

UltraFlexx®

FOOT ROCKER



PowerStep®

1-888-237-3668 | www.powerstep.com

Instructions for Proper Use

It is recommended to wear a sturdy athletic shoe when using the UltraFlexx® (*weight limit: 285 lbs*). Complete each exercise with 3 sets of at least 30 seconds per set. Rest in 5 second intervals between sets. Use daily as needed. Choose the stretching exercise required, depending on your condition.



PLANTAR FASCIA // UPPER CALF

Plantar Fasciitis, Achilles Tendonitis,
Tight Calf Muscles

- 1 Place the UltraFlexx® arms-length away from the wall with the toe portion of the device facing the wall. While standing, place both hands on the wall and step either foot onto the UltraFlexx® with the heel snugly back against the heel platform and toes resting on toe platform.
- 2 Stand straight, putting your weight on the UltraFlexx®.
- 3 Slightly lean towards the wall. Lift opposite foot off the floor pointing the toes. Be sure to keep hips, back and shoulders vertically aligned to ensure proper balance and stretch.
- 4 Keeping hands on the wall, gently roll the heel down towards the floor until the stretch is felt in the upper calf muscle.
- 5 Perform 3 sets at 30 seconds each. Rest briefly between sets.



ACHILLES TENDON // LOWER CALF // PLANTAR FASCIA

Plantar Fasciitis, Ankle Sprains,
Achilles Tendonitis

- 1 Follow steps 1-3 above.
- 2 Once stretch is felt in upper calf muscle, bend knee slightly (5-10°) keeping heel to the back of the UltraFlexx®.
- 3 Perform 3 sets at 30 seconds each. Rest briefly between sets.



IMPORTANT: Consult a physician before using UltraFlexx® with any pre-existing calf, ankle or foot injury. Not for use on slippery surfaces. The UltraFlexx® should be incorporated into a daily regimen of stretching before or after athletic activity. UltraFlexx® should provide a deep, comfortable stretch – do not stretch to the point of discomfort or pain.

SHINS // CALVES // ANKLES

Shin Splints, Ankle Sprains,
Calf Injuries

OPTION 1

- 1 Turn heel portion of UltraFlexx® towards the wall. Face the wall and place hands against wall to balance.
- 2 Place toes in the heel portion and heel in the toe portion.
- 3 Standing straight up, point toes towards the floor.
- 4 Lean slightly forward until a slight stretch is felt at the shin.
- 5 Perform 3 sets at 30 seconds each. Rest briefly between sets.



OPTION 2

- 1 In a seated position, place foot in the UltraFlexx® with heel snugly back against the heel portion.
- 2 Lift toes to a comfortable position
- 3 Press ball of foot towards the ground until a slight stretch is felt throughout the ankle, shin and calf.
- 4 Perform 3 sets at 30 seconds each. Rest briefly between sets.



HAMSTRING

Hamstring, Knee Pain

- 1 Step either foot onto the UltraFlexx® with the heel snugly in the heel portion and toes resting on toe portion.
- 2 Extend opposite foot backwards one large step.
- 3 Bend corresponding knee of foot on UltraFlexx® slightly while keeping the heel towards the ground. Lean chest forward while keeping the back straight and the head up until a slight stretch is felt across the hamstring.
- 4 Perform 3 sets at 30 seconds each. Rest briefly between sets.

