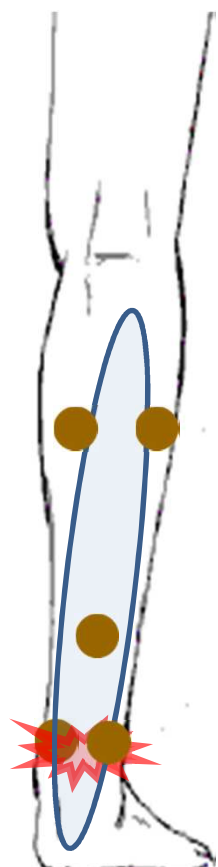


# Lower leg and ankle

## Sore Achilles Tight Calf



### Achilles / Calf

Place patches either side of Achilles pain a patch on lower calf and 1 – 2 patches on upper calf. Apply lotion or gel over lower leg.

The application will also help to relieve and prevent cramps.



Socks

### Ankle Pain

Place 1 -2 patches on the points of pain and one in centre of foot in front of toes.

For additional relief of chronic ankle pain also apply patches on back of leg as per relief of Achilles pain.

For ongoing relief try Phiten anklet & socks



Anklet

