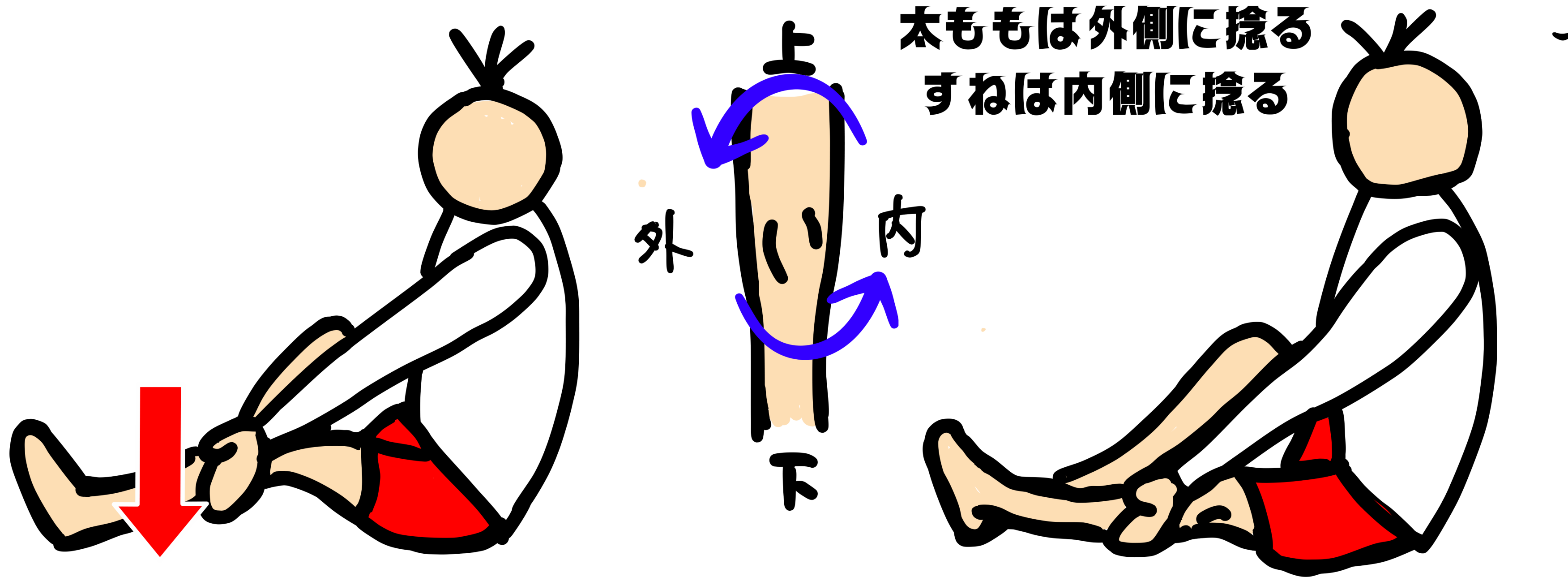


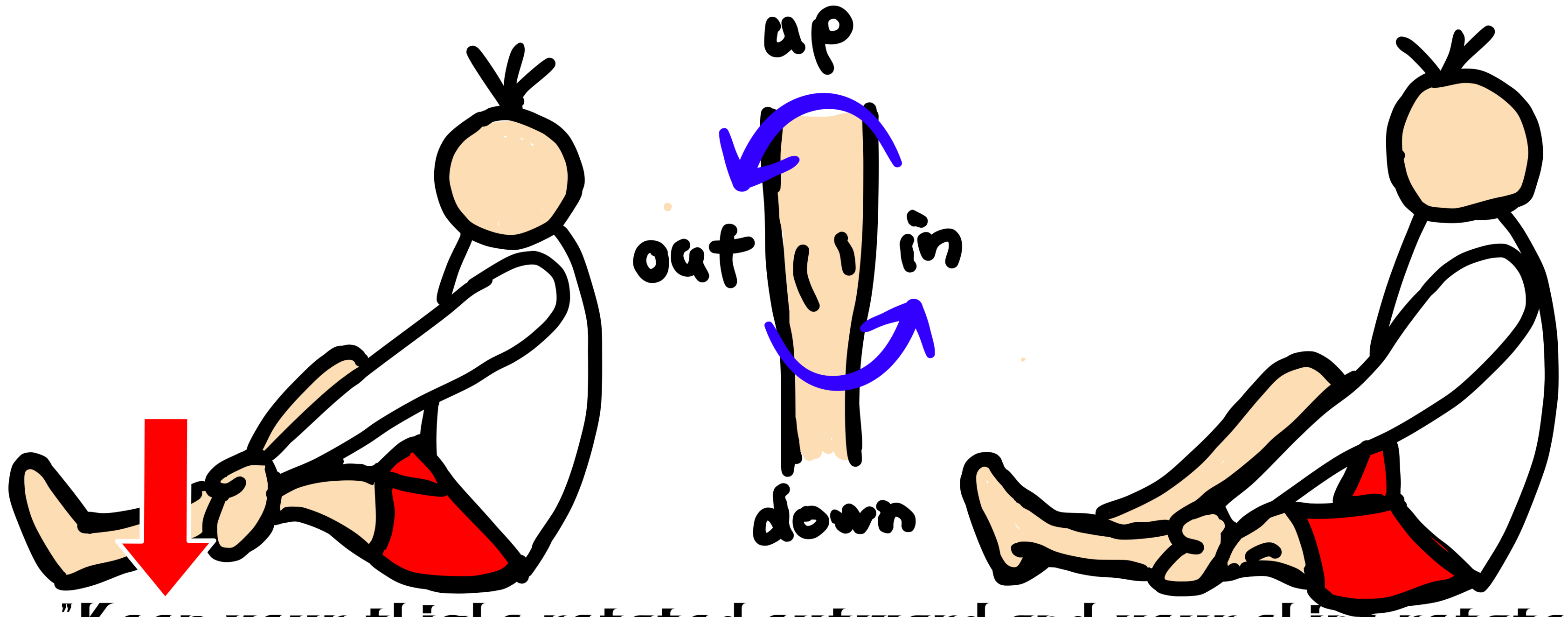
〇脚予防ケア



太ももとすねを捻ったまま膝の屈伸をしていきましょう

Bowleg prevention exercises"

"Inward rotation of the shins and outward rotation of the thighs."



- "Keep your thighs rotated outward and your shins rotated inward while bending and straightening your knees."