

## Instructions:

1. Head
2. Adjuster
3. Handle
4. Strut
5. Thigh pad
6. Foot loop



## Basic Instructions:

### General Information and Cautions (Stuff you probably already know)

Anything can be overdone, even good things. This device makes holding a long stretch really easy which is great, but be careful not to overdo at first. In my experience people are most motivated and least conditioned when they first begin an exercise program. Keep it pretty easy for a few days when you start using this device.

These instructions are not a replacement for medical assessment or advice. If you have recently injured your back or hamstring, you should ask your doctor before starting a new stretching routine.

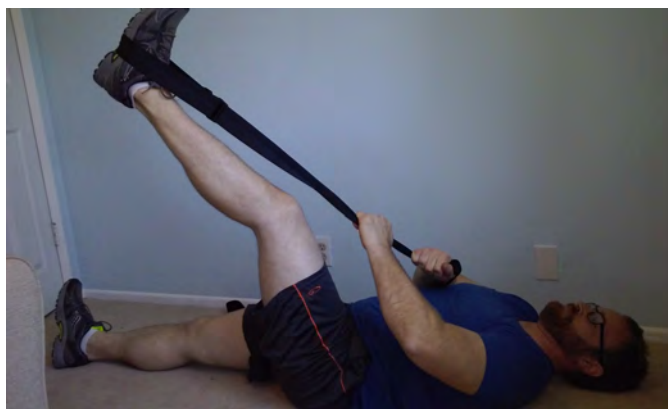
Stretching works better when the muscles are warmed up. Don't get aggressive first thing in the morning. A good pre-stretch warm up would be a 5 min brisk walk.

### Stuff you may not know.

Long term stretching has been shown to reduce muscle performance in the short term, so don't do a bunch of long stretches right before a race or timed run. Better would be to do your stretches after as part of your recovery.

Stretching may not be the best thing for a strained/torn hamstring muscle. Consult your doctor or physical therapist for the best way to protect or treat an injured muscle.

### **Use instructions:**



Compare to a simple yoga strap.

Put the Foot loop around the arch of the foot (Wear shoes for best comfort). For a more flexible person, the foot loop should be around the ankle to avoid it slipping off the foot.

Thigh pad placement on the upper thigh just below the pelvis.

The strut should be orientated at an angle about half way between your thigh the your torso. (play with different angles and see what works for you)

Your arms are usually most comfortable pulling when nearly straight at the elbow .

Pull the handle towards your forehead or just above the forehead. (play with different angles of pull to see what works for you).

A good starting point is to hold the stretch for 30-120 seconds, 2 times on each side.

Keep the intensity mild for the first 3 days. You should feel the muscles in the back of your thigh pulling, but you should not feel pain or numbness. If you feel a painful pull into your calf, bend your knee slightly until the pull is felt behind your thigh.

Stop immediately if you feel pain or numbness. Try bending your knee or reducing your intensity  
If enforced knee extension is desired the thigh pad can be positioned lower on the thigh

