

## 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

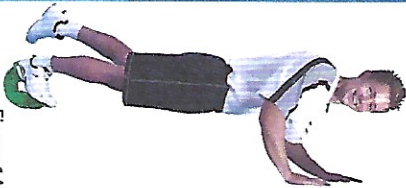


Figure 1A

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 (Figure 1A). 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.
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.

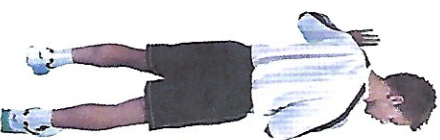


Figure 1B

## 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

1. To isolate the soleus/Achilles tendon, use the same procedure 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

The hamstrings are the large muscles and tendons that run along the back of the thigh. They actively flex the knee and help to straighten or extend the hip.

Maintaining flexible hamstrings, reduce 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 2A)
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.
4. Hold for 30 seconds, then roll the feet to neutral position and relax for 5 seconds. Repeat two more sets of 30 seconds.

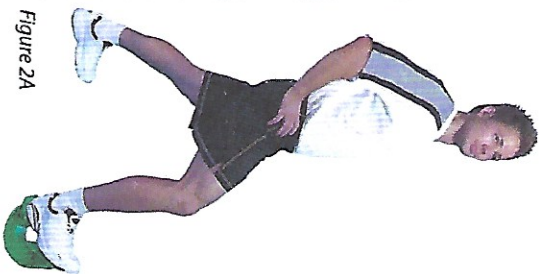


Figure 2A

## Bi-Lateral ProStretch®, StepStretch® or Wooden ProStretch®

Your Bilateral device can be used for all of the stretches noted in this manual (gastroc, Achilles tendon/soleus; hamstrings) and more! Including advanced stretching techniques.

Advanced Stretching (for bilateral only)

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. (Figure 3A)
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.

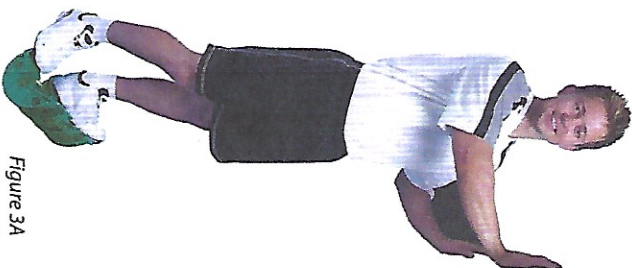


Figure 3A

Additional stretches and video demonstrations available at  
[Medi-Dyne.com](http://Medi-Dyne.com)