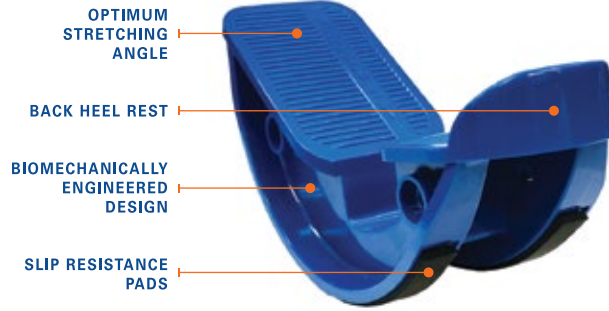




PROSTRETCH™

**DURABLE
LIGHTWEIGHT
PORTABLE**



12 FITS UP TO
SIZE 12 SHOE

250 MAXIMUM WEIGHT
250LBS

STRETCHING EXERCISES

FOLLOW THESE STEPS BEFORE
EACH EXERCISE:

Visit www.medi-dyne.com for more information and videos

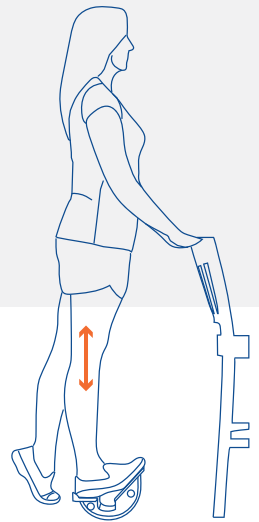
Calves - Gastrocnemius ("gastroc")



Reduces the risk of:

- Tight Calves
- Achilles Tendonitis
- Plantar Fasciitis

1. Place the device arms-length away from the wall or other supportive structure.
2. Place both hands on wall – then place either foot onto the device with your heel snugly into heel rest and toes on the front platform.
3. Stand straight up with all your weight on the device and lean slightly forward. Your other foot, which is not on the device should come up off floor and may be pointed so that toes touch the floor. This is important for balance and to keep hips level. Be sure to keep your hips in a vertical position. Tilting the hips back (sticking buttocks backward) reduces the effectiveness of the stretch. While leaning slightly forward, keep shoulders, hips and ankle of foot on the device in line with each other.
4. Keep leg straight on the device and let your ankle pivot so your heel gently rocks back until you feel a slight tension in the upper "gastroc" calf muscle.



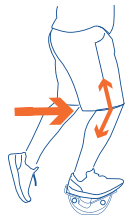
Achilles Tendon and Soleus



Reduces the risk of:

- Achilles Tendonitis
- Ankle Sprains

1. To isolate the soleus/Achilles tendon, use the same process as the beginning "gastroc" stretch, steps 1 through 4, and continue the following:
2. While a slight tension is felt in the "gastroc", bend your knee slightly forward approximately 5-10 degrees. To maximize the effect of the stretch, maintain tension in your Achilles tendon by keeping your heel back while bending knee.
3. Hold for 30 seconds, then roll the foot to neutral position and relax for 5 seconds.
4. Repeat two more sets of 30 seconds.



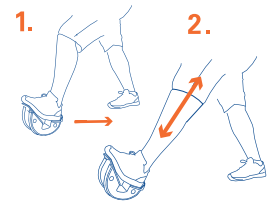
Hamstrings



Reduces the risk of:

- Hamstring Pulls
- Knee Injuries
- Back Injuries

1. Keep one foot on the device and extend the free foot one large step backwards. (Figure 1)
2. With your foot securely on the device, bend knee slightly and keep heel to the floor.
3. Keep your back straight and your head up, and slowly extend your chest forward and straighten your knee to stretch hamstrings in the back of the leg. You may support yourself while holding a countertop or back of a chair. (Figure 2)
4. Hold for 30 seconds, then roll the feet to neutral position and relax for 5 seconds. Repeat two more sets of 30 seconds.



Advanced Stretching

(Using ProStretch
Double Only)



Enhances Stretches for:

- Tight Calves
- Achilles Tendonitis
- Plantar Fasciitis

1. While standing with both feet on the bilateral in neutral position, lift either foot out of the device and place the toes of that foot onto the heel rest of the empty side unit.
2. Slowly rock back while gently applying pressure with your toes on the heel rest. You may do this keeping a straight leg or bent knee to reach either your "gastroc" or soleus/Achilles tendon.
3. After 3 sets of 30 seconds with 5 second intervals, repeat with other leg.

