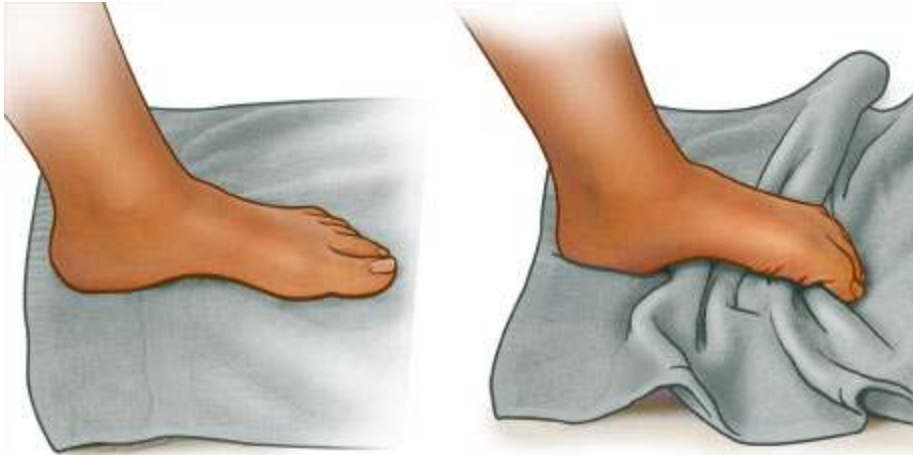


## Towel curl

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While sitting, place your foot on a towel on the floor and scrunch the towel toward you with your toes. Then, also using your toes, push the towel away from you.

Make this exercise more challenging by placing a weighted object, such as a soup can, on the other end of the towel.

Talk with your doctor or physical therapist if you have questions about how to do this or any other exercise.

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