



## **CAM BOOT exercises at least 3 times per day**

Remove the boot. Place a rolled towel or pillow under your knee.

1. Point your toes away, then bring them up to your nose.  
Repeat 20 times
2. Turn your foot in, then out.  
Repeat 20 times
3. Make a BIG circle with your foot, leading with your BIG toe.  
Repeat 20 times and then do 20 the other way.
4. Lots of toe wiggling... you can do this at any time!!

Paula Kairaitis  
BAppSc (Physio)  
PGD (EX&SpSc)  
MAppSc (Manips)