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so to compensate, i walk stiffly, cause when my foot follows thru and the heel comes off the ground it hurts even worse.

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it sounds nuts, to go from peppy to wiggled out after two times, but i pass out whenever i take advil, much less something harder than ibuprofen

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what all is needed to get setup? i8217;m assuming having a blog like yours would cost a pretty penny?

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