



Rolling With It

Slant Board Exercises

**Please be sure to consult a physician before attempting these exercises.*

How to Use the Slant Board

If your calves are very tight, or if you are just beginning to stretch them, start with a smaller angle to reduce the risk of injury. We recommended beginning with 10 degrees. While our Slant Board can be used as a stand-alone item, placing the lower end of the board against a wall will provide support for your body as you stretch, reducing the amount of weight and pressure placed on your calf muscles. When you become more accustomed to the Slant Board and your flexibility improves, increase the angle of the board and move it away from the wall. Always remember to warm up thoroughly before doing these stretches. We recommend a light jog, walk, or a brief 5-minute stint on an elliptical machine. Last, ensure that you maintain proper posture while doing these exercises. Posture is very important in all exercises. It helps you get the most out of your workout and also helps prevent injury. Keep in mind that the exercises and stretches below are just a few of the many uses that your

Rolling With It Slant Board offers. Some exercises are meant to be muscle specific, while others are ligament and/or tendon specific. The ultimate goal of all each exercise is to strengthen each and every muscle and ligament and/or tendon of the leg. We have included five of the most common exercises that can be carried out on your Rolling With It Slant Board. These exercises are the most common and most widely used exercises around the world. The names indicate which part of the leg or foot each exercise targets. Happy Stretching!!

The Hamstring Stretch

Like the name suggests, this exercise is used to stretch the hamstring muscles.

The trick to doing

the exercise well is to set the slant board to 20 or 30 degrees (the second or third position). This

means that the incline will not be too small nor will it be too large. We

recommend starting at 20

degrees (second position).

The first thing you need to do is step on the Slant Board. Make sure that your feet are positioned a

couple inches apart, with your toes pointed forward (up the slope of the board).

Keep your legs

straight as you slowly tip forward and point fingers toward your toes. Make sure

to go slow and go

as far down as you can go. You will start to feel a stretch all the way through the

back of your calf

and up your hamstring muscle.

When you have reached the full extent of your stretch (ideally touching fingers to

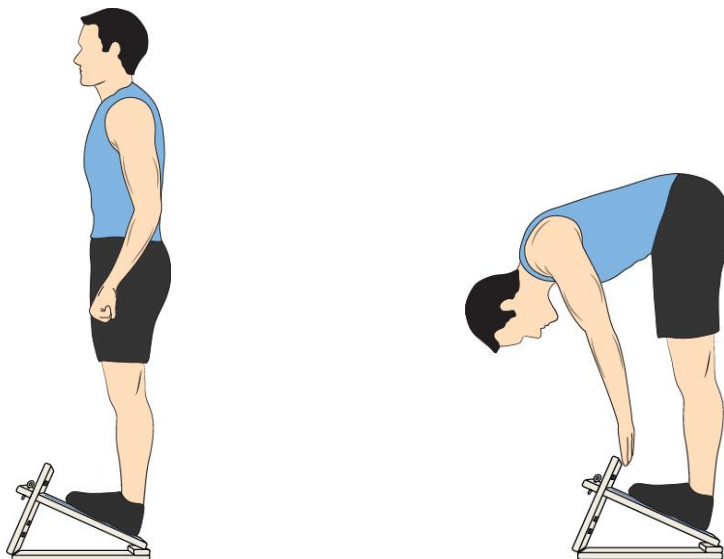
toes or to the

board directly in front of your toes), hold this position for approximately 30

seconds to a minute.

The duration of time depends on how tight your muscles are. If you feel that you are really tight,

then you can even extend this stretch for 2-3 minutes.



The Calf Stretch

First, place the Slant Board 6-8 inches from a support (such as a wall) so you will be facing the support when you stand on the board. The support is to help you balance during the entire exercise. Place your feet firmly on the Slant Board while facing the support and hold on to the support if necessary. Ensure that your toes point forward (up the slope of the board). As soon as you step on the board, you will begin to feel the stretch in your calves. Depending upon how tight your calf muscles are, you may want to simply hold this position for 1-2 minutes. There are multiple ways to intensify this stretch. You can increase the angle to 30 or 40 degrees (the third or fourth position). You can also slightly bend the knees (the support may come in handy here). There should be a certain level of discomfort when completing these stretches, but not so much that it is unbearable.



Plantar Fascia Stretch

The Plantar fascia is a flat band of tissue which forms a ligament that connects the heel bone to the toes. This ligament has a very important job; it helps provide stability to the leg and it supports the entire base of the foot.

Plantar fasciitis refers to an inflammation of the Plantar fascia ligament which results in a stabbing pain typically in the bottom of the foot near the heel. If this particular ligament gets injured, you will start experiencing mild to severe pain which typically occurs when you stand for long periods or when you walk.

The treatment for Plantar fasciitis is very simple. All you need to do is to set the desired level on the Slant Board (we recommend starting low) and stand on it for an extended period of time.



This simple stretch will help to strengthen the Plantar fascia. This is one of the easiest and most basic exercises that can be done using your Rolling With It Slant Board. NOTE: Sometimes simply standing can cause pain in individuals with Plantar fasciitis. Therefore, it is highly recommended that you do not overdo it!

The Achilles Stretch

The Achilles tendon connects the calf muscle to the heel. Like all tendons, the Achilles tendon is made up of a band of tough fibrous tissue. The two calf muscles (the Gastrocnemius and the Soleus muscle) unite to form a single band of tissue. This tissue forms the Achilles tendon. The Achilles tendon is the strongest tendon in the body and has small sacs of fluid called 'Bursae' that act as a cushion at the heel. The Achilles tendon pulls on the heel every time our calf muscles flex which help us to run, jump, and stand on our toes. Even though it is the strongest tendon in our body, it is also the tendon most prone to injury! This stretch is carried out with the board in the second position so the incline won't be too steep but will remain challenging. Place your right foot on the board. Make sure that your foot is well secured. Now gradually lean forward so that you bend your right knee. Keep pushing yourself into the stretch. This is when you will begin to feel the stretch near your heel. Hold this position for around 30 seconds to a minute. Once you are done with the stretch, you can change legs and repeat the exercise with the other leg. The Achilles stretch is another relatively easy exercise which can provide a lot of relief to those who suffer from Achilles tendonitis.



The Soleus Stretch

The Soleus muscle is a very powerful muscle that extends from the back part of the knee (calf) to

the heel. Even though this muscle is inherently strong, it is predisposed to injury.

That is why

learning the Soleus stretch is very important.

As with all Slant Board stretches, the Soleus stretch is quite easy. All you need is something that can

act as a support to be placed in front of the Slant Board. Place your feet on the Slant Board and

ensure that they are firmly planted on the non-slip surface. Get a good grip on the support with

both your hands. Now bend your knees slightly and lean forward. Do this until you feel a stretch.

Hold it for a few seconds and then relax. Repeat as desired. The Soleus stretch is a simple stretch

which is good as both a prophylactic measure as well as a treatment of pain.



Eccentric Squats

This particular exercise is directed at the Patellar tendon. The Patellar tendon is responsible for providing the knee with support. It also helps us stand upright. Eccentric squats help combat the pain of Patellar tendonitis. The idea is simple: To combat the pain you need to have a stronger tendon. Eccentric squats can help strengthen the Patellar tendon.

If you have Patellar tendonitis in one knee, then step on the board with your feet parallel and pointed forward. Unlike the previous exercises, you should be facing the downward slope of the Slant Board. The next step is to slowly sit back as though you were squatting, hence, the name. It is important to ensure that you place the weight on your injured leg. Also, be sure to rise very slowly.

Take around 3-5 seconds on your way down. Once you reach the sitting position, shift most of your weight off the injured knee. Reverse the entire procedure and get back up. Get up by using your good knee to support the weight of your body.

If you have Patellar tendonitis in both legs, you will need something to support you so that you can get up again. The easiest way to do this is by using chairs or other pieces of furniture. Place them on either side of you so they act as supports. Now distribute your weight evenly on both legs. Use the chairs for support and sit down in the same motion you would use to sit in a chair. Take a few seconds to sit and then stand up using the chairs as supports to stand again.

During this exercise, it is important to be patient. Start off with a low number of repetitions (e.g. 8-10) and gradually increase repetitions from week to week. It is not uncommon to experience some discomfort during this exercise. However, if the pain is severe, stop.

