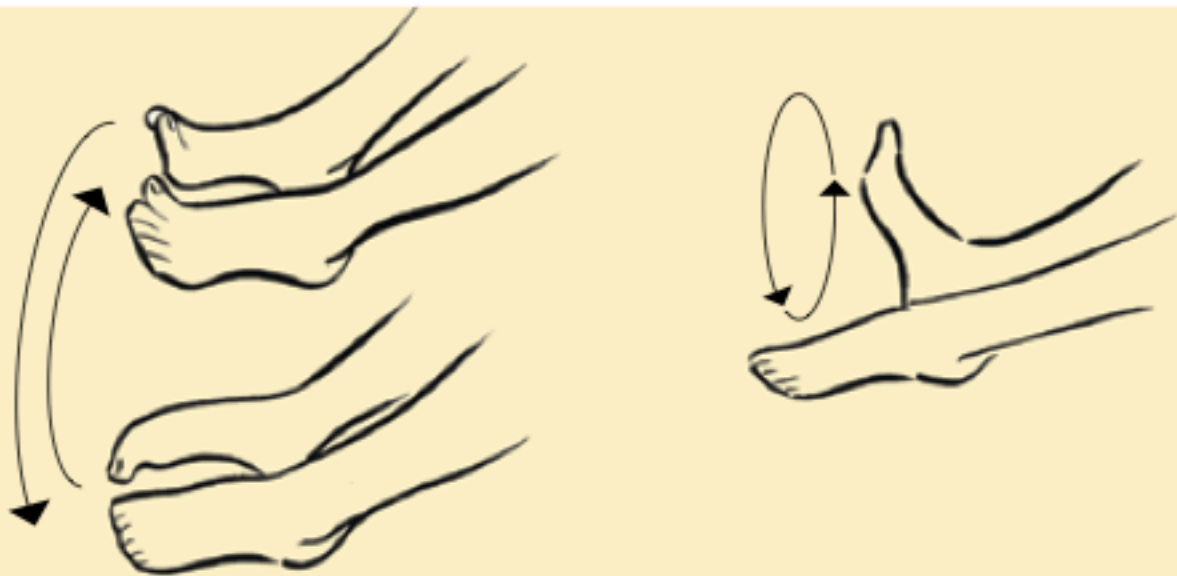


## FIG 1. CALF PUMP EXERCISES



Performing calf pump exercises before standing up can reduce orthostatic hypotension