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### **ANTI-ADDUCTUS STRETCH**

The patient is requested to do the following exercise after bath/shower morning and night (when feet are warmed up):

1. Stabilize Heel
2. Push outward behind big toe joint-hold for 1 minute-then relax for 10-15 seconds. Continue 20 minutes.
3. Continue steps 1 and 2 with other foot for 20 minutes.

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