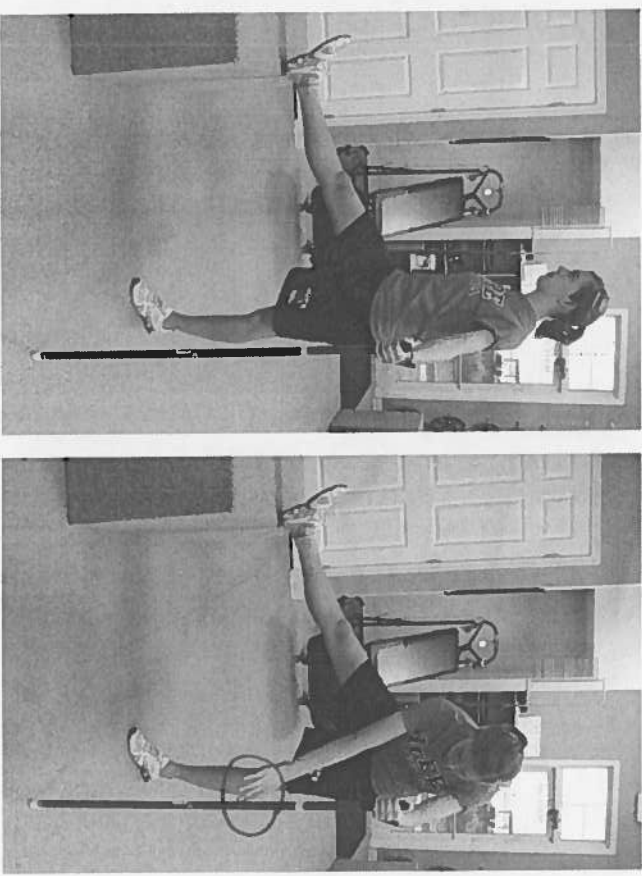


Tail Box stretch

Where does hand go in circle area? Stick?



- Hold for 5 sec
- Repeat 5 times ea. way
- 2 times a day