

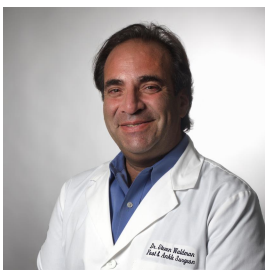


Stretches to Help and Prevent Heel Pain

CALVES: STANDING LUNGE



Toes forward
Bend front leg
Push on wall
Back heel on ground
Hold for 30 seconds
3 times on Each leg
Twice a day



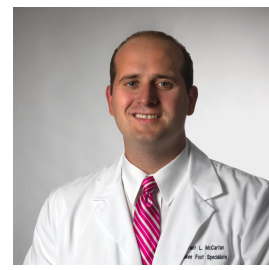
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