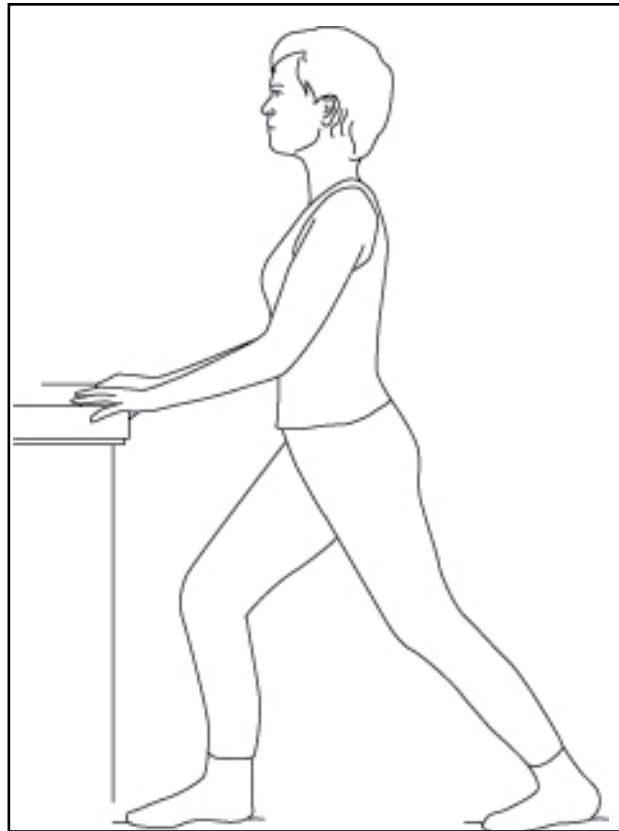


# Calf Stretch

- These exercises will help your leg regain strength and mobility.
- It is important that you do your exercises \_\_\_\_\_ each day.
- Return to your starting position and relax between each exercise repetition.
- Repeat each exercise \_\_\_\_\_ times unless you receive other directions.
- Stop any exercise that causes pain.



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- Do \_\_\_\_\_ times each day.
- Do \_\_\_\_\_ repetitions for left / right leg.
- Hold stretch for \_\_\_\_\_ seconds.