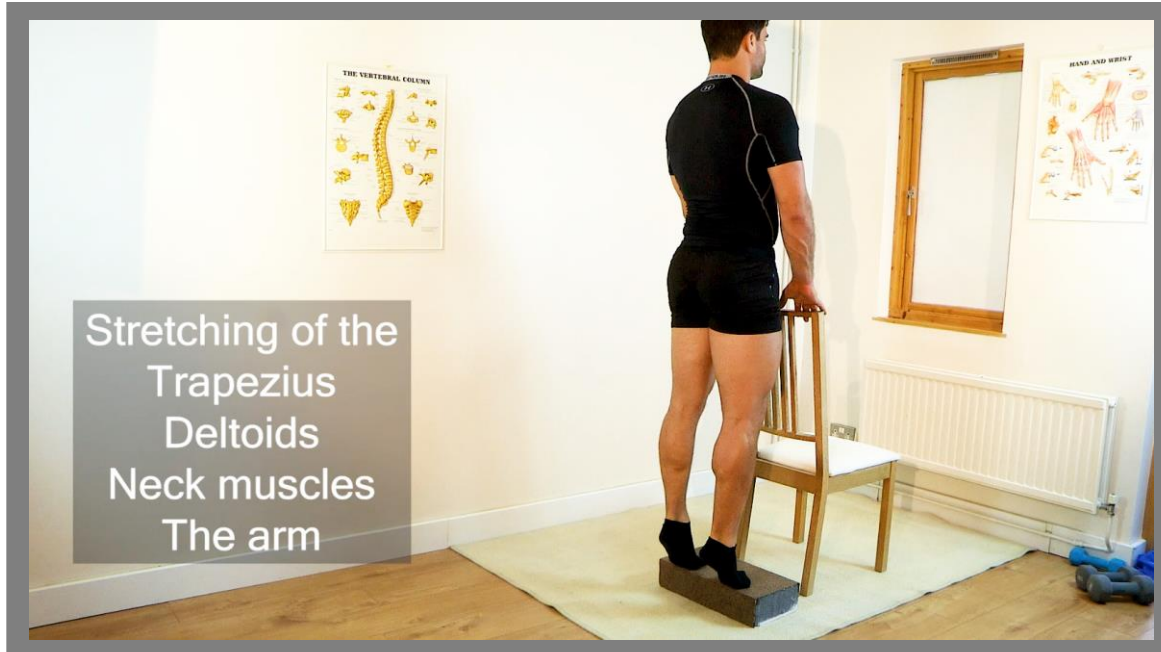


CALF MUSCLE STRENGTHENING (AND STRETCHING)

FOOT53



Stretching of the
Trapezius
Deltoids
Neck muscles
The arm

AREAS AFFECTED	ADVICE
Calf muscles Ankle joint	Hold onto a steady chair. Place a brick or block next to it. Hold onto the chair or another steady object. Place the front of your feet (or toes) on the edge of the step then allow your heels to lower. Hold for a short time, then stand on your toes. Repeat.