

Studies prove ProStretch Plus is 4x more effective than typical wall stretching.

RELIEVES AND PREVENTS:

- PLANTAR FASCIITIS
- ACHILLES TENDONITIS
- TIGHT CALVES
- TIGHT HAMSTRINGS
- HEEL PAIN
- FOOT PAIN

IMPORTANT:

- If you currently have a foot, ankle, or calf injury, consult your physician or physical therapist before using the ProStretch Plus.
- Do not use the ProStretch Plus on unstable or wet surfaces such as ice, gravel, loose stone, or sand.
- Never bounce while stretching or stretch to the point of pain.
- A rubber-soled shoe is recommended to be worn while using the ProStretch Plus.

Limited Warranty

This program instruction manual and reference materials are sold "as is" without warranty on 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 a 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 one-year from the date of purchase. If the product becomes defective, during this one year period, it may be returned to the manufacturer for a replacement without charge with proof of purchase of the product.

The 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 from the use of this product.



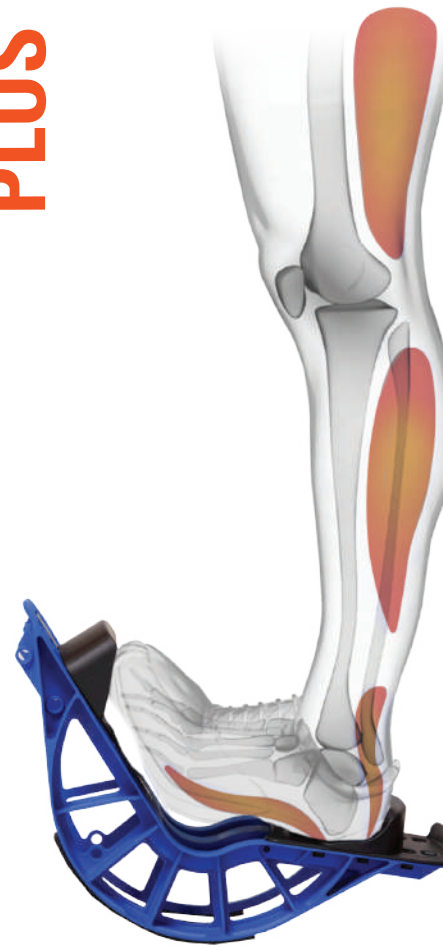
Scan for instructional video

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 1812 Industrial Blvd. Colleyville, TX 76034 Visit Medi-Dyne.com for warranty and product information.

WARNING: CONSULT YOUR PHYSICIAN BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM. THE EQUIPMENT IS INTENDED TO BE USED ONLY IN MANNER SHOWN/ ILLUSTRATED/ DESCRIBED. ALWAYS FOLLOW INCLUDED INSTRUCTIONS. MISUSE OF THE EQUIPMENT MAY RESULT IN INJURY. FOR ADULT USE ONLY. DO NOT USE IF EQUIPMENT IS DAMAGED OR WORN. FOR SAFETY, USE A STABLE OBJECT OR WALL TO MAINTAIN BALANCE FOR PROPER USE.

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PROSTRETCH[®] PLUS

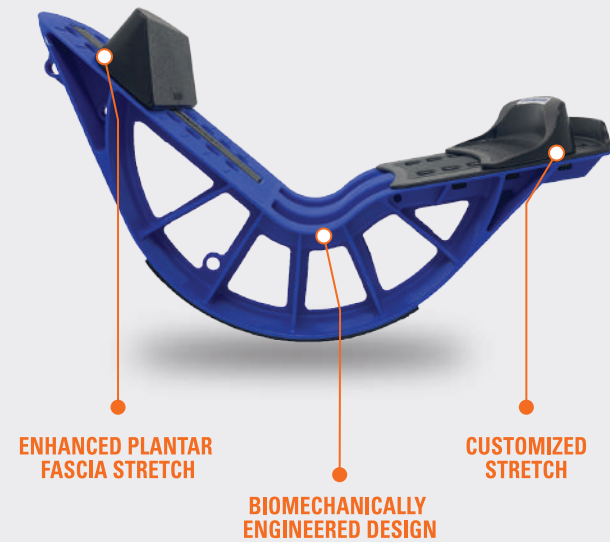


USER GUIDE



Made in the USA

The patented ProStretch Plus rocker design automatically holds your foot in the optimal position for providing a biomechanically accurate and efficient stretch that has been proven to work the lower leg muscles more effectively than traditional methods. One size never fits all, so ProStretch Plus allows you to customize your stretch. ProStretch Plus is wider and longer than the Original, fitting up to a size 14 shoe.



14 FITS UP TO SIZE 14 SHOE
300 MAX WEIGHT 300 LBS



GETTING STARTED WITH YOUR PROSTRETCH PLUS

Heel Rest

To determine a comfortable degree of stretch, start with the heel rest in the middle set of holes. The further back on the ProStretch Plus that you place the heel rest, the less the stretch. Conversely, the further forward the heel rest, the greater the stretch.

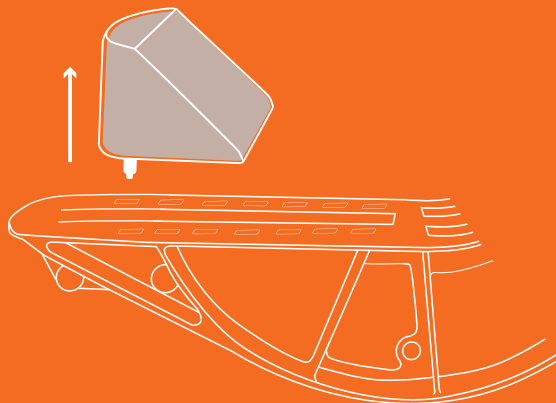
Move the heel rest up to increase the stretch. ← → Move the heel rest back to decrease the stretch.



ADVANCED STRETCHING:

Using The Toe Lift

Only recommended after using device without toe lift for some time. With the heel rest secure, place your foot on the ProStretch Plus. Keeping the ball of your foot down, lift your toes and place the toe lift piece underneath. Securely place the prongs of the toe lift into the corresponding holes.



STRETCHING EXERCISES

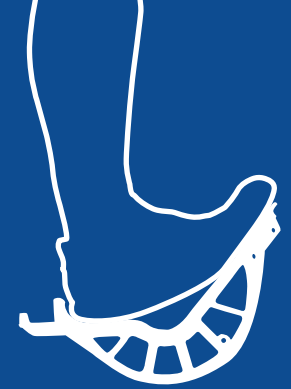
FOLLOW THESE STEPS BEFORE EACH EXERCISE:

Visit Medi-Dyne.com for more information.

With device on floor, stand arms-length away from the wall or other supportive structure.

Place hand(s) on the supportive structure – then place one foot onto the device with your heel snugly into the heel rest and toes on the front platform. Device should be parallel to the floor, not yet tilted back. It is okay if your toes hang off the end of the device.

Stand straight up with all your weight on the device being sure not to bend at the waist. If you bend at the waist (sticking buttocks backward) it can reduce the effectiveness of the stretch. For balance, the toes of the foot that is not on the device can be placed lightly on the floor.

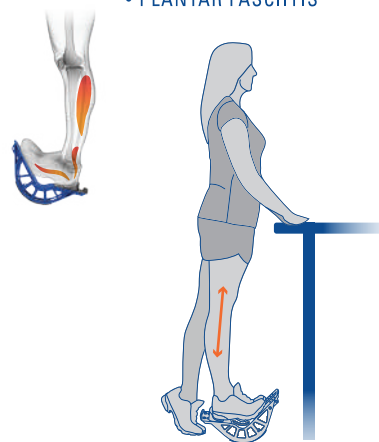


Continue instructions below.

CALVES - GASTROCNEMIUS (gastroc)

REDUCES THE RISK OF:

- TIGHT CALVES
- ACHILLES TENDONITIS
- PLANTAR FASCIITIS



Keeping your knee straight rock your heel back and hold position for up to 30 seconds, then roll your foot to a neutral position and relax for 5 seconds. (Keep back and hips straight). Repeat two more times holding for up to 30 seconds each.

Repeat step 1 for other leg.

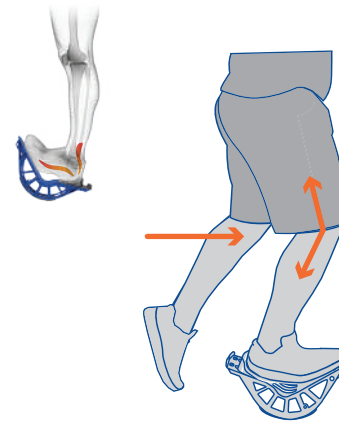
To reach the inner and outer region of the gastroc slowly rock your heel back until you feel slight tension. Next, turn your hips inward and outward to stretch the outer and inner calf.

Repeat step 3 using the other leg.

ACHILLES TENDON AND SOLEUS

REDUCES THE RISK OF:

- ACHILLES TENDONITIS
- ANKLE SPRAINS



Begin from the gastroc stretch.

With slight tension in the gastroc, bend your knee slightly forward approximately 5-10 degrees.

Isolate the Achilles tendon/soleus by keeping your heel rocked back while the knee is bent.

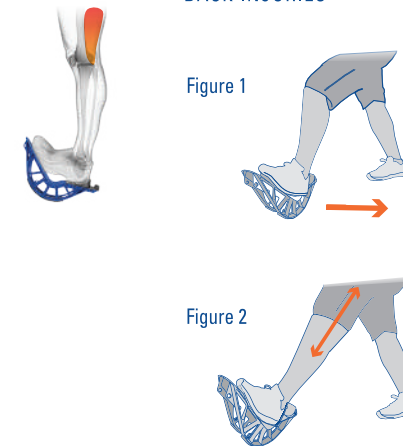
Hold for up to 30 seconds, then roll the foot to neutral position and relax for 5 seconds.

Repeat two more times holding for 30 seconds.

HAMSTRINGS

REDUCES THE RISK OF:

- HAMSTRING PULLS
- KNEE INJURIES
- BACK INJURIES



Keep one foot on the device, extend the other foot backwards (Figure 1).

With your foot securely on the device, straighten your front knee and keep your back heel on the floor.

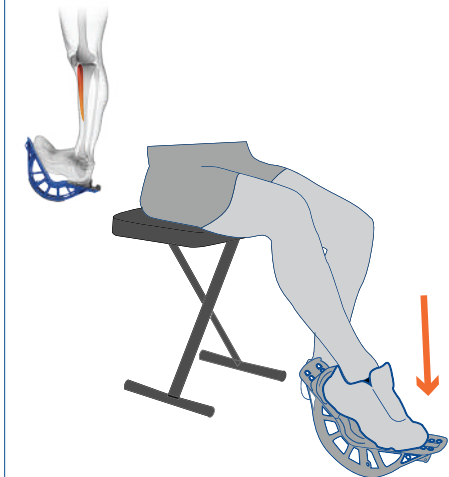
With your back straight and your head up, slowly bend at the waist, extending your chest forward and your knee straight to stretch your hamstrings (Figure 2). You may support yourself by holding a countertop or the back of a chair.

Hold for up to 30 seconds, then roll your foot to a neutral position and relax for 5 seconds. Repeat two times holding for up to 30 seconds.

ANTERIOR TIBIALIS (shins)

REDUCES THE RISK OF:

- SHIN SPLINTS
- ANKLE SPRAINS



Ensure the toe lift is not on the device.

While seated, point your toes towards the floor until a stretch is felt on your shin (the front of the lower leg).

Hold for up to 30 seconds, then roll the foot to a neutral position and relax for 5 seconds. Repeat two times holding for up to 30 seconds.