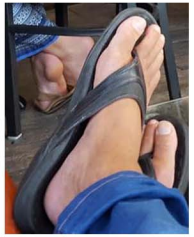
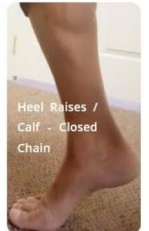


IMPORTANT NOTICE: These exercises **should not be performed without professional guidance**. Each exercise is for a specific musculoskeletal problem. While one exercise might help your particular condition, another one might hurt it; this is why it's important to see a Doctor Of Physical Therapy First!

FYZICAL Therapy & Balance Center in North Cape May - Best Physical Therapy and Rehabilitation Center in Cape May County, NJ



Eversion Stretch picture. Reverse direction for Inversion Stretch



Mirror Therapy - Focus upon the reflection of your non-injured or non-paralytic foot. Move the non-involved foot and stare at the mirror reflection. Notice in this image the reflection looks like the left foot.

