

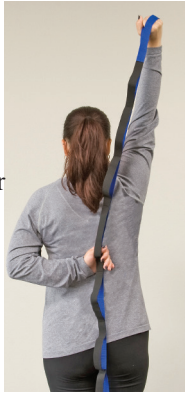
### ***Triceps or Arm Stretch***

Grasp one end of the Stretch Strap with one hand and bring it over and behind your shoulder. With the other hand behind your back, grab on to the strap. With your lower arm, gently pull upper arm down.



### ***Shoulder Stretch***

With one hand grasp a loop towards one end of the Stretch Strap. Place strap behind your back and with your other hand grasp a loop toward the other end of the strap. Remember to find loops that are comfortable for you as you extend your arms out. Slowly and gently lift your hand up toward the ceiling. Do not lift too far, only to a slightly uncomfortable position.



### ***Outer Thigh & Hip Stretch***

Lie on your back. Place one foot in end loop of the Stretch Strap. Bring strap around and under the heel of your foot. Bring your leg up toward the ceiling. Using the opposite hand of the leg you are stretching, grasp the strap and bring the leg across your body.

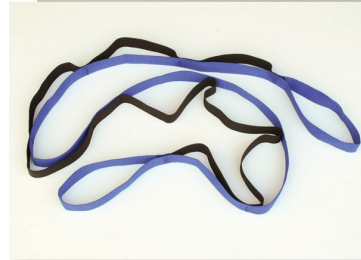


# **RangeMaster™**

## **StretchStrap**



## ***Patient Guide***



[www.myRangeMaster.com](http://www.myRangeMaster.com)

**1-888-823-9275**

### ***Hamstring Stretch***

Lie on your back. Place the arch of your foot in one end of the Stretch Strap. Slowly and gently bring the foot toward your head, keeping the leg mostly straight with a slight bend at the knee. Hold 8-15 seconds. Stretch both legs separately.



### ***Calf Stretch***

This stretch can be done with both calves at the same time or one at a time. Sit upright with leg extended in front of you. Place the ball of your foot in the middle of the Stretch Strap and pull gently toward your chest, keeping the leg straight. Hold 8-15 seconds.



### ***Quad Stretch***

Lie on your stomach. Place the end of the Stretch Strap around the foot of the leg you want to stretch. Reach over your shoulder (same side as leg to be stretched) and grasp the other end of strap. Gently bring the heel of your foot towards your buttocks. Remember to keep your hips down. You may need to take up the slack in the strap as you stretch.



### ***Low Back***

Lie on your back with legs in front of you, knees together and bent. Place Stretch Strap under both knees and gently pull toward your chest.



**DISCLAIMER:** All stretching should be gentle and have a mild stretch feeling. If stretching causes pain, stop and consult your doctor or therapist. Do the number of stretches and amount of sets as directed by your healthcare professional.