

INSTRUCTION GUIDE

PROSTRETCH® *SHOULDER FLEX*™



GET TO KNOW YOUR **PROSTRETCH** SHOULDER FLEX



1. RANGE OF MOTION HANDLE
2. RANGE OF MOTION BAR
3. SIZE ADJUSTMENT BAR
4. FOREARM BAR & **BUTTON**
5. ELBOW REST
6. LEVERAGE BAR
7. LEVERAGE BAR HANDLE
8. SIZE ADJUSTMENT **BUTTON**
9. RANGE OF MOTION ADJUSTMENT **BUTTON**



BEFORE YOU START:

PRIOR TO USE, WE STRONGLY ENCOURAGE YOU TO CONSULT YOUR PHYSICAL THERAPIST OR DOCTOR FOR PROPER USE.

SHOULDER FLEX™ SHOULD BE SET UP SPECIFICALLY FOR RIGHT OR LEFT ARM STRETCHING. SEE FOLLOWING INSTRUCTIONS FOR RIGHT ARM. SCAN QR CODE FOR LEFT ARM INSTRUCTIONS.

TO AVOID HYPEREXTENSION OF SHOULDER, DO NOT ATTEMPT TO STRETCH PAST A “NORMAL RANGE OF MOTION”.

External Rotation Moderate Adducted.....pg 4
 External Rotation Advanced Abducted.....pg 5
 Internal Rotation Moderate Abducted.....pg 6
 Internal Rotation Advanced Adducted.....pg 7

Scan for
LEFT ARM
 Instructions

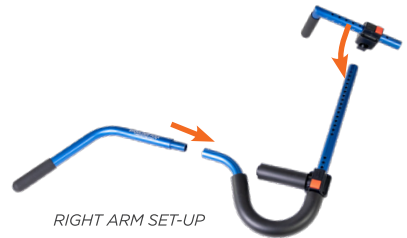


FOR BEST RESULTS

- When stretching, always consult a medical professional for guidance on your condition.
- Never leverage stretch to the point of pain.
- Start in a (unstretched) neutral position then gradually increase the range of motion using the leverage bar.
- When you begin to feel a stretch, hold for 20-30 seconds then return to the (unstretched) neutral position. Repeat 3 times or as directed by your medical professional.
- Each time you stretch, attempt to increase the range your arm is stretched.

GENERAL / INITIAL PRODUCT ASSEMBLY - Some exercises require additional setup variations

1. Attach the **Leverage Bar** to the **Size Adjustment Bar** ensuring the bar snaps into place.
2. Slide the **Range of Motion Bar** onto the **Size Adjustment Bar** to the notches furthest from the **Elbow Rest**.



Range of Motion Handle position determines the intensity of the stretch.

STRETCH INTENSITY GUIDE



figure 3.1



figure 3.2



figure 3.3



figure 3.4

DEFINITIONS

Abducted - The movement of the elbow Away From the Body within the plane of the torso.

Adducted - The movement of the elbow Towards the Body within the plane of the torso.

EXTERNAL ROTATION

MODERATE ADDUCTED

SET-UP

1. Start with the **Elbow Rest** on on your right side and the **Leverage Application Bar** pointed left.
2. Begin with the **Range of Motion Handle** inside the **Size Adjustment Bar** (for moderate stretching).
3. Handle can point down (fig 4.1) or up (fig 4.2) depending on comfort level ensuring the elbow stays at 90 degree angle.
4. Press the **Range of Motion Button** down to adjust Range of Motion Bar for desired intensity. We recommend for first time users to start with the handle in a minimum position then gradually increase (fig 3.1).
5. With the **Leverage Application Bar** at your waist, insert right arm into **Elbow Rest** (fig 4.4).
6. Using button, secure **Forearm Stability Bar** snug to arm but not too tight (fig 4.5).
7. Ensure **Range of Motion Bar** matches the length of the forearm (fig 4.6).



figure 4.1



figure 4.2



figure 4.3



figure 4.4



figure 4.5

HOW TO STRETCH

See Range of Motion directions on page 2 for varying degrees of intensity.



figure 4.6



figure 4.7

1. Grasp the **Range of Motion Bar Handle** with your right hand (fig 4.6).
2. Grip the **Leverage Bar Handle** with your left hand and begin to apply leverage keeping the right elbow close to your rib cage. Stretch into External Rotation (fig 4.7).



figure 5.1

SET-UP

1. Start with the **Leverage Application Bar** at your waist (fig 4.3).
2. Position the **Leverage Application Bar Handle** on your left (fig 4.3).
3. For this stretch the **Range of Motion Handle** should be inserted into the **Range of Motion Bar** with the handle pointed down (fig 4.1) ensuring your elbow stays at 90 degrees.

Note: We recommend beginning with Lower (Adducted) External Rotation before proceeding to the Elevated Abducted stretch. Abduction may be a more aggressive stretch as it activates more stabilizer muscles in the shoulder than the Adducted stretches.

HOW TO STRETCH

See Range of Motion directions on page 2 for varying degrees of intensity.



figure 5.2

1. Position Shoulder Flex™ at your waist, insert right arm into **Elbow Rest** (fig 4.4).
2. Secure **Forearm Stability Bar** snug to arm but not too tight (fig 4.5).
3. Ensure **Range of Motion Bar** matches the length of the forearm.
4. Grasp the **Range of Motion Bar Handle** with your right hand (fig 4.5).
5. Move your right hand outward and level to your face maintaining a 90 degree bend in your elbow (fig 5.1).
6. Grip the **Leverage Bar Handle** with your left hand and begin to apply leverage pushing up on the bar. Stretch into External Rotation, rotating your shoulder, slowly move your right hand towards your back (fig 5.2).

INTERNAL ROTATION

MODERATE ABDUCTED

SET-UP

1. The **Leverage Application Bar** should be pointed right, outside your body (fig 6.1).
2. Place right arm into **Elbow Rest** on your right side.
3. Begin with the **Range of Motion Bar** and handle to the right of the **Size Adjustment Bar**.
4. To ensure the forearm is kept at 90 degrees, we recommend pointing the **Range of Motion Handle** down towards the ground unless instructed otherwise by a medical professional.
5. Press the **Range of Motion Button** to adjust handle for desired range of motion intensity. (See *Stretch Intensity Guide* on page 3.)



figure 6.1

HOW TO STRETCH



figure 6.2



figure 6.3



figure 6.4

1. Insert right arm into **Elbow Rest** (fig 6.1).
2. Secure **Forearm Stability Bar** snug to arm but not too tight.
3. Ensure **Range of Motion Bar** matches the length of the forearm.
4. Grasp the **Range of Motion Bar Handle** with your right hand (fig 6.1).
5. Raise your elbow, hinge at the shoulder, up and away from your body so that **Leverage Bar** is pointed straight up (fig 6.2).
6. With your elbow still at a 90 degree angle, move your hand down towards the floor (fig 6.3).
7. Grip the **Leverage Bar Handle** with your left hand and begin to apply leverage downward slowly to stretch into Internal Rotation (fig 6.4).

SET-UP

1. The **Leverage Application Bar** should be pointed right, outside your body (fig 6.1).
2. Place right arm into **Elbow Rest** on your right side (7.2).
3. Begin with the **Range of Motion Bar** inside the **Size Adjustment Bar** for moderate stretching.
4. To ensure the forearm is kept at 90 degrees, we recommend pointing the **Range of Motion Handle** down towards the ground, unless instructed otherwise by a medical professional.
5. Press the **Range of Motion Button** to adjust handle for desired range of motion intensity. (Note: the further the Range of Motion Handle is away from the Size Adjustment Bar the less aggressive the stretch.)



figure 7.1

HOW TO STRETCH



figure 7.2



figure 7.3



figure 7.4



figure 7.5

1. Secure **Forearm Stability Bar** snug to arm but not too tight (fig 7.2).
2. Ensure **Range of Motion Bar** matches the length of the forearm.
3. Grasp the **Range of Motion Bar Handle** with your right hand.
4. Raise your right elbow away from your body half way (fig 7.3).
5. Lower your right arm and move your right hand towards your back until the hand ends up behind your back completely (fig 7.4).
6. Place your left hand behind your back and grip the **Leverage Bar Handle** with your left hand. Begin to apply leverage to stretch into Internal Rotation (fig 7.5).

INSTRUCTION GUIDE

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PROSTRETCH® *SHOULDER FLEX*™



Scan for
LEFT ARM
Instructions

Warning! Prior to use consult your medical professional for proper use and stretching guidance.
Please read carefully for proper right arm and left arm set up. Do Not attempt to stretch past a normal range of motion.