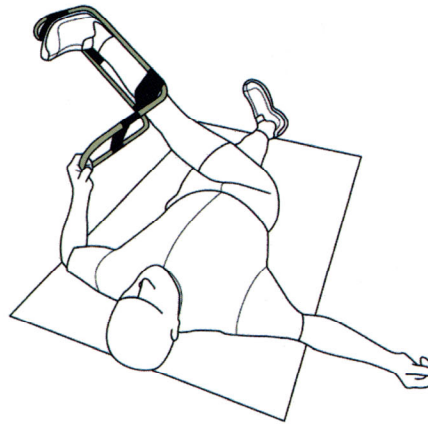


The Hamstring Stretch

Stretching the Hamstrings can relieve back pain, alleviate disc pressure, improve posture and increase performance.

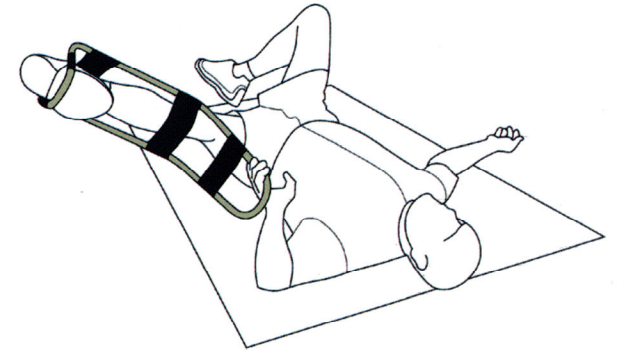
- Lie flat on the floor. With one knee bent, lift the other leg and put the IdealStretch in position. Straighten the leg first and then pull it towards the torso, gently and slowly. When you feel the hamstring tighten, or when you reach your current range of motion, stop and hold this position for 10 to 30 seconds. Switch from one leg to the other 2 to 3 times.



The HIP / IT Band Stretch

This Stretch can relieve lateral knee pain, gluteus pain and even sciatica.

- To stretch, hold your leg in position with the IdealStretch using your opposite hand. Then roll your leg across your body and let gravity pull it down. Repeat this with the other leg. This will stretch your IT Band, including the hip abductors and gluteus muscles. Keep your shoulders down and turn your head in the opposite direction to maximize stretch. Hold this position for 10-30 seconds. Switch from one leg to the other 2 to 3 times.



The Groin / Adductor Stretch

Regaining adductor range of motion can improve hip longevity, maximize performance and reduce injury.

- Keeping your foot engaged with the IdealStretch, move your leg away from your body's midline while maintaining your other leg in a neutral position. As an added bonus, if you use two IdealStretch units at the same time and let your legs spread apart, you will stretch both hip adductors (groin) areas at the same time. Hold position for 10-30 seconds. Switch from one leg to the other 2 to 3 times. If using two IdealStretch units, rest 20-30 seconds between stretches and perform 2 to 3 times.

