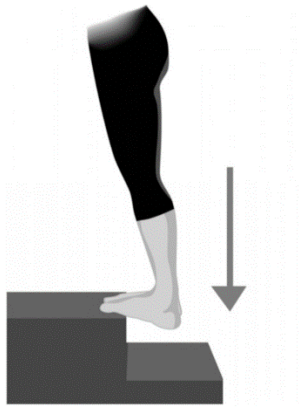


Chesterton • Crown Point • LaPorte • Michigan City • Portage • Schererville • Valparaiso

## PLANTAR FASCITIS AND ACHILLES STRETCHING EXERCISES



*CALF STRETCH*



*RUNNER'S STRETCH*



*DOWNWARD DOG*



*FROZEN BOTTLE ROLL*