











**The golf ball roll exercise:**

Roll a golf ball under the ball of your foot for 2 minutes. This is a great massage for the bottom of the foot and good for people with plantar fasciitis (heel pain syndrome), cramps or arch strain.

**Toe Pulls exercise:**

Put a thick rubber band around all of your toes and spread them. Hold 5 seconds and repeat 10 times.



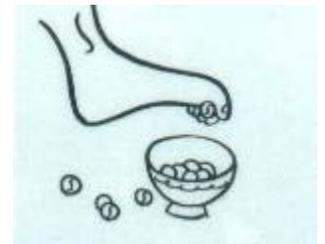
**Towel curls exercise:**

Place a small towel on the floor and curl it toward you, using only your toes. You can increase the resistance by putting a weight on the end of the towel. Relax, then repeat this exercise 5 times. Try this if you have [hammer toes](#), toe cramps, pain in the ball of your foot, or for overall strengthening.



**Marble pickup exercise:**

Place 20 marbles on the floor. Pick up one at a time with your toes and put each marble in a bowl. This is recommended for people who have pain in the ball of the foot, hammer toes, or toe cramps.



**Sand walking exercise:**

Any chance you get, take off your shoes and walk in the sand at the beach. This not only massages your feet, but strengthens your toes for general foot conditioning.



**When is Surgery Needed?**

Surgery is indicated for progressive and disabling pain associated with pre-dislocation syndrome. Many patients can have a toe that is crossing over the first toe without pain but please note that when this occurs it never returned back to its original position.

**Surgical Options:**

Generally a Weil osteotomy will be performed with tendon and capsule lengthening and sometimes a direct plantar plate repair can be performed in the most severe cases. Additionally a hammertoe repair may be needed if this problem is also present. A bunion reduction can be performed if it is contributing to the original issue. This is an outpatient based surgery done under local and sedation and postoperatively a cast boot is used between 4 and 6 weeks allowing the patient to walk low level during the initial recovery phase.