

# Ideal Stretch Hamstretch - THE STRETCHES



🔄 The hamstring stretch



🔄 The HIP / IT Band stretch



🔄 The groin / Adductor stretch

## The hamstring stretch

**Stretching the Hamstrings can relieve back pain, alleviate disc pressure, improve posture and increase performance.**

The IdealStretch is easy to use and provides many more benefits than the name suggests. Yes, it provides an isolated stretch for your hamstrings, but will also provide you with a tool to effectively stretch your hip adductors, hip adductors (groin), and your gluteus muscles.

### The passive stretch

Lie flat on the floor. With one knee bent, lift the other leg and put the IdealStretch in position. Straighten the leg first and then pull it towards the torso, gently and slowly. When you feel the hamstring tighten, or when you reach your current range of motion, stop and hold this position for 10 to 30 seconds. Switch from one leg to the other 2 to 3 times.

### The isometric stretch

Isometric stretching often leads to greater gains in flexibility. A muscle is more relaxed and able to lengthen after a strong isometric contraction. The three basic steps to isometric stretching are:

- Lengthen the target muscle
- Contract the target muscle isometrically
- Actively lengthen the target muscle again.

Lie flat on the floor with one leg bent at a 45 degree angle and place the other leg through the device to cradle the foot. The stretch begins by lifting the extended leg and drawing the IdealStretch toward you. Hold this static stretch while you relax your leg and draw it toward you for 15 seconds. While holding the IdealStretch in this position, isometrically contract the hamstring for 3 seconds i.e. push against the IdealStretch while resisting with your arms. Relax the isometric contraction and then notice that you are able to stretch further. Repeat 2-3 times for each leg.

**IMPORTANT:** Stretching can be uncomfortable but should not cause pain. Stretch Slowly and don't over do it. Hyper extending the knee is unsafe. Misuse of the IdealStretch can cause injury to the knee. People who are prone to hypermobility or who have a ligament deficiency should consult with a Physical Therapist before using IdealStretch.

## The HIP / IT Band Stretch

### This Stretch can relieve lateral knee pain, gluteus pain and even sciatica

Opening the outside of the hip helps with many sports and provides hip, lower back and lateral knee relief. People who sit a lot or participate in intense exercise usually shorten these muscles. This stretch is good for every body and especially for those experiencing Iliotibial Band Syndrome (ITBS) or IT Band Friction Syndrome.

To stretch, hold your leg in position with the IdealStretch using your opposite hand. Then roll your leg across your body and let gravity pull it down. Repeat this with the other leg. This will stretch your IT Band, including the hip abductors and gluteus muscles. Keep your shoulders down and turn your head in the opposite direction to maximize stretch.

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## The groin / Adductor stretch

Regaining adductor range of motion can improve hip longevity, maximize performance and reduce injury.

Keeping your foot engaged with the IdealStretch, while moving your leg away from your bodies midline, you will stretch your hip adductor muscles (groin).



As an added bonus, if you use two IdealStretch units at the same time and let your legs spread apart, you will stretch both hip adductors (groin) areas at the same time.



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