

It was a pleasure seeing you today. I hope that I was able to answer all of your questions. My goal is to partner with you to help you meet your healthcare needs. If you would like to schedule another appointment with me, please **call 763-421-7300.** Have a great day!



Allison Willkom, DPM

Calf Stretches

Hold each stretch for 30+ seconds and repeat at least 10 times in a row. Try to repeat this practice 3-6 times per day.

