



relax and straighten up. Repeat 20 times for each sore heel.

#2: Lean forward onto a countertop, spreading feet apart with one foot in front of the other. Flex knees and squat down, keeping heels on the ground as long as possible. The heel cords and foot arches will stretch as the heels come up in the stretch. Hold for 10 seconds, relax and straighten up. Repeat 20 times.

This is a prime example of the power of stretching and mobilization with simultaneous microcurrent. This form of combination therapy can be applied anywhere on the body that rehabilitation and neuromuscular healing is needed and will greatly accelerate the process.

SEPTEMBER 2009