

Toe Grip Training Handbook

***Please bring this to every outpatient rehabilitation visit.**



ID: _____

Name: _____

For patients undergoing toe grip training.

1. It has already been reported that stronger toe-flexor muscles improve walking speed and are less likely to cause falls.
2. Even if you have a wound or pain in the thigh area after artificial joint surgery, you can do this training with confidence as it is toe grip training.
3. You **should carry out all training in a chair with stable footing.**
4. **The implementation period is approximately three months.**
Please consult your physiotherapist about how to do it.

***If you experience any pain in your toe, please consult your physiotherapist!**
5. **Please mark a '○'** on the calendar for the days when it has been carried out.

“○” on days when you have done finger training, “×” on days when you have not done toe grip training.
Please do this at least four times a week.

May

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

“○” on days when you have done finger training, “×” on days when you have not done toe grip training.
Please do this at least four times a week.

June

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				