

vive®



PROFLEX STRAP

Owner's Manual
LVA2O32BLK

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OVERVIEW

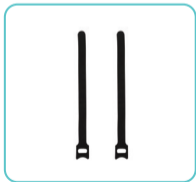
We are constantly answering questions and recording helpful videos to make using your Vive Proflex Strap as easy as possible. Check out the included Links and QR codes to help you through the process.



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

WHAT'S INCLUDED

- 1x Proflex Strap
- 2x Hook and Loop Straps



HOW TO SET UP

For shipping purposes, the Proflex Strap comes bent.

1. Unbend the strap once and detach the foot strap located at the bottom.



2. Using both hands, pull outward to create a wide enough loop for your foot.



3. Secure the foot strap back on to create the foot loop and test the width of your foot for a proper fit.

HOW TO USE AS A LEG LIFTER



For a video demonstration of proper use check out vhealth.link/3rs

Dual Handed

1. Secure the foot loop around your foot.



2. Using the two padded handles, guide your leg up and down or side-to-side to transfer your leg from one position to the other.

Single Handed

- 1 Attach the main straps together at the top and bottom using the included hook and loop straps.



2. Secure the foot loop.
3. Using the padded handle, guide your leg up and down or side-to-side to transfer your leg from one position to the other.



Exercises



For a video demonstration
check out vhealth.link/1pt

Range of Motion

Knee Bend (Easy)

1. Be seated in a comfortable position.
2. Separate the main straps.
3. Secure the foot loop.
4. Secure your hands through the hand loops and grab the padded handles.
5. Using both hands, slowly pull back, sliding the foot back towards the chair, and bend the knee.

6. Slide the foot back to the initial position.
7. Repeat 5 to 10 times, or as recommended by your physician or physical therapist. Repeat on the opposite leg if needed.



Heel Slide (Easy)

1. While lying down, start with the main straps separated, foot strap closed, and foot loop around the foot.
2. Holding the hand loops or padded handles, pull slightly up towards your body, bending the knee and hip, sliding the heel back towards the buttocks.
3. Extend the leg back out to the initial position.

4. Repeat 5 to 10 times, or as recommended by your physician or physical therapist. Repeat on the opposite leg if needed.



Stretching

Calf Stretch (Easy)

1. Be seated in a comfortable position.
2. Secure the foot loop around the ball of the foot.
3. Using the padded handles or hand loops, keep your leg straight and pull towards your body to achieve the desired level of stretch.
4. Hold this position for 10 to 15 seconds, repeat 2 to 3 times, or as recommended by your physician or physical therapist. Repeat on the opposite leg if needed.



Hamstring Stretch (Advanced)

1. While lying down, secure the foot loop around the ball of the foot.
2. Lift your leg straight up and bend the opposite foot.
3. Keep your leg straight and pull the straps slowly towards your stomach until you achieve the desired level of stretch on the hamstring.
4. Hold this position for 10 to 15 seconds, repeat 2 to 3 times, or as recommended by your physician or physical therapist. Repeat on the opposite leg if needed.



Shoulder Stretch (Advanced)

1. While seated or standing, grab the hand straps, reach overhead, and position the strap on your back.
2. With your opposite hand reach behind you and grab the foot loop end of the strap.
3. Pull with the hand above your head towards the ceiling. Pull slowly to a comfortable stretch and hold for 5-10 seconds, or as recommended by your physician or physical therapist. Repeat on the opposite shoulder if needed.



4. While seated or standing, grab the hand straps, reach over your head, and loop the end around your opposite elbow.



5. Pull outwards away from your body to a comfortable stretch, hold for 5-10 seconds, or as recommended by your physician or physical therapist. Repeat on the opposite shoulder if needed.



CARE INSTRUCTIONS

- Wipe down with a dry cloth.
- Keep dry.
- DO NOT machine wash or dry.

GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vivehealth.link/dhs 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.

 service@vivehealth.com

 1-800-487-3808

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