

How to adjust the great toe

1. Grip the big toe with same hand as foot (left with left). Make sure thumb is on top of the joint. Pull out 3-4 times. Thumb like a hitch hiker or hold toe like golf club.
2. Cross thumbs on bottom of foot and interlock finger on top. Index finger should be at the joint or at base of the nails. Snap foot down and in. Left foot is clockwise and right is counter-clock wise.
3. Patient should stand up and walk around to make sure back in, if not try again.