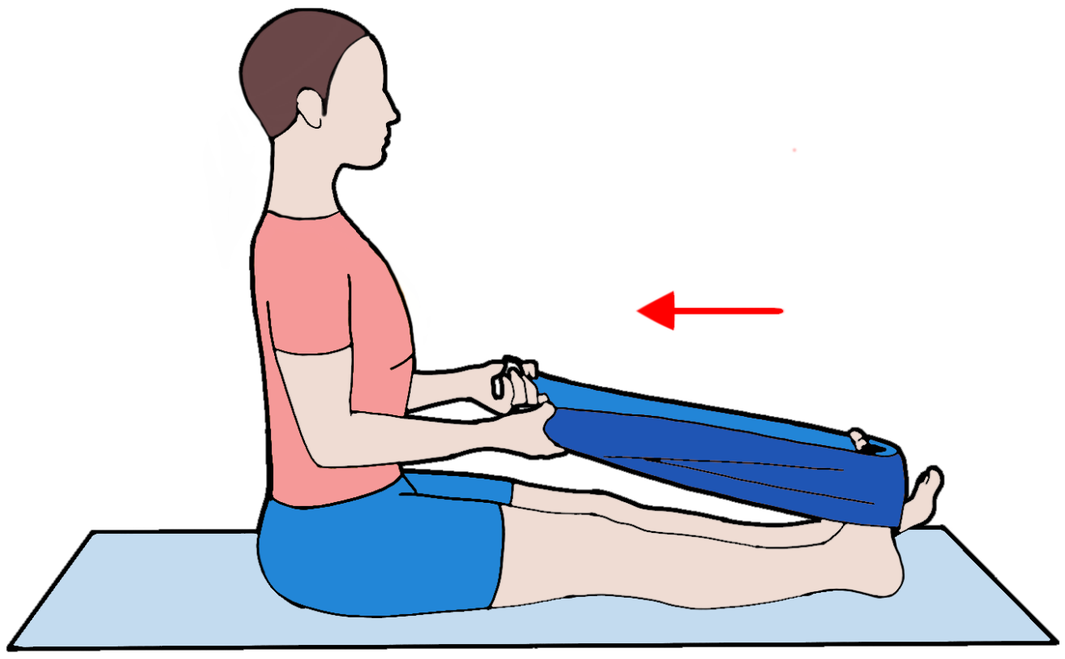
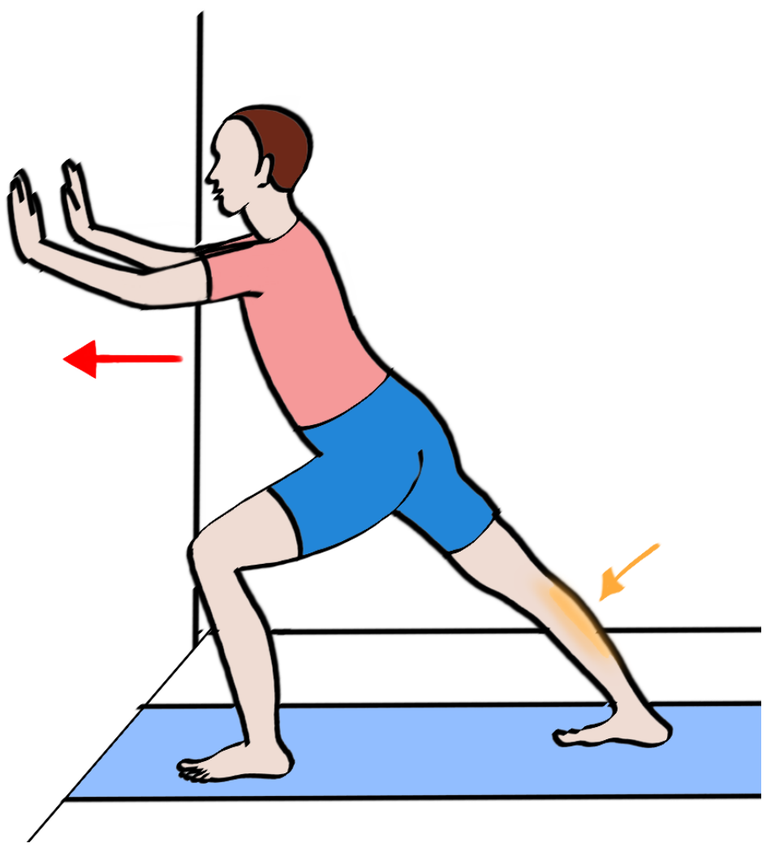
Achilles Tendonitis Exercises

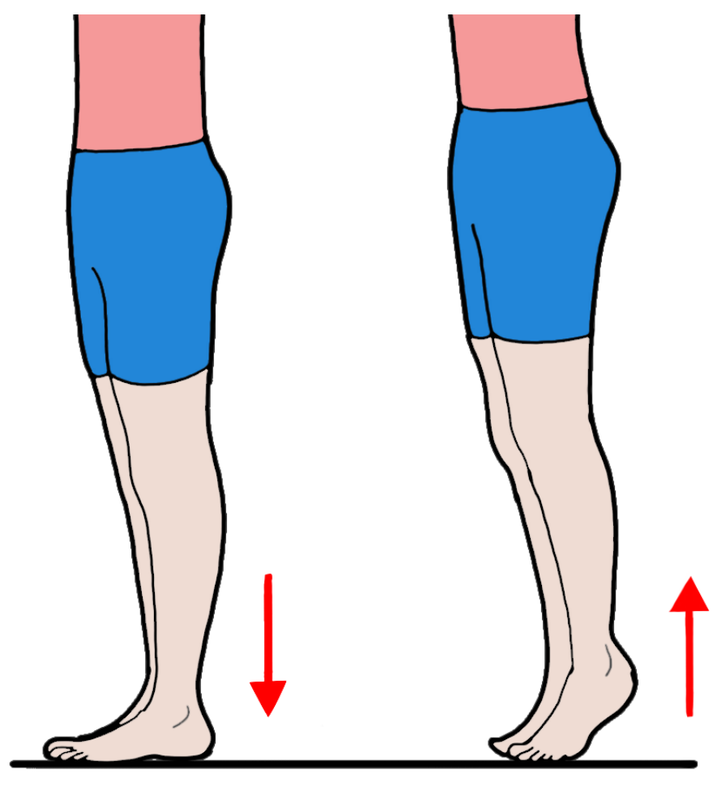
(1) Towel Stretch



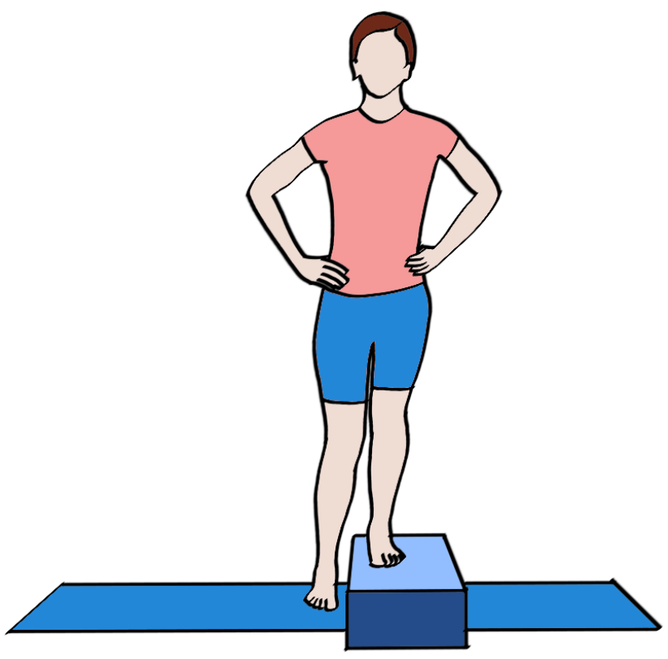
(2) Standing Calf Stretch

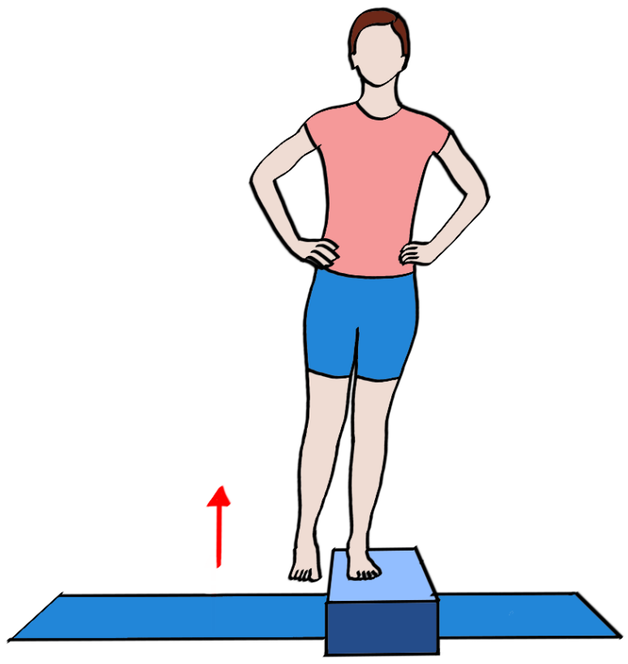


(3) Heel Raises



(4) Step Up





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