

## The Body's Interconnective Chain

The body is an amazing network of highly interconnected parts. This is especially evident when it comes to performance and pain. When everything is in balance your interconnective chain of muscles, ligaments, and tendons all work together to allow for painless, almost effortless movement — until a link of that chain is weakened or injured.

If any one of the links is injured or not functioning properly the entire chain suffers.

Have you ever sprained an ankle only to find a week later that you're suffering from lower back pain? Then you've experienced first-hand how weak links put undue stress on stronger ones. Weak muscles cause fighter (stronger) muscles to be recruited by the central nervous system in order to perform the same movement. These other muscles are required to pick up the slack so you may not realize pain right away, but they are not made to do double duty for very long so "chain reaction injuries" and muscle imbalances can occur. Conversely, when these links are functioning at peak levels, the performance is maximized.



### Improving Strength, Balance, and Flexibility

The best way to treat an injury is to prevent it from happening in the first place! Many injuries can be prevented by improving lower extremity strength, balance and flexibility. ProStretch Plus™ 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.

### Increase Flexibility...

Increased muscle flexibility reduces the risk of injury. The more pliable a muscle becomes, the less likely you are to tear that muscle. With a proper ProStretch Plus 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 has become increasingly recognized as an important aspect of medical diagnosis and treatment, physicians, therapists, and trainers are recommending ProStretch Plus for both performance enhancement and the rehabilitation of numerous lower leg complications. While stretching is often prescribed as a vital part of the rehabilitation process, many people do not spend the appropriate amount of time stretching or often do not use proper technique. ProStretch Plus improves the stretching experience by both ensuring proper technique and making stretching easy and fun.

## Looking For A More Complete Solution?

Medically proven solutions to conditions such as Plantar fasciitis, shin splints, and tight hamstrings include support as well as stretching and strengthening to provide both immediate relief and long-term healing.

### Ultimate Heel Pain Relief™



Includes: ProStretch Plus® and Tullis'® Heel Gaiters

### Ultimate Hamstring Stretching & Support™



Includes: ProStretch Plus®, Tullis'® Heel Cups, and CoreStretch®

### Ultimate Shin Splint Relief™



Includes: ProStretch Plus®, RoadRunners®, and Cho-Pat® Shin Splint Compression Sleeve

Available at specialty Sporting Goods stores and online at Medi-Dyne.com

### CoreStretch®

Most effective and safest way to stretch your hamstrings, lower back and hips to increase range of motion, prevent injury and speed recovery.

### ¾ Length Gaiters®

Tullis' Gaiters combines light-weight shock absorption with superior arch support in an ultra-thin carbon fiber orthotic that delivers long-lasting relief and comfort.

### RoadRunners®

Roadrunners premium replacement insoles with specially formulated gel waffle heel for primary shock absorption, are light, durable. Three arch bars provide built-in support while a complete layer of Poron® delivers heel-to-toe protection and comfort.

### Cho-Pat® Shin Splint Compression Sleeve

The Cho-Pat Shin Splint Compression Sleeve uniquely combines compression and shock absorption to support muscles, stimulate circulation and maintain warmth to alleviate the pain of shin splints.

### Tullis'® Heel Cups

The #1 Podiatrist recommended heel cups worldwide. Tullis' Heel Cups provide superior shock absorption for your feet — the way nature intended. A must-have for all athletic shoes, especially cleats.

## 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 with 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.

## ProStretch® Plus®

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Manufactured by  
Medi-Dyne Healthcare Products, Ltd.  
P.O. Box 1649, Colleyville, Texas 76034 USA

Medi-Dyne.com  
(warranty and product information)

Authorized Representative:  
Obelis s.a.,  
Boulevard Général Wahis 53,  
1030 Brussels, BELGIUM



# Congratulations!

You have just purchased the most unique performance enhancement and injury prevention tool on the market! For over 20 years The Original ProStretch® has been the #1 choice of Professional Athletes, Physical Therapists, and Athletic Trainers worldwide.

The new ProStretch Plus® integrates developments in the areas of physical therapy and athletic training as well as technological advancements to deliver an unparalleled stretching, injury prevention, and performance enhancement tool.

# PROSTRETCH® +plus

The ultimate tool for increasing flexibility in the:  
**calves,  
hamstrings,  
Achilles tendon,  
Plantar fascia,  
and toes.**

## Using Your ProStretch Plus

### Getting Started

1. Insert Heel Guard (Figure 1)  
Place your foot comfortably on the ProStretch Plus to determine the degree of stretch that you desire. Securely place the prongs of the heel rest into the corresponding holes toward the back of the ProStretch Plus.

*Note:* The further back on the ProStretch Plus that you place the heel rest the less the degree of stretch will be, the further forward, the greater the stretch.

2. For Maximum Stretch: Insert Toe Lift (Figure 2)  
Once your heel guard is comfortably placed, place the toe lift so that the ball of your foot touches the ProStretch and your toes are stretched onto the toe lift. Securely place the prongs of the toe lift into the corresponding holes.

### Important:

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



FIGURE 1



FIGURE 2



# PROSTRETCH<sup>®</sup> +PLUS

- Be sure to read "getting started" instructions before use!
- 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 Plus is most effective after warm-up and after an activity.
- Each individual exercise routine should consist of three sets, each set lasting at least 30 seconds with 5 second intervals.

## Calves - Gastrocnemius ("gastroc")

The gastrocnemius 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.

Maintaining flexibility of the gastroc, reduces the risk of:

- ▶ Tight Calves
- ▶ Achilles tendonitis
- ▶ Plantar Fasciitis

1. Place the ProStretch Plus arms-length away from the wall or other supportive structure.

2. Place both hands on wall – then place either foot onto ProStretch Plus with your heel rest and toes on either the front platform or toe lift.



3. Stand straight up with all your weight on ProStretch Plus and lean slightly forward. Your other foot, which is not on the ProStretch Plus 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 (Figure 1B). While leaning slightly forward, keep shoulders, hips and ankle of foot on ProStretch Plus in line with each other.

4. Keep leg straight on the ProStretch Plus 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.

8. Switch to the other leg and follow same procedure.



**For more information on calf injury prevention and rehabilitation visit:**

- ▶ <http://www.medi-dyne.com/pain-solution-center/calves.html>

## Achilles Tendon And Soleus

The soleus is the smaller of the two calf muscles which connects underneath the "gastroc" and attaches to the Achilles tendon.

Strengthening and maintaining flexibility of the Soleus and

Achilles Tendon, reduces the risk of:

- ▶ Achilles tendonitis
- ▶ Ankle sprains

To isolate the soleus/Achilles tendon, use the same procedure as the beginning "gastroc" stretch, steps 1 through 4, and continue the following:

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.



**For more information on Achilles tendonitis and ankle injury prevention and rehabilitation visit:**

- ▶ Achilles tendonitis: <http://www.medi-dyne.com/pain-solution-center/achilles.html>
- ▶ Ankle sprains: <http://www.medi-dyne.com/pain-solution-center/ankles.html>

## Hamstrings

Due to the nature of the interconnective chain, "domino effect" of a weak link may be greater than you realize. This is especially true of the interconnectivity of the hamstrings and calves. Maintaining both hamstring and calf flexibility is key.

Maintaining flexibility of the hamstrings, reduces the risk of:

- ▶ Hamstring pulls
- ▶ Knee Injuries
- ▶ Back Injuries

Keep one foot on the ProStretch Plus™ and extend the free foot one large step backwards. With your foot securely on the ProStretch Plus, bend knee slightly and keep heel to the floor. 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. Hold for 30 seconds, then roll the feet to neutral position and relax for 5 seconds. Repeat two more sets of 30 seconds.

**For more information on hamstring stretching and injury prevention visit:**

- ▶ <http://www.medi-dyne.com/pain-solution-center/hamstrings.html>



## Plantar Fascia (Heel Pain/Plantar Fasciitis)



The Plantar Fascia 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. Using the toe lift component of your ProStretch Plus™ delivers an essential stretch for preventing or healing Plantar fasciitis.

Maintaining flexibility of the Plantar Fascia, reduces the risk of:

- ▶ Plantar Fasciitis
- ▶ Heel Pain
- ▶ Heel Spurs

**For more information on heel pain/Plantar Fasciitis prevention and rehabilitation visit:**

- ▶ <http://www.medi-dyne.com/pain-solution-center/heels.html>

## Anterior Tibialis (Shins, Ankles, Calves)

The anterior tibialis is a muscle that originates in the upper two-thirds of the tibia and inserts into the medial cuneiform and first metatarsal bones of the foot. Its acts to dorsiflex and invert the foot. This muscle is mostly located near the shin.

Maintaining flexibility of the

anterior tibialis, reduces the risk of:

- ▶ Shin splints
- ▶ Ankle sprains
- ▶ Calf injuries



To stretch the anterior tibialis musculature found on the front of the lower leg, turn ProStretch Plus™ around so heel rest is towards wall. Place your hands on the wall for balance. Place your toes in the heel rest with your heel on the toe platform (do not use the toe lift for this exercise). 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.

**For more information on shin splint prevention and rehabilitation visit:**

- ▶ <http://www.medi-dyne.com/pain-solution-center/shins.html>

## Muscle Strength and Endurance Exercises

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

## Ankles, Shins and Calves (Anterior Tibialis)

### Toe Tapping

Place the toe lift securely into the ProStretch Plus. From a seated position, place your foot in ProStretch Plus with your heel against the heel guard. Place toes onto the toe lift in the maximum (but pain free) stretch possible. Lift toes and then push down as if accelerating on the gas pedal in your car. 3 sets of 25 with 5 second intervals are recommended.



## See How It Works

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

[www.medi-dyne.com](http://www.medi-dyne.com)

**PROSTRETCH<sup>®</sup>  
+PLUS**

- **Customize Your Stretch**
- **Maximize Toe and Plantar Fascia Stretch**
- **Accommodates Most Shoe Sizes**
- **Stronger & Lighter**