



PROTALUS™

# Stretching Guide

Stretches for reducing pain and  
increasing your bodies overall  
performance and comfort!

# Stretches:

Improve your endurance, relieve pain, and decrease risk of injury by following these stretches:



**Butterfly**

**1**



**Side-lying quadriceps Stretch**

**2**



**Lower-back Twist**

**3**



**Figure Four Stretch**

**4**



**Piriformis Stretch**

**5**



**Hamstring Stretch**

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**Single Leg Calf Stretch  
(with wall)**

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# Butterfly

- 1 Sit up tall with the soles of your feet pressed together and your knees dropped to the sides as far as they will comfortably go.
- 2 Pull your abdominals gently inward, inhale lift out of your hips and gently lean forward. Grasp your ankles or outside edges of feet with your hands, carefully pulling yourself forward until you feel a slight stretch.
- 3 You should feel the stretch throughout your inner thighs, the utmost part of your hips, and your lower back.



# Side-Lying Quadriceps Stretch

- 1 Lie on the right side of your body on the floor.
- 2 Bend the left knee and reach the left hand to left foot, gently bring the left heel toward the buttocks.
- 3 Only pull until you feel a gentle stretch in the front of the thigh.
- 4 Hold for 5 to 10 normal, controlled breaths. Gently release and repeat on the other side.



# Lower-back Twist

- 1 Begin by lying on your back with your knees bent and soles of the feet flat on the floor. Extend your arms out to the side in a “T” position.
- 2 Keep your shoulders and hips on the ground as you gently roll both knees to one side.
- 3 Stay here for 20 to 30 slow, calm breaths, then return to the starting position and repeat on the other side. If the stretch is too much for you, place a pillow or stack of towels under your knees when you twist each side.



# Figure Four Stretch

- 1 Begin by lying on your back with your knees bent and soles of the feet flat on the floor.
- 2 Keeping your shoulders and hips on the ground, lift your right knee towards your chest so your leg is at about a 90° angle to the ground, hold this with both hands (see photo).
- 3 Bring your left leg up and rest the left ankle on the front of the quad muscle, just above the right knee.
- 4 Hold this position comfortably for 20 to 30 slow, calm breaths, you can slowly pull your right leg towards your chest. Switch legs and repeat.



# Piriformis Stretch

- 1 Begin by lying on your back, hands by your side, and legs flat on the floor.
- 2 Keeping your shoulders and hips on the ground, lift your right leg to allow the left foot to bend gently towards your right hand.
- 3 Take the right foot and place it over the left knee.
- 4 Hold at a comfortable angle for 20 to 30 calm breaths, return to a resting position, and repeat with the other side.



# Hamstring Stretch

- 1 Sit on the floor with your feet stretched directly out in front of you.
- 2 Bend the left knee, bringing the left heel towards the right inner thigh.
- 3 Using a band around the right forefoot, gently lean inward and pull the band level towards the hips. (In the absence of a stretch band, you may lean inwards and reach your hands towards the toes).
- 4 Hold at a comfortable angle for 5 to 10 slow, calm breaths, return to a resting position, and repeat with the other side.



# Seated Calf Stretch

- 1 Sit on the floor with your feet stretched directly out in front of you.
- 2 Bend the left knee, bringing the left heel towards the right inner thigh.
- 3 Using a band around the right forefoot, gently lean inward and pull the band level towards the hips. (In the absence of a stretch band, you may lean inwards and reach your hands towards the toes).
- 4 Hold at a comfortable angle for 5 to 10 slow, calm breaths, return to a resting position, and repeat with the other side.



# Toe Stretches

- 1 While seated in a chair, grasp the heel of the foot with one hand while using your other hand to bend the toes upward enough to feel a nice stretch in the bottom of the foot and toes; hold for 10 to 15 calm breaths.
- 2 Next, bend the toes into the opposite downward position; feeling for a comfortable stretch on the top of the foot. Hold this position for 15 to 20 calm breaths as well.
- 3 Practice these two positions back and forth.



# Ball Stretch

- 1 With bare feet or in thin socks, place a tennis ball or lacrosse ball underneath your foot starting at the center. Use a wall or table to brace yourself securely.
- 2 Slowly roll the ball between the arch, the heel, and the forefoot applying a generous amount of weight onto the ball.
- 3 Repeat on the other foot.



# Single Leg Calf Stretch

( with wall )

- 1 Place both hands against a flat wall with the elbows bent.
- 2 Place your right foot flat on the ground bringing your left forefoot upward against the wall surface; toes pointed towards the ceiling.
- 3 You should feel a stretching sensation between the back of the ankle and knee where the calf muscle is located.
- 4 Hold this position for 10 to 15 breaths.
- 5 For a deeper stretch lean your entire body inward towards the wall. Repeat this process for the opposite leg.



# Achilles Stretch

- 1 Stand at arm's length from a sturdy wall placing both hands flat against it.
- 2 Step back with your left leg, keeping it slightly bent; press your heel into the floor.
- 3 Press your hips forward, bending the opposite leg slightly. You will feel the stretch in your calf and left Achilles tendon at the bottom of the leg.
- 4 Hold for 15 to 20 controlled breaths.