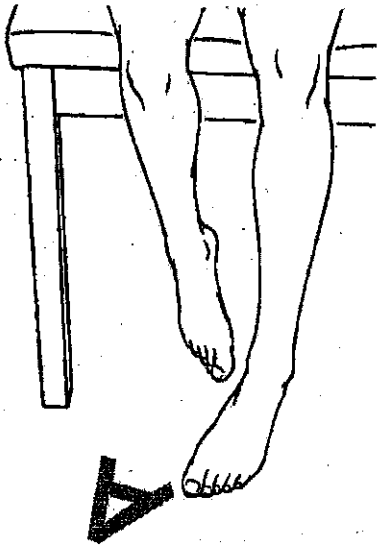


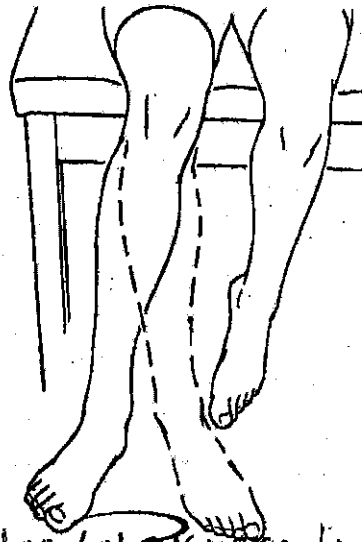
Stage 1

Ankle ROM/Stretches

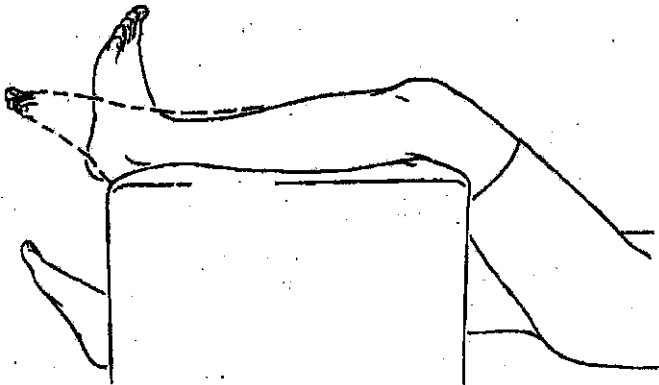


3x

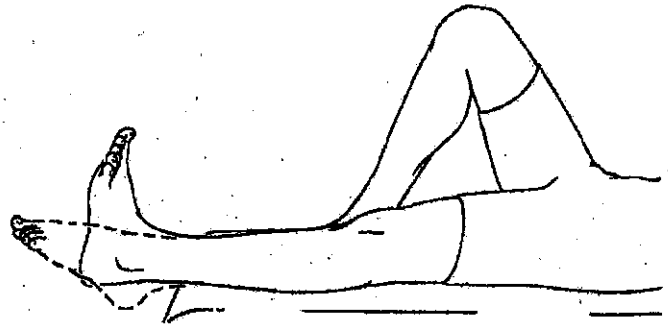
4x
:30
sec.
each



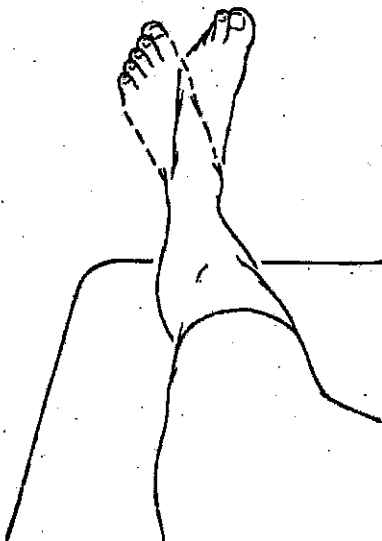
circles (clockwise / counter-clock)



2x:30



2x:30



2x:30



