

# ProStretch®

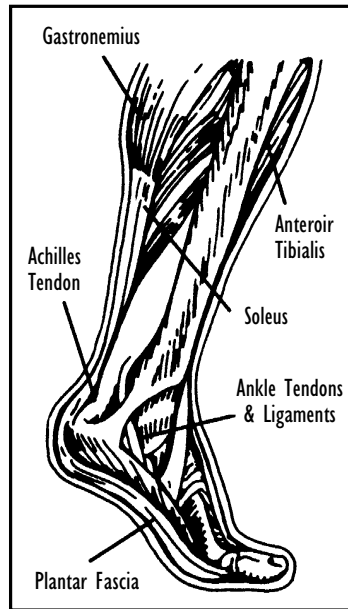
Therapy Products

## ILLUSTRATED INSTRUCTIONAL MANUAL



# Congratulations!

You have just purchased the most unique performance enhancement and injury prevention tool on the market!



Whether you are a scholastic, recreational or professional athlete, a runner, a swimmer or a football player, your chances of being injured during sports remain high. Even in non-contact sports, injuries range from nagging plantar fasciitis (an inflammation of the tissue on the bottom of the foot) to Achilles tendonitis, ankle sprains, cramping calves and hamstring pulls, among many others. The best way to treat an injury is to prevent it from happening in the first place! Many athletic injuries can be prevented by improving

lower extremity strength, balance and flexibility. ProStretch is a unique performance enhancement tool specifically designed to allow you to improve all three of these categories while reducing your overall risk of injury.

## Important:

- ¥ If you presently have a foot, ankle or calf injury, consult your physician or physical therapist before using ProStretch.
- ¥ Do not use ProStretch on wet surface, ice, gravel, loose stone or sand.
- ¥ Never stretch a cold muscle. Warm up first with a short walk or jog.
- ¥ Never stretch to the point of pain or bounce while stretching, as this will actually tighten the muscle rather than increasing its flexibility.
- ¥ A rubber soled shoe is recommended while using ProStretch.
- ¥ When in doubt about your physical ability, consult a physician or physical therapist.

*“During the past year, we have used the ProStretch with excellent results. We have seen improvements in flexibility in all four components of the lower leg and foot. The step by step approach with simple instructions makes perfect sense.”*

*Jack Foley, Director of Sports Medicine  
Lehigh University*

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## **To Increase Flexibility . . .**

Increased muscle flexibility reduces the risk of athletic injury. The more pliable a muscle becomes, the less likely you are to tear that muscle. With a proper ProStretch flexibility program, muscles and tendons actually begin to lengthen. In many sports, longer gastroc/soleus calf muscles improve the ability to increase stride length, and longer stride length translates into increased performance. Improved muscle flexibility also reduces the risk of back pain, muscle pulls, cramping and overuse injuries such as Achilles tendonitis and plantar fasciitis.

As flexibility also becomes known as an important aspect of medical diagnosis and treatment, physicians and therapists are recommending ProStretch for numerous lower leg complications. While stretching may be prescribed as a vital part of the rehabilitation process, many patients do not spend the appropriate amount of time stretching. ProStretch improves patient compliancy with home therapy by making stretching a fun and enjoyable experience. The ProStretch is a unique way to assist in rehabilitation of most foot, ankle, lower leg and back injuries.

- ¥ You may choose one or all the following exercises depending on your own personal needs.
- ¥ Best results are achieved by using daily, once or several times if so desired. ProStretch is most effective before and after an activity.
- ¥ Each individual exercise routine should consist of three sets, each set lasting at least 30 seconds with 5 second intervals.

*“I would certainly recommend ProStretch for tight plantar fascia and the intrinsic muscles the fascia supports, as well as to promote ankle range of motion post cast removal, and for most Achilles’ problems.”*

*Richard T. Braver, D.P.M., F.A.C.F.A.S.  
Medical Chairman - New Jersey Division of U.S. Track & Field*

# Flexibility Exercises:

## ● **Gastrocnemius or “gastroc”**

This is the upper bulky part of the calf which attaches behind the knee and joins to the soleus calf muscle. The gastroc is the most dense of the two calf muscles and will allow the most flexibility.

With Unilateral

1. Place ProStretch arms length away from wall or other supportive structure.
2. Place both hands on wall — then fit either foot into ProStretch with heel snugly into heel cup and toes on front platform.
3. Stand straight up with all your weight on ProStretch and lean slightly forward. Your other foot not in ProStretch 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. While leaning slightly forward, keep shoulders, hips and ankle of foot on ProStretch in line with each other. (Figure 1A)
4. Keep leg straight on ProStretch and let your ankle pivot so your heel gently rocks back until you feel a slight tension in the upper gastroc calf muscle.
5. Hold for 30 seconds, then roll the foot to neutral position and relax for 5 seconds. Repeat two more sets of 30 seconds.
6. Switch to other leg and start from #1.
7. To reach the inner and outer region of the gastroc , slowly rock heel back again until you feel slight tension and simply turn your hips outward. Hold and repeat #5. Turning hips inward will rotate the stretch to the opposite side. Hold and repeat # 5. (Figure 1B)
8. Switch to the other leg and follow same procedure.



(Figure 1A)



(Figure 1B)

### ● **Soleus and Achilles Tendon**

The soleus is the smaller of the two calf muscles which connects underneath the gastroc and attaches to the Achilles tendon. To isolate the soleus/Achilles tendon, use the same procedure as the beginning gastroc stretch, steps 1 through 4, and continue the following with either the Unilateral or Bilateral models.



With Unilateral

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. Hold for 30 seconds, then roll the foot to neutral position and relax for 5 seconds. Repeat two more sets of 30 seconds.

With Bilateral

While a slight tension is felt in the gastrocs, bend your knees slightly forward approximately 5-10 degrees. To maximize the effect of the stretch, maintain tension in your Achilles tendons by keeping your heels back while bending knees. Hold for 30 seconds, then roll the feet to neutral position and relax for 5 seconds. Repeat two more sets of 30 seconds.

### ● **Hamstrings**

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



*“You’ll notice the difference immediately. ProStretch hits the right spot! Unlike slant boards, curbs, and steps, ProStretch stretches the lower leg correctly, giving you the competitive edge.”*

*Marty Liquori  
Former World’s Best Miler*

## ● **Gastrocnemius or “gastroc”**

With Bilateral

1. Place ProStretch arms length away from wall or other supportive structure.
2. Place both hands on wall — then fit right foot into right side of ProStretch with heel snugly into heel cup and toes on front platform.
3. Stand straight up on your right foot with all your weight on ProStretch and lean slightly forward. Keep right foot in neutral position (same position as if you were standing on floor.) Simply slide left heel snugly into heel cup on left ProStretch. While leaning slightly forward, keep shoulders, hips and ankles in line with each other. (Figure 2A)
4. Keep legs straight on ProStretch and let your ankles pivot so your heels gently rock back until you feel a slight tension in the upper gastroc calf muscles.
5. Hold for 30 seconds, then roll the feet to neutral position and relax for 5 seconds. Repeat two more sets of 30 seconds.
6. To reach the inner and outer regions of the gastroc , place one foot in ProStretch. Slowly rock heel back again until you feel slight tension and simply turn hips outward. Hold and repeat #5. Turning hips inward will rotate the stretch to the opposite side. Hold and repeat # 5. (Figure 1B)



(Figure 2A)

*“People who don’t normally maintain a good level of stretching, or people who play tennis, racquetball or run and don’t stretch properly, could benefit from this device. If they will bring the ProStretch with them and work on it, it will help them prevent injury”*

*Pepper Burruss, P.T., A.T., C.  
Trainer, Green Bay Packers*



### ● **Plantar Fascia**

This is the connective tissue along the bottom of the foot.

While performing either the gastroc or soleus/Achilles tendon exercise, you are

automatically stretching the plantar fascia by the suspension of the foot and the extension of the toes.

### ● **Advanced Stretching Technique**

(with bilateral models only)

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



### ● **Anterior Tibialis**

To stretch the anterior tibialis musculature found on the front of the lower leg, turn ProStretch around so heel cup is towards wall. Place your hands on the wall for balance. Place your toes in the heel cup with your heel on the toe platform. Stand up, keeping your leg straight and point your toes toward the floor (similar to a ballet dancer standing on their toes.) Slowly lean forward towards the wall until a slight stretch is felt on the front of the lower leg.

*“I have been practicing for over fifteen years in the area of geriatrics as a physical therapist, and I have infrequently found a piece of equipment that is as useful and as inexpensive as ProStretch.”*

*Carole Lewis, P.T., M.S.G., M.P.A., Ph.D.  
Physical Therapy Services of Washington, D.C., Inc.*

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**to improve muscular strength and endurance . . .**

Improving muscular strength and endurance is just another way that ProStretch was designed to prevent injuries. Any time you use ProStretch, you are automatically strengthening the muscles of the lower leg. The longer you continuously work on the ProStretch, the more endurance training takes place. By improving muscular strength and endurance, the risk of sports injuries occurring from muscular fatigue are reduced.

## **1. Gastro/Soleus**

### *Toe-Ups*

Turn the ProStretch unit around and place your toes into the center valley of ProStretch. Bracing yourself against a wall for balance, point toes toward the floor, then drop heel back to floor. 3 sets of 10 with 5 second intervals are recommended.



## **2. Anterior Tibialis**

### *Toe Tapping*

From a seated position, place your foot in ProStretch. Lift toes and then push down as if accelerating on the gas pedal in your car. 3 sets of 25 with 5 seconds are recommended.



### *Toe Lifts*

Place ProStretch arms length from wall. With hands on wall for support, place complete foot on front platform of ProStretch. Slide heel back securely against elevated heel portion. Lift up toes and drop back to floor. 3 sets of 8 to 10 with 5 second intervals is recommended.





- Inverters and Everters

- Lateral Lifts

Starting in sitting position, turn the ProStretch sideways 90° and place the middle of your left foot on the front platform so that the inside of the foot fits gently against the heel portion of the ProStretch. Rock your foot inward and outward to increase the strength and endurance of the inverters and everters. Once you feel comfortable with this routine you may progress to the standing position. Always use chair or countertop for support.



- Educational Video

Our new educational video covers all the basic and advanced stretching techniques you can perform with all the ProStretch models. This is a valuable tool for first-time users and a great refresher for ProStretch pros!



*“As a podiatrist and former competitive runner, I would urge anyone who trains on a regular basis to use the ProStretch to help improve flexibility and avoid injuries.”*

*Thomas Vorderer, D.P.M.  
Sports Medicine Foundation*

## **Limited Warranty**

This program instruction manual, and reference materials are sold as is, without warranty as to their performance, merchantability, or fitness for any particular purpose. The entire risk as to the results and performance of this product is assumed by you specifically by way of example but not limitation, in the event that you have history of medical conditions, muscular disorders, infirmities or are not in good health, you should consult with your physician before using this product.

However, to the original purchaser only, the manufacturer warrants the product to be free from defects in materials and faulty workmanship under normal use for a period of one year from the date of purchase. If during this one year period the product should become defective, it may be returned to the manufacturer for a replacement without charge, provided you have previously sent in your limited warranty registration card to the publisher or send proof of purchase of the product.

Manufacturer makes no other warranties, expressed or implied relating to the product including any implied warranties of merchantability or fitness for a particular purpose, shall not be liable for indirect, social, or consequential damages resulting of the use of this product. Some states do not allow the exclusion or limitation of incidental consequential damages, so the above limitations might not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

