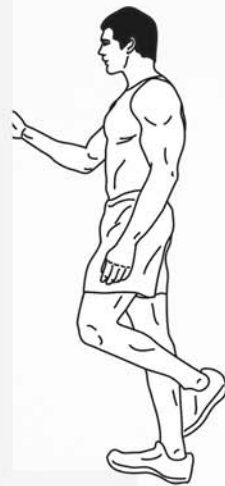
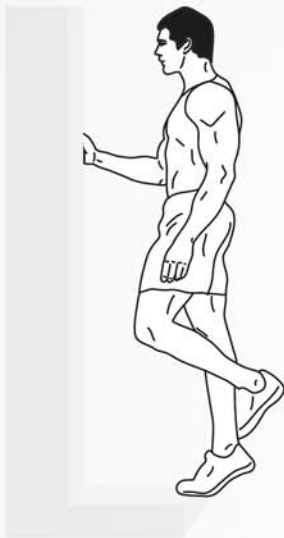


calves *rehab*

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60 seconds

slow single leg
elevated calf raises
30 seconds each leg;
tip: hold on to something



60 seconds

calf stretch #1
against the wall
30 seconds each leg;



60 seconds

calf stretch #2
against the wall
30 seconds each leg;