

COMPRESSION THERAPY

Follow the movements below before & after therapy to boost your benefits.

Duration: 30 sec | 5 Second Rest | Frequency: 30 Hz | Amplitude: Low



CLOTHED

Benefits: Increases Circulation Efficiency, Speeds Up Recovery

(Passive)

Double Leg Hamstring Stretch

Description: Without locking knees, grab handle and bend forward until a stretch is felt in the back of the legs. Avoid rounding back when bending forward. Do not lock or excessively bend knees.

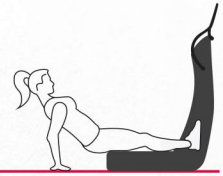
Should Feel it in: Legs



Hamstring Massage

Description: Using a mat, rest hamstrings and calves in a passive position. Rotate hips to emphasize inner or outer leg.

Should Feel it in: Legs



Left Leg Kneeling Quad Stretch

Description: Step forward off the platform with the left leg. Grab ankle of bent leg and push hips forward until stretch is felt in the back leg.

Should Feel it in: Legs



Right Leg Kneeling Quad Stretch

Description: Step forward off the platform with the right leg. Grab ankle of bent leg and push hips forward until stretch is felt in the back leg.

Should Feel it in: Legs



Left Leg Inner Thigh Stretch

Description: Place left foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

Should Feel it in: Legs



Right Leg Inner Thigh Stretch

Description: Place right foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

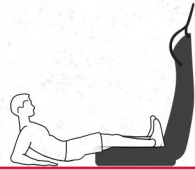
Should Feel it in: Legs



Calf Massage

Description: Using a mat, rest calves in a passive position. Elevate feet to facilitate lymphatic flow.

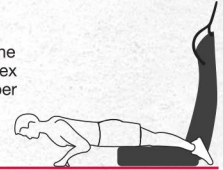
Should Feel it in: Legs



Quadriceps Massage

Description: Using a mat, rest elbows on the floor and legs in a passive position. Slowly flex knee for more emphasis on lower quad. Upper body should be off the platform.

Should Feel it in: Legs



IN A ROBE

Benefits: Increases Circulation Efficiency, Speeds Up Recovery

(Passive)

Double Leg Hamstring Stretch

Description: Without locking knees, grab handle and bend forward until a stretch is felt in the back of the legs. Avoid rounding back when bending forward. Do not lock or excessively bend knees.

Should Feel it in: Legs



Dynamic Calf Raise

Description: Place both feet on the edge of the platform. Raise up on the balls of your feet. Lower and repeat.

Should Feel it in: Legs



Left Leg Kneeling Quad Stretch

Description: Step forward off the platform with the left leg. Grab ankle of bent leg and push hips forward until stretch is felt in the back leg.

Should Feel it in: Legs



Right Leg Kneeling Quad Stretch

Description: Step forward off the platform with the right leg. Grab ankle of bent leg and push hips forward until stretch is felt in the back leg.

Should Feel it in: Legs



Left Leg Inner Thigh Stretch

Description: Place left foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

Should Feel it in: Legs



Right Leg Inner Thigh Stretch

Description: Place right foot on the platform, leg out to your side and straight. Sit back and down until a stretch is felt. Maintain a neutral spine. Return to starting position. Avoid rotating hips and rounding back.

Should Feel it in: Legs



Squat to Left Leg Balance

Description: With feet wide apart, sit back into squat position. Balance on one foot.

Should Feel it in: Legs



Squat to Right Leg Balance

Description: With feet wide apart, sit back into squat position. Balance on one foot.

Should Feel it in: Legs

