

stretching aids

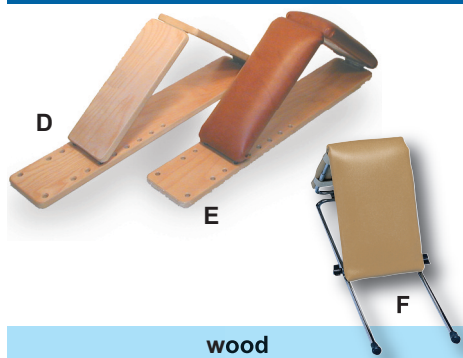
FabStretch® single leg stretch



- reduce the risk of injury when used before and after exercise
- increases flexibility, range-of-motion and performance
- gives support for controlled stretching

10-1178 single leg stretch

quad boards



wood

- provide support by forcing the proper amount of knee (or arm) flexion
- use on a treatment table or floor
- boards fold flat when not in use

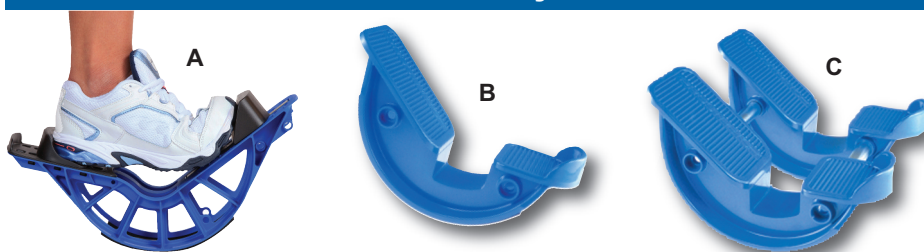
D 10-1140 wood board
E 10-1141 wood board, padded

steel

- each section can be adjusted independently to match exact femoral and tibial lengths
- adjustability of this quad board allows for the knee to be fixed to any degree
- chrome-plated steel, folds flat

F 10-1142 steel board

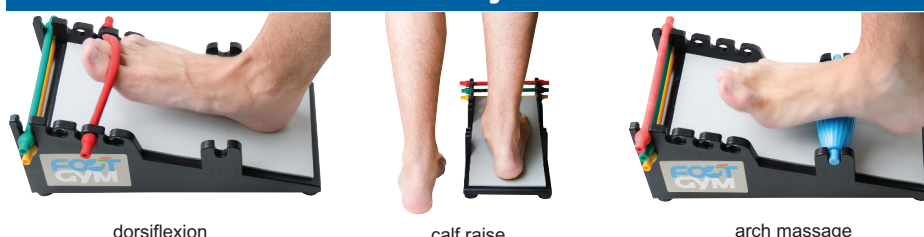
ProStretch® flexibility exercisers



- stability and support for stretching lower leg
- rocker stretches Achilles tendon and plantar fascia
- can be used while standing or sitting

A 10-1169 ProStretch® Plus single leg
B 10-1170 ProStretch® single leg
C 10-1173 ProStretch® bilateral

Foot Gym™



dorsiflexion

calf raise

arch massage

- perfect for stretching, exercise and rehab. Good for foot injuries such as plantar fasciitis, achilles tendonitis, heel pain, shin splints and more
- **Exercise:** three color-coded resistance bands for toe curl, toe flexion, and dorsiflexion
- **Stretch:** platform angle is perfect for stretching the calf muscles, Achilles tendon and plantar fascia
- **Massage:** for the arch, heel and Achilles tendon. Fill the massage roller with water and heat or chill to achieve the desired effect

10-4100 Foot Gym™

Core Stretch®



- stretch back and leg muscles, tendons and ligaments
- lightweight and portable

10-1376 core stretch

AnkleTough® exerciser

- perform eversion, dorsiflexion and other ankle exercises



- each resistance is available in an eight-pack...or choose a set with one each of the four resistances

box of 8 pieces

x-light	white	10-1370
light	yellow	10-1371
medium	red	10-1372
heavy	blue	10-1373

box of 4 pieces

1 of each resistance	10-1374
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