## THE TIP TOE

This movement will stretch your ankle and calf muscles, improving blood flow to the heart, and therefore healing.





- You can use the back of a chair for balance.
- Using the back of the chair, stand up straight looking straight in front of you.



- Slowly rise yourself on your tiptoes.
- \*\* Keep your legs and back as straight as possible during the movement to really activate your calf muscle.
- Breathe in & out deeply as you go up and down.
- Repeat 5 times, then release.





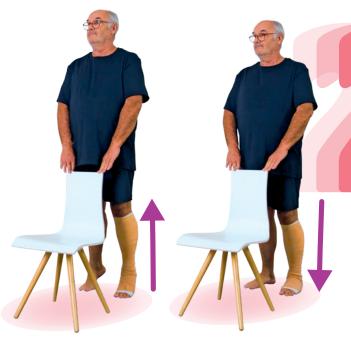


## THE TIP TOE





Stand straight Look ahead



On tiptoe

On the soles of the feet

GREAT JOB!



