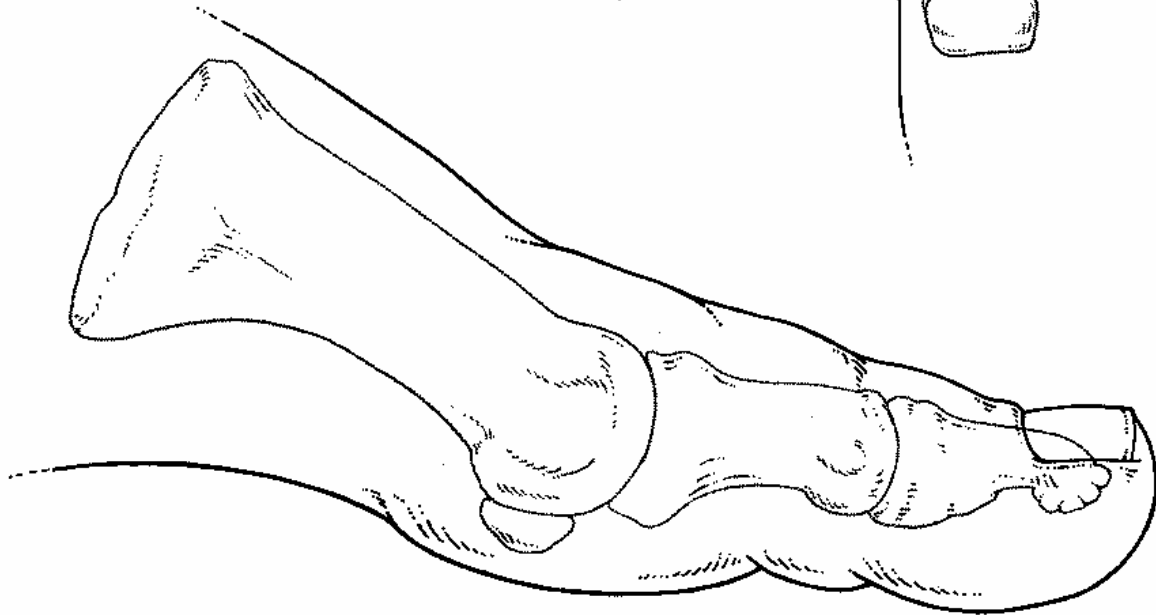
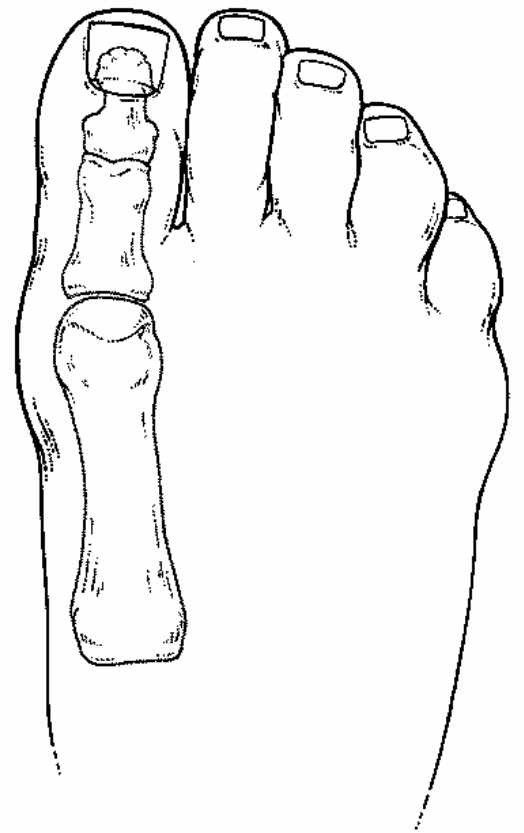
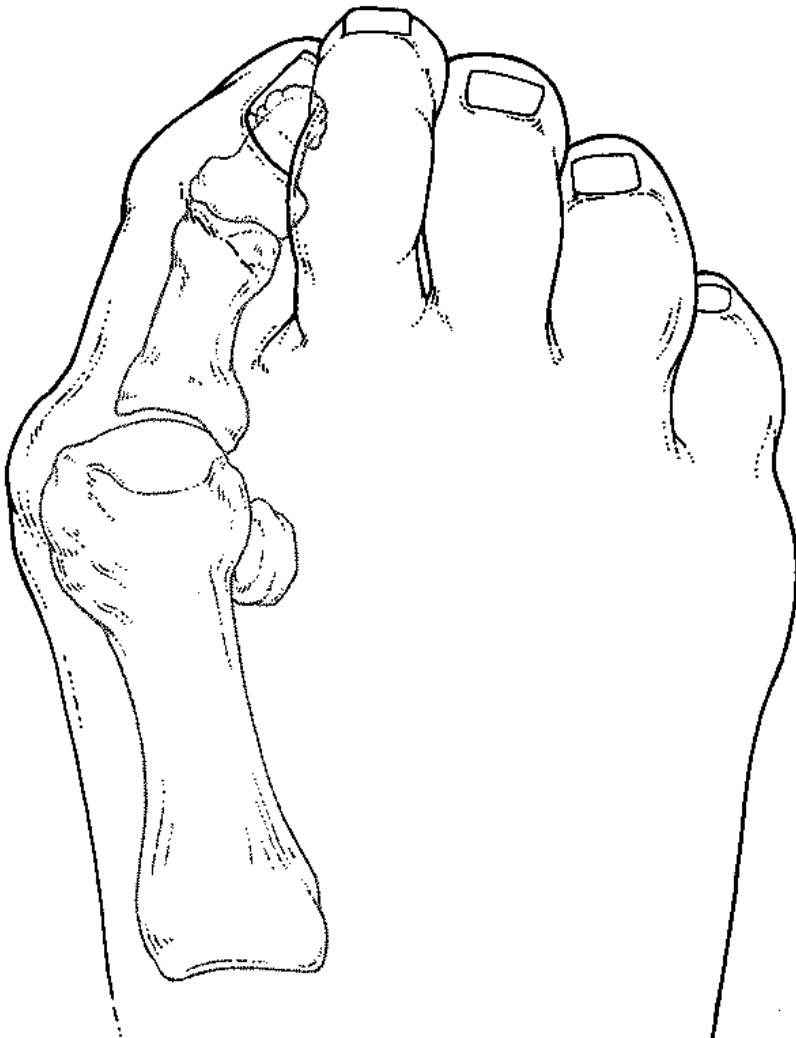
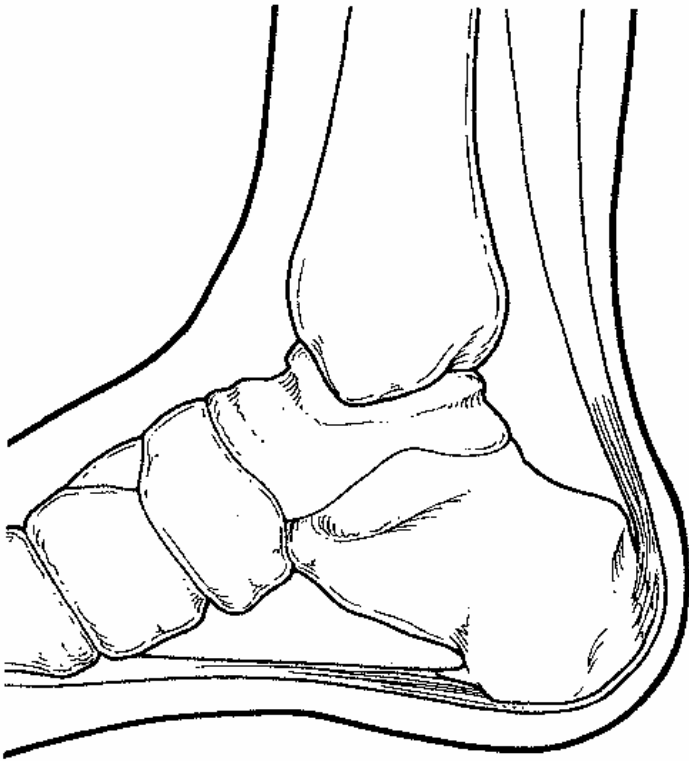


Patient Name _____

Date _____

Procedure _____





INSTRUCTIONS

1. _____
2. _____
3. _____
4. _____
5. _____

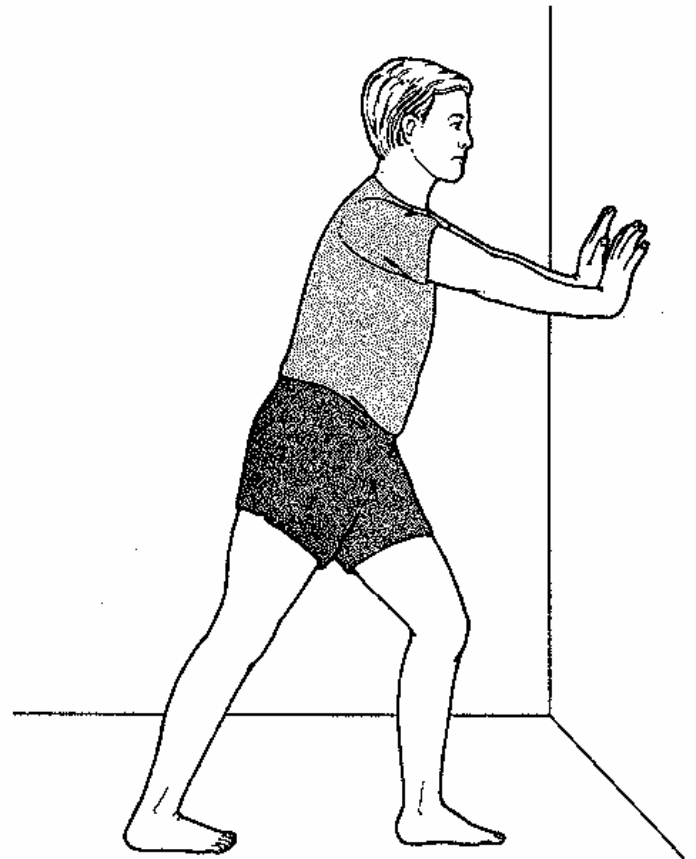
Patient Name _____

Date _____

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HEEL CORD STRETCH

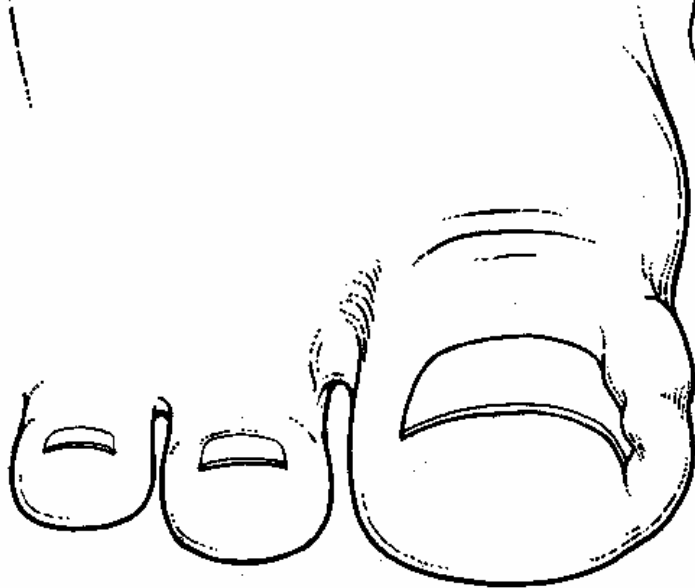
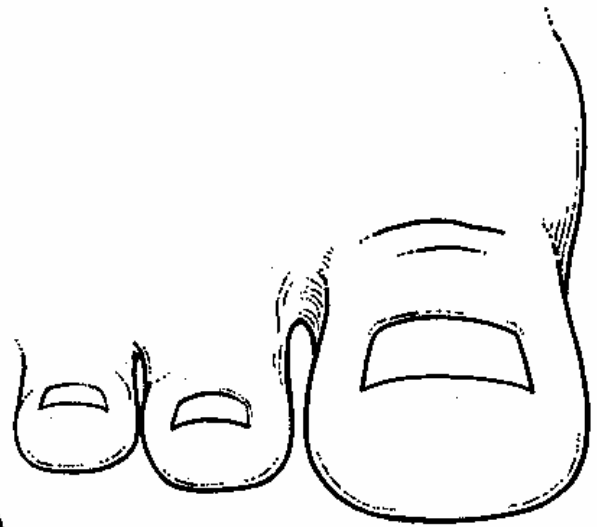
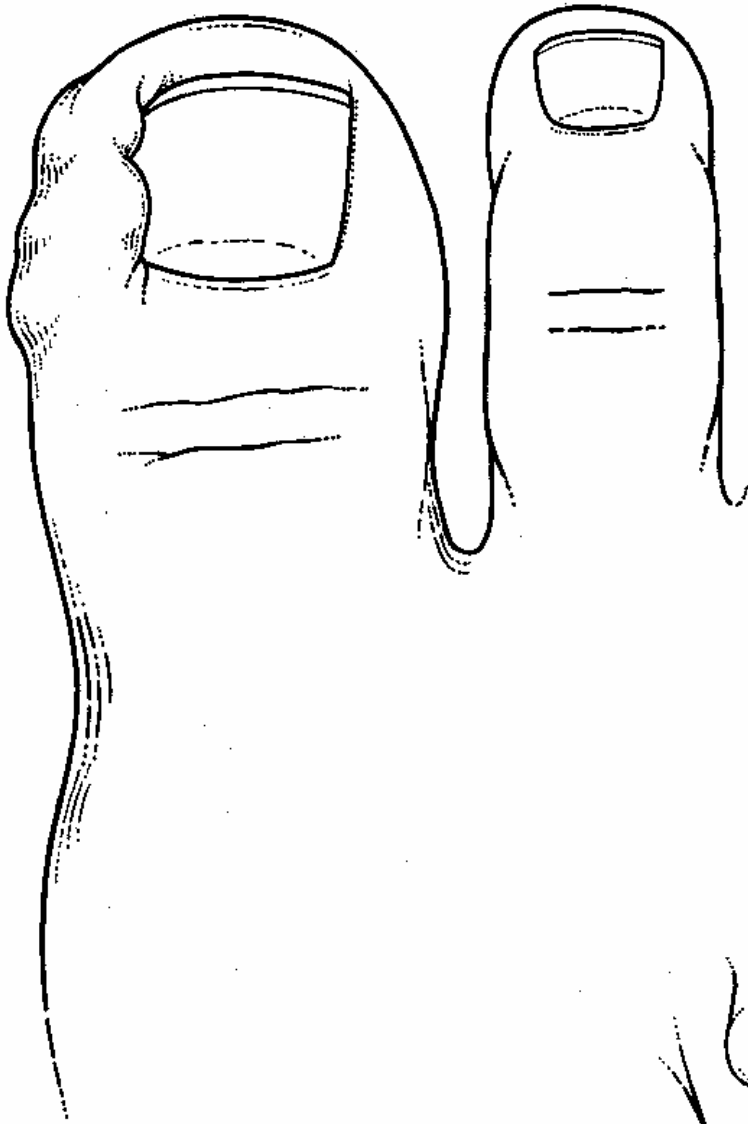
1. Lean against a wall with one knee locked and the other bent.
You will feel a pull in your calf muscle.
2. Hold the stretch for 15 seconds & alternate the locking and bent knees.
3. Relax for 15 seconds & do 10 REPS.
4. Repeat this exercise 2-3 times a day.



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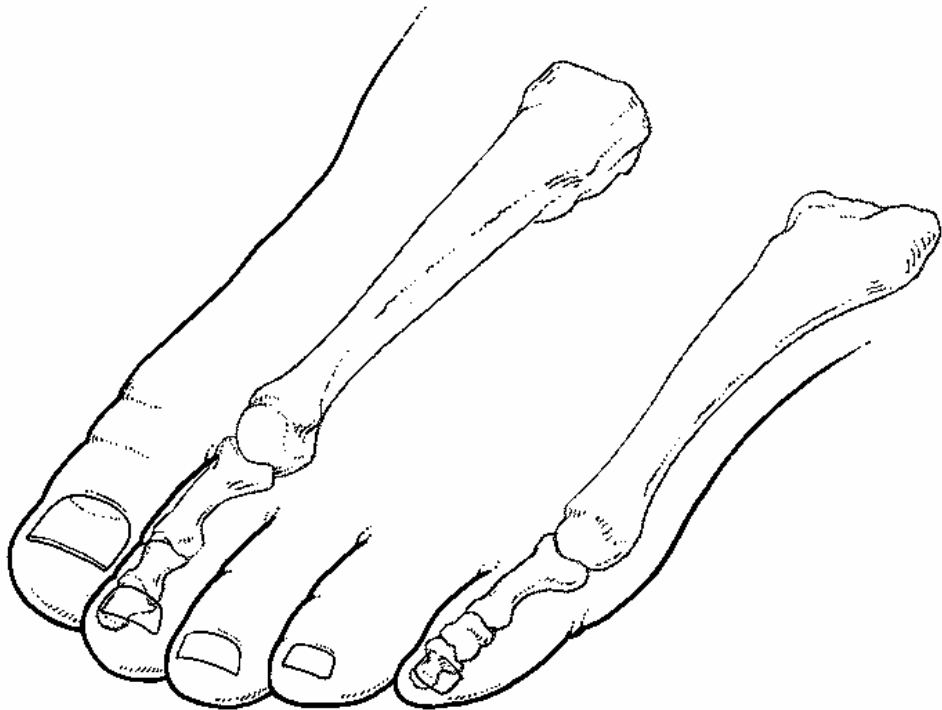
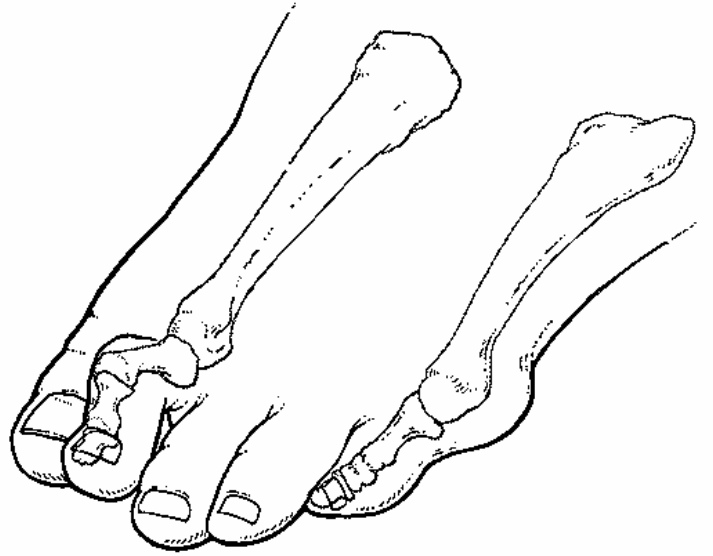
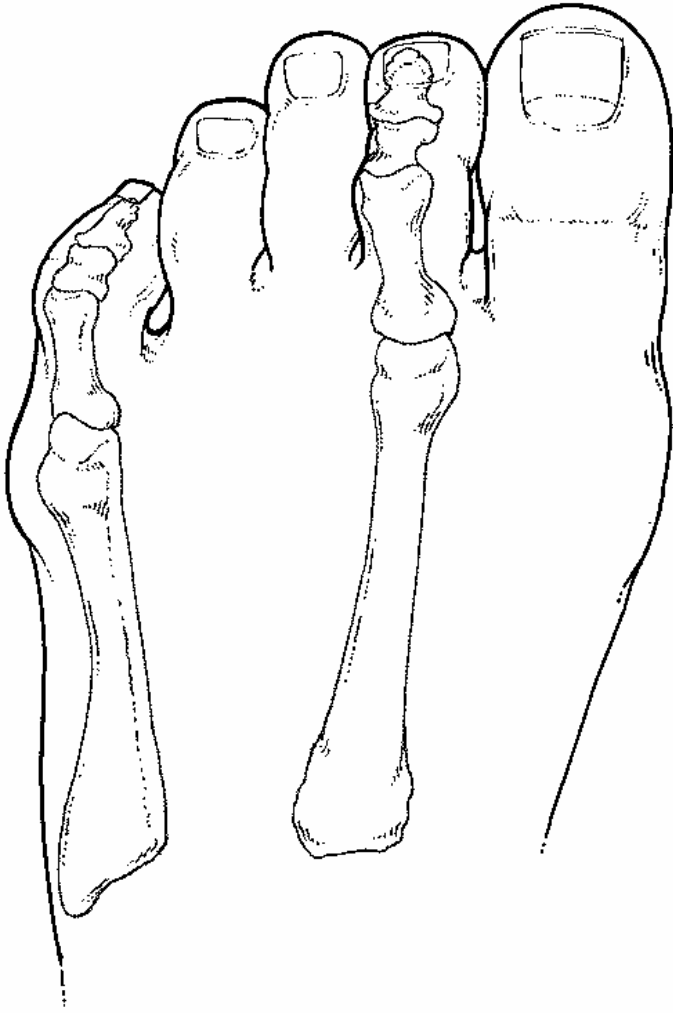
Procedure _____



Patient Name _____

Date _____

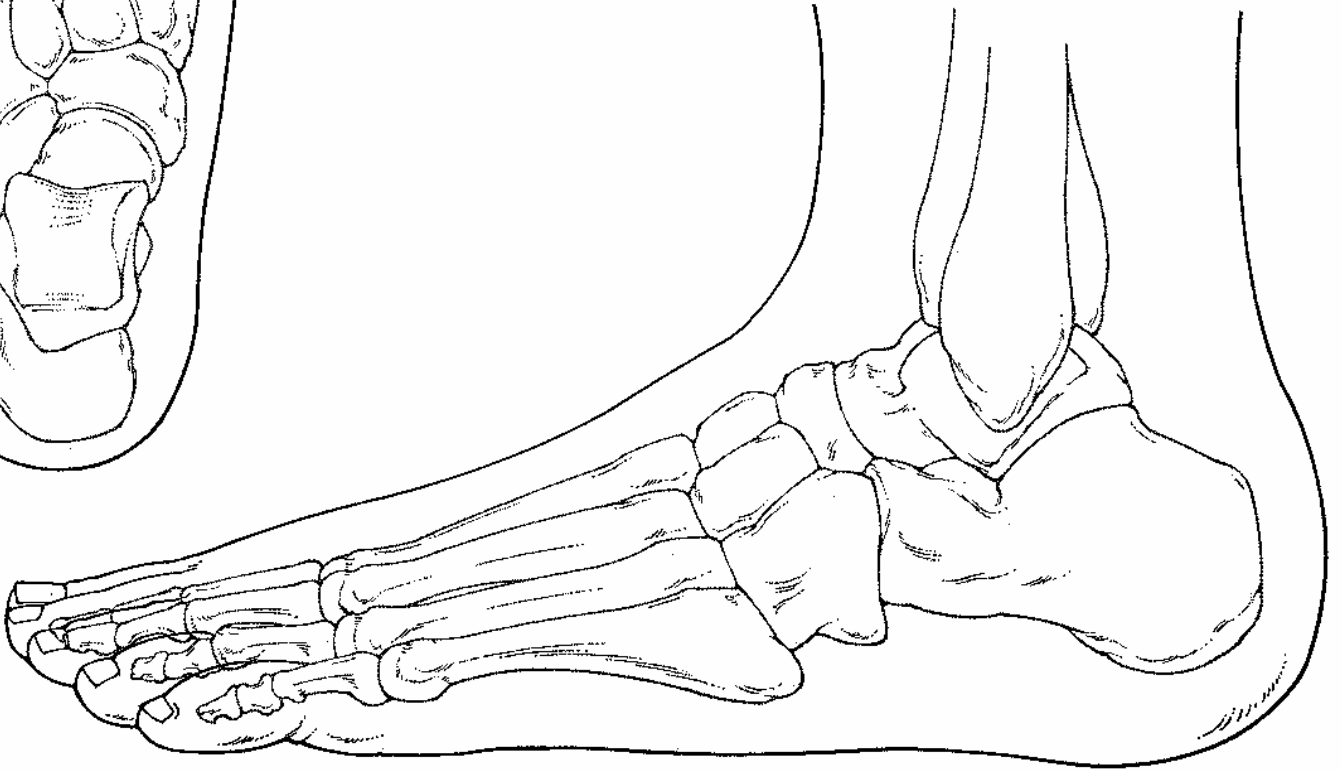
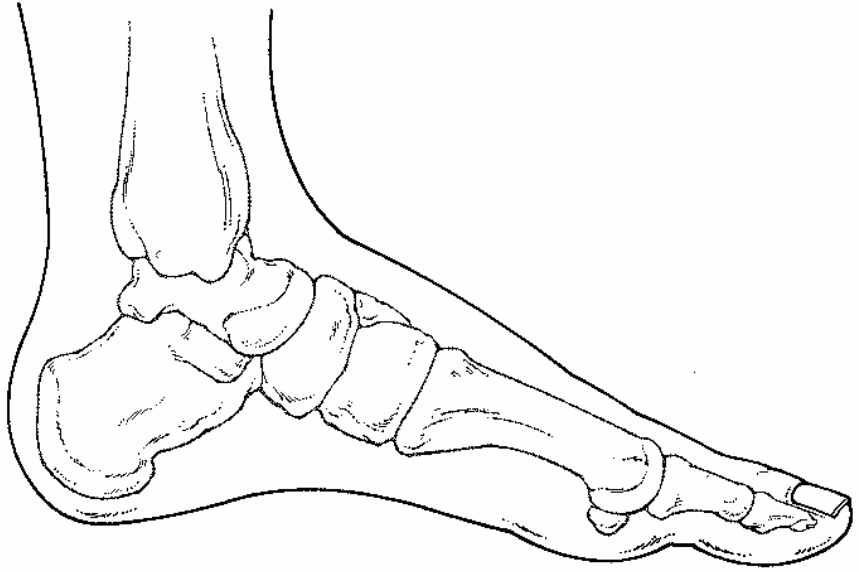
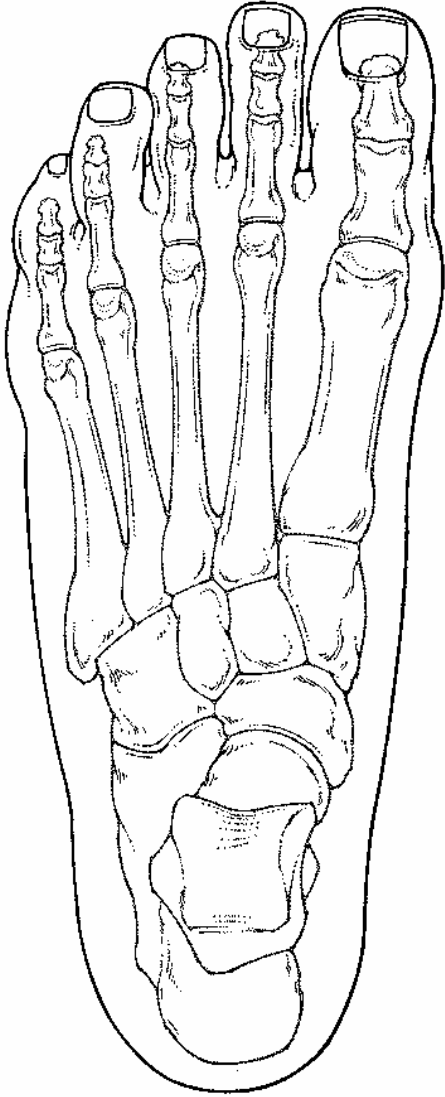
Procedure _____



Patient Name _____

Date _____

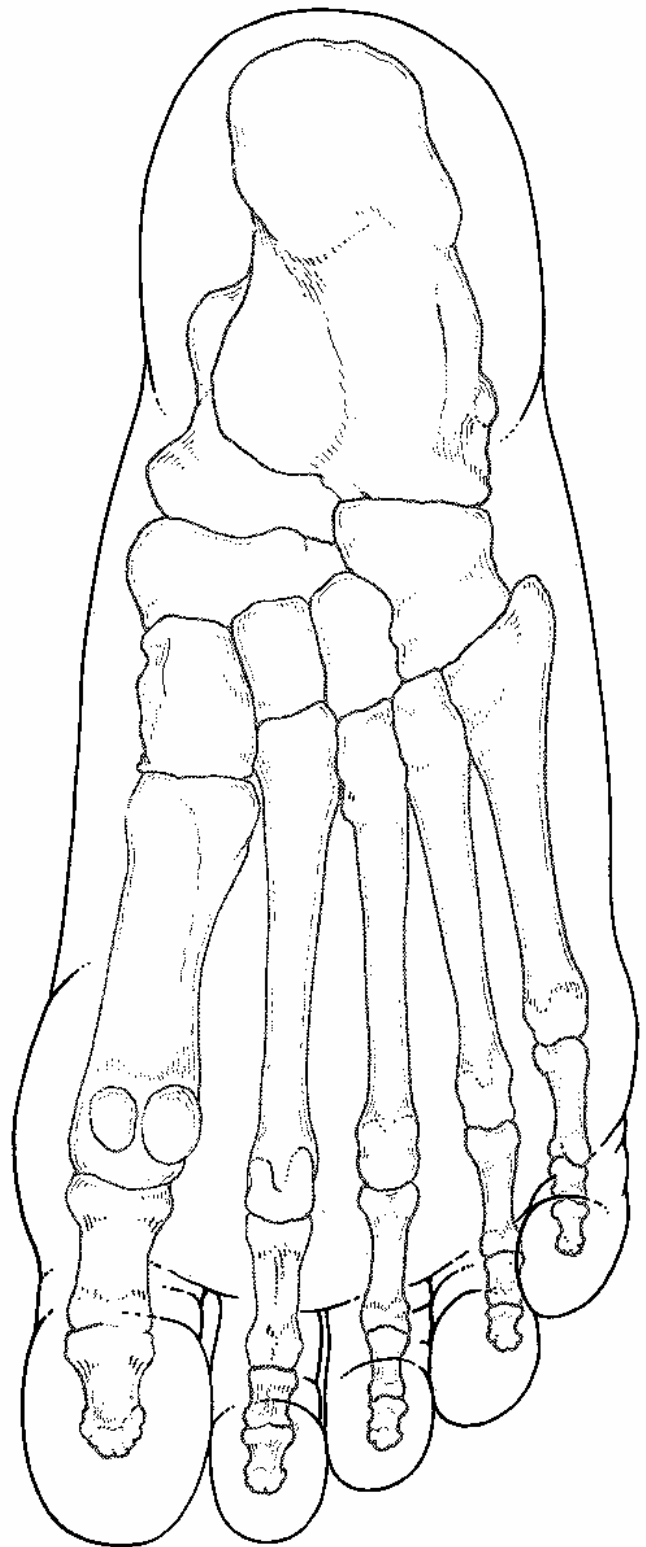
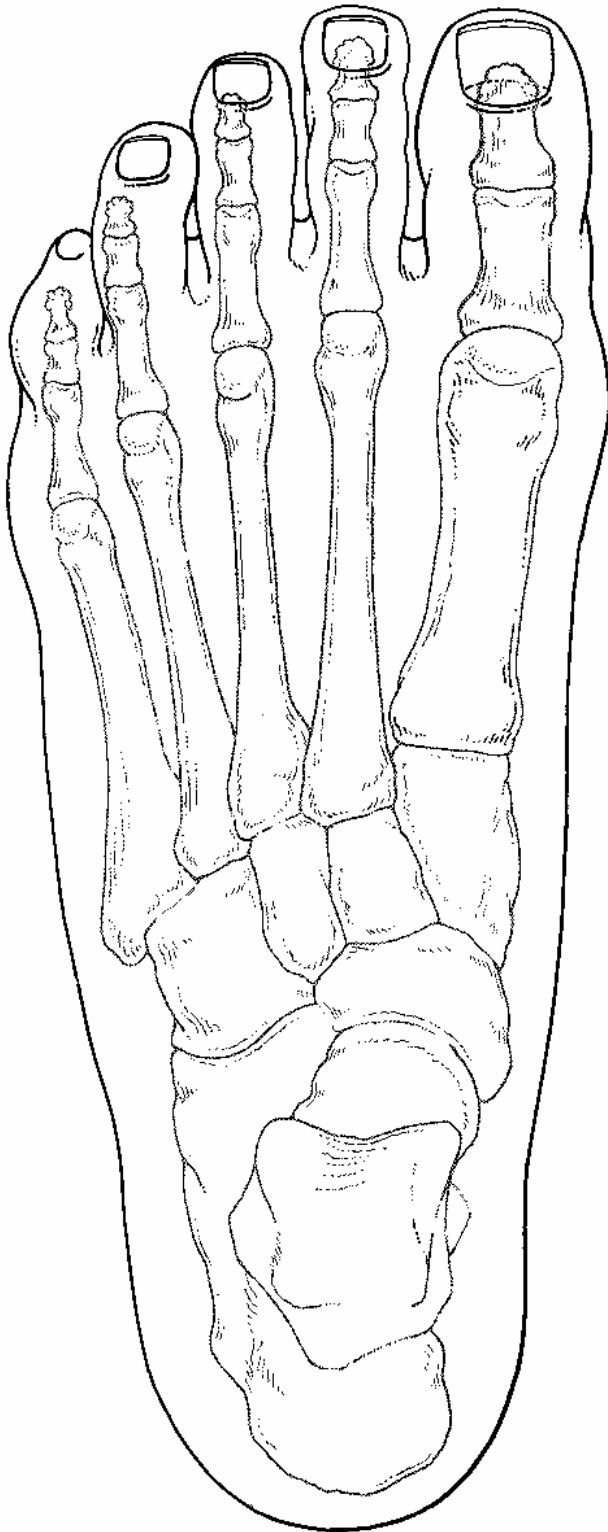
Procedure _____



Patient Name _____

Date _____

Procedure _____



Patient Name _____

Date _____

Procedure _____

