



# Instructions for BEGINNERS

Repeat these steps *at least twice a day*, more if possible. The more you do it – the better the results.

**REMEMBER:** Always check with your doctor or physical therapist before beginning any new therapy or exercise program.

## Beginning Stretch 1:

- a. Place the FLEX-N-GO Board against a wall with the top of the slope facing out.
- b. Straddle the board with your back against the wall.
- c. Step onto the board at about midway, keeping your heels down and your back against the wall.
- d. Angle your feet in, slightly pigeon-toed (about 5 degrees).
- e. Evaluate the amount of pulling you feel in your calves. If it is considerable, then this is the posture for you at this time.

## More Beginning Stretch

After you have used the FLEX-N-GO Board for a period of time, or if you don't feel enough pull from the very beginning, you will want to move your feet down the board. **Remember to keep your heels down.**

- a. Over a period of time, you will have moved to the bottom of the board as you stretch your lower legs. Once your heels are against the wall, you may want to place a sturdy chair in front of you, as you will use it to aid you in an extreme stretch.
- b. Next, with the board against the wall and your feet at the bottom of the board, place your hands on the back of the chair and lean forward, keeping your heels down.
- c. As you feel the stretch increase in your calves, stop and hold when you reach the desired position.

1.



2.



3.



4.



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# ADDITIONAL INSTRUCTIONS

Repeat these steps *at least twice a day*, more if possible. The more you do it – the better the results.

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## Intermediate:

- a. As an athlete or a flexible individual, you may choose to place your FLEX-N-GO Board up to a cabinet or other piece of furniture.
- b. This will allow you to hang onto, or lean into the cabinet while standing on your FLEX-N-GO Board.
- c. The amount of lean, will be determined by the amount of pull in your calves.



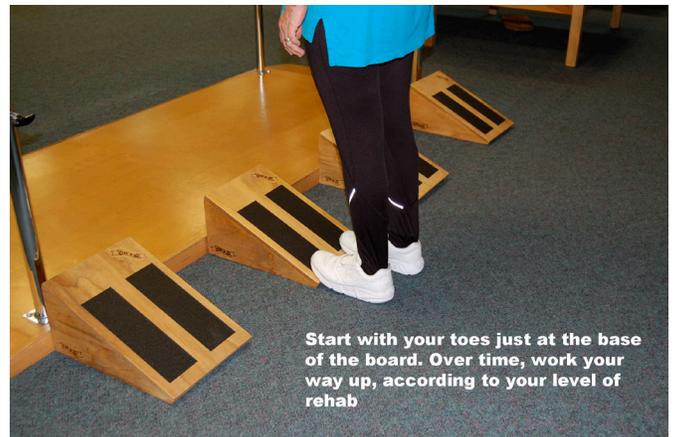
Intermediate Stretch

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## Rehabilitation, Injuries and Surgeries

The FLEX-N-GO Board can be used in rehabilitation, which is in a class by itself.

- a. Begin by placing your FLEX-N-GO Board up against a cabinet that you can hang onto.
- b. Place just your toes on the base of the board.
- c. Stand up as straight as you can. When that feels comfortable, over time, you will begin to move your feet further up the board.
- d. When both feet are completely on the FLEX-N-GO Board, you can proceed to the Beginner instructions for stretching exercises.



Start with your toes just at the base of the board. Over time, work your way up, according to your level of rehab

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