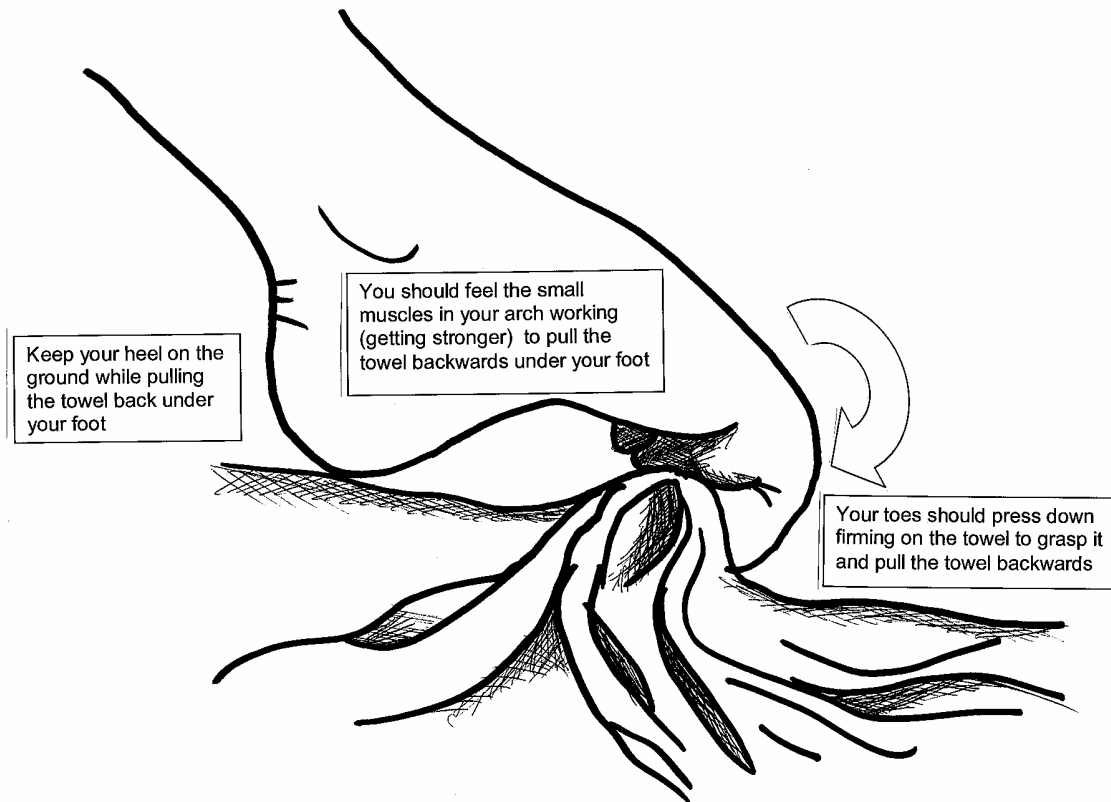


Towel Exercise to strengthen intrinsic arch muscles



Calf Stretching

