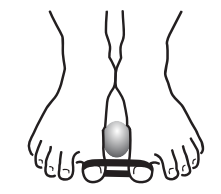


Bunion Treatment

Ball: Large Soft

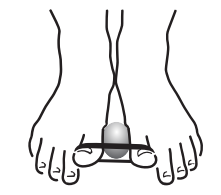
Other: Bunion Band



SETUP



After performing one of the foot treatments, sit on a chair. Bring your feet together and place the bunion band around your big toes, covering the base of the nail beds. Next, move your heels apart a few inches and place the large soft ball between the two big toe joints, which are often called bunions. Bring your heels together to create the proper angle and tension to release the tendons and muscles that contribute to bunions. Hold for 2 to 3 minutes unless you sense pain. If you sense pain, remove the band, wait for 2 minutes, and try again.



MOVE



With the band in place, isolate and lift your big toes off the floor while your other toes stay on the floor. Notice whether your other toes curl, push, or contract as you extend your big toe and try to relax them as much as possible. Hold this position for 10 seconds and then release your big toe to the floor. Relax for a few seconds and repeat this slow lift and hold approximately 10 times. You can continue this for 10 minutes or less. If you have trouble lifting your big toe, reach down and press your other toes down with your hands as you elevate the big toes. If you still can't lift the toe with the extensor muscles, use your index finger to help lift the big toe up and then see if you can hold the extension once you've assisted those weaker muscles.

CHALLENGE ONE



Try keeping your big toes down and elevating the other 4 toes a few times after you successfully extend the big toe on its own.

CHALLENGE TWO



Put your feet on yoga blocks or books and hang your toes off the edge. Try to both flex and extend the big toe to bring more blood flow to the tendons of your feet, which can help reduce foot pain and strengthen the foot architecture.

Bring your heels apart, then remove the ball and the band.



Discover the secrets to pain-free living... at any age!™