

A man and a woman are jogging together on a path through a lush green park. The woman is on the left, wearing a blue tank top and light-colored shorts, and is smiling. The man is on the right, wearing a red t-shirt and dark shorts. They are both holding hands. The background is a dense forest of green trees.

**TAKING STEPS TO PROTECT
YOUR ACHILLES TENDON**
WITH GEOFF WATSON, M.D.



Ea Protect Your Achilles

M Carnoy



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