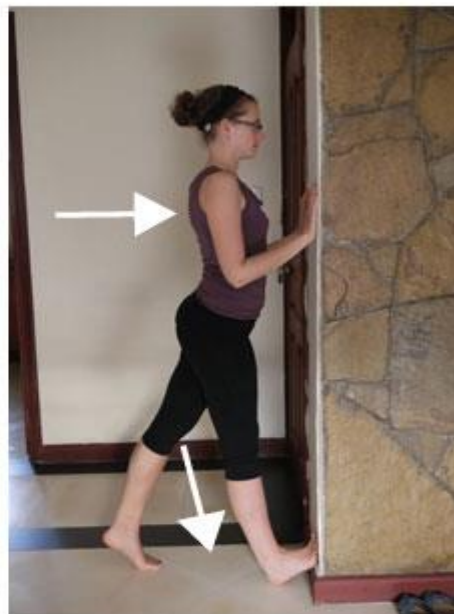




Stretches to Help and Prevent Heel Pain

CALVES: FOOT PRESS

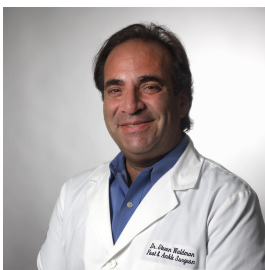


Knees locked
toes forward

Hold for 30 seconds

3 times on Each leg

Twice a day



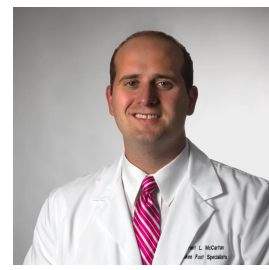
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