rub in a few drops of endoplus as well while you do this.

Video demo: <https://youtu.be/RGhbjGU84RM>

Perform 1 Times a Day

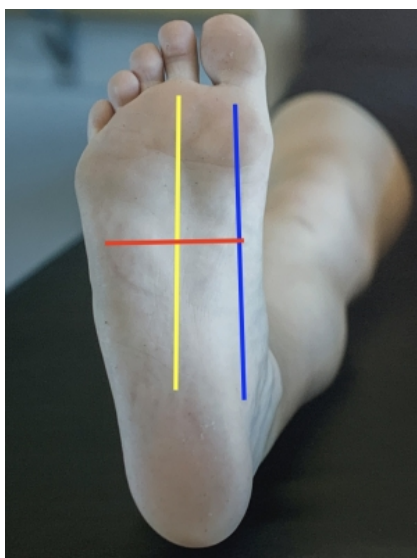


Side plank - EACH SIDE

Keep feet stacked on top of each other with flexed feet as shown. Keep heels and buttocks against wall to assist with keep body aligned. Raise to create a straight line from the middle of the head to the feet. Hold 4 counts, then lower to the ground and rest 4 counts. Exhale as you raise into each plank.

Repeat 8 Times

Perform 1 Times a Day



Toe flexor release

Release using a release tool or by hand for 1-2 mins along the BLUE and YELLOW lines.



QR VIEW



ACTIVATION

Single leg bridge - EACH LEG

Exhale as you press the hips up from the bed/floor. Hold 2 counts before lowering back down. Keep pelvis level throughout, avoid allowing the free hip (not on the step/chair) to drop down.

This can be performed with the working leg on a chair, bed, sofa, or other sturdy surface.

Repeat 8 Times

Perform 1 Times a Day



ACTIVATION - Elevated frog bridge

Place feet on a chair, bed, or sofa as shown.

Exhale and raise up into a bridge. Hold 4 counts.

Avoid arching the back. Make sure the feet and ankles are completely relaxed.

Make sure to use the hip rotators and point the kneecaps outward as much as possible. This exercises is for strengthening of the rotators.

Repeat 8 Times

Perform 1 Times a Day



ROTATION ACTIVATION

Rotation activation - 1st pos rotated

Extend both arms to the front, parallel to the floor and clasp hands as shown.

Exhale as you press the back of the forearm into the wall. Hold 4 counts, then relax. Perform 3 reps in the following positions:

- 1 - standing with head straight forward
- 2 - standing with head turned fully to the right
- 3 - standing with head turned fully to the left

Perform on both sides (meaning pressing each forearm into the wall), total 18 presses.

Video demo at: <https://www.youtube.com/watch?v=pbO6X2LoRa4>

Perform 1 Times a Day