

vive®



CALF STRETCHER DUAL

Owner's Manual
RHB2000PAK2

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Calf Stretcher as easy as possible. Check out the included links and QR codes to help you through the process.



To see all of the FAQs in one place, visit vhealth.link/jxi

INSTRUCTIONS FOR USE

It's recommended to wear supportive athletic shoes while using the calf stretcher. The hard plastic may cause discomfort on bare feet.

The calf stretcher includes two foot rockers attached side-by-side. This allows for use with one foot or two feet at a time.

To keep your balance and prevent falls, hold onto a wall or chair for support while using the calf stretcher. Position the rocker an arm's length away from the wall or chair.

- To stretch one foot at a time, position one foot on the foot rocker and the other on the ground or on the heel rest. The heel of the stretching foot should be all the way back against the heel platform with the toes up against the toe platform. With one foot in the stretching position and the other to support you, rock back and forth to achieve a single foot stretch.

- To stretch both feet at the same time, step one foot at a time onto either foot rocker, positioning both heels against the back of the heel platform. Then, gently rock back and forth, holding onto a wall or chair for support.

EXERCISES

Foot rocker exercises may be performed daily for stretching and rehabilitation. Choose stretching exercises to perform depending on your areas of concern. Be sure to support yourself at all times while using the calf stretcher by holding onto a wall or a chair.



For a video demonstration, check out vhealth.link/4v1

Upper Calf

For a deep upper calf stretch, follow the steps below.

1. Stand an arm's length away from a wall. Place your hands on the wall to support you. Place either leg in the appropriate position on the calf stretcher.
2. Lean forward.
3. Move your ankle back until you feel a stretch in your upper calf muscle.
4. Hold this position for 30 seconds.
5. Switch legs and repeat.



Hamstrings

For a hamstring stretch, follow the steps below.

1. While keeping your legs apart, position one foot in the calf stretcher.
2. Without lifting the heel of your back foot, bend the knee of your front leg slightly forward.
3. Hold the position for 30 seconds.
4. Switch legs and repeat.



Toe Raises

Toe raises strengthen the ankle and calf muscles. Follow the steps below to complete this exercise.

1. Position the calf stretcher facing the wall.
2. Support yourself with the wall behind you and position your toes at the center of the calf stretcher. The base of your feet should be on the flat platform of the calf stretcher.
3. Position your toes so that they are pointing to the floor. Then, drop your heel downwards to the floor.
4. Repeat this exercise 10 times, then rest for 5 seconds. Complete three sets of ten repetitions with rest in between.



CARE

The calf stretcher is bound to get dirty with consistent use. To clean it, take a damp towel or rag and wipe off dirt, dust, and debris from the surface of the stretcher. You may also use disinfectant spray to clean the stretcher.

To dry off the stretcher, use a clean, dry towel. Store it in a dry location in between uses.

WARNINGS

- Wear flat, rubber-soled shoes at all times when using the calf stretcher.
- Always use the calf stretcher on a flat surface.
- Keep your supporting foot grounded while using one foot on the stretcher, or hold onto a sturdy object to support your balance while using both feet on the stretcher.
- Never stretch to a point in which you feel pain or discomfort.

WARRANTY INFORMATION



LIFETIME GUARANTEE

You are protected by Vive Health's industry leading guarantee and customer service.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vivehealth.link/jxi for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.

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