

WELCOME TO

# CORESTRETCH<sup>®</sup>

by PROSTRETCH<sup>®</sup>



EFFECTIVELY STRETCHES YOUR  
BACK | SHOULDERS | HIPS | HAMSTRINGS | SHINS



**EACH** year we lose flexibility in our muscles, tendons and ligaments. This loss in flexibility directly correlates to increased risk of injury and a decrease in athletic performance. Because the back is the core of our skeletal and muscular systems, its health is vital to our body's overall performance. Yet, this is also why the back continues to be one of the leading causes of pain and discomfort.

**CORESTRETCH** was designed to stretch the back, shoulders and legs better than traditional and conventional methods. CoreStretch's unique design elongates the back, stretching the muscles, tendons and ligaments not only in the back but also those in your legs that work in conjunction with the back. Traditional and conventional back stretching methods are either too difficult or force the back to curve instead of elongate.

## STRETCHING TIPS

- STRETCHING IS MOST EFFECTIVE AFTER WARMING UP AND ALSO AFTER EXERCISE.
- NEVER BOUNCE OR JERK WHEN STRETCHING.
- HOLD EACH STRETCH 10-30 SECONDS.
- NEVER STRETCH TO THE POINT OF PAIN. STRETCH TO THE POINT OF MILD TENSION IN THE MUSCLES AND THEN RELAX AS YOU HOLD THE STRETCH.
- FOCUS ON BREATHING SLOWLY, DEEPLY AND NATURALLY. PROPER BREATHING AIDS RELAXATION WHICH ENHANCES YOUR STRETCHING SUCCESS.

## PROPER TECHNIQUE

For best results, it is important that the CoreStretch be properly sized and positioned correctly.

For proper sizing, adjust the CoreStretch by using the settings numbered 1-10. Depress the button and lengthen the CoreStretch to the number which fully extends your arms and straightens your back but still allows for a comfortable grip with your hands.

This User Guide demonstrates a variety of stretches that may be performed using the CoreStretch. Please note that there are three levels of stretching.

**For additional instructions, a video is available on-line at [www.medi-dyne.com](http://www.medi-dyne.com).**

INITIAL SET-UP



Correct Height



Incorrect Height



Correct Posture



Incorrect Posture

BEGINNER STRETCHES

1.



**Lower Back**

Keep legs bent and slowly lean forward. You may also lean side to side emphasizing a side or specific target area.

2.



**Lower Back & Hamstrings**

Position yourself on the edge of your seat. Straighten your legs with your feet flexed and slowly lean forward. This can also be done one leg at a time.

3.



**Lower Back, Hamstrings & Shins**

Sitting on the edge of your chair, straighten your legs and point your toes. Slowly lean forward.

4.



**Hip, Upper Glute & I.T. Band**

Sitting comfortably in your chair, cross the leg of the hip you want to stretch and slowly lean forward.

5.



**Lower & Upper Back & Shoulders**

Legs bent, cross your arms and slowly lean forward

6.



**Lats & Lateral Scapula**

Reverse your hands so that your palms are facing upwards and slowly lean forward.

7.



**Advanced Lateral**

Grip the handle with one hand and support yourself on the chair with the other hand. Lean toward the supporting hand. Reverse hands for other side.

*NOTE: If you have had any recent physical problems or surgery, or if you are just beginning to exercise, especially after a long absence, please consult your physician. As with any new stretching technique, it is recommended that you start slowly using the beginner positions and then gradually progress to the more advanced positions and techniques.*



1.

### Lower Back

Slightly *bend the knees and slowly lean forward*. You may also lean side to side emphasizing a side or specific target area.



2.

### Lower Back & Hamstrings

*Straighten your legs* and slowly lean forward.



3.

### Lower & Upper Back & Shoulders

Slightly *bend the knees, cross your arms* (see picture) and slowly lean forward.



4.

### Lats & Lateral Scapula

Slightly *bend the knees. Reverse your hands* so that your palms are facing upwards (see picture) and slowly lean forward.

INTERMEDIATE STRETCHES



1.

### Lower Back & Hamstrings

With *legs straight*, slowly lean forward.



2.

### Advanced Lateral

With *legs straight and together*, grip the handle with one hand and support yourself on the floor with the other. *Lean toward the supporting hand*. Reverse hands for the other side.



3.

### Peroneal Calf & Lateral Hamstrings

With *legs spread, invert toes (point inward)* and slowly lean forward.



4.

### Medial Calf & Medial Hamstrings

With *legs spread, evert toes (point outward)* and slowly lean forward.

ADVANCED STRETCHES



5.

### Groin & Hamstrings

With *legs spread and straight*, slowly lean forward.