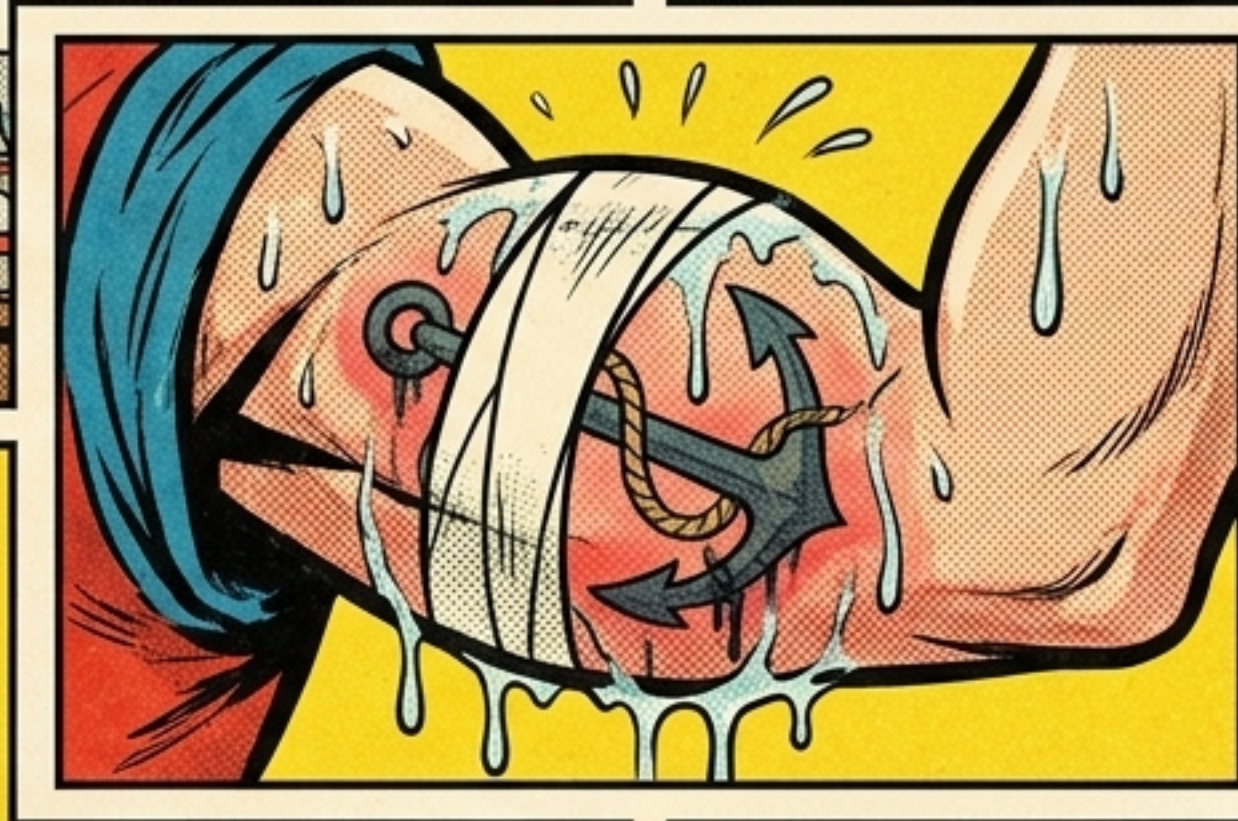




Intensive exercise introduces friction and bacterial sweat to delicate healing tissue and risks secondary complications.

Gains can wait until the artwork stops weeping.