

## DIRECTIONS OF USE

Place one foot on a wedge of appropriate size and the correct side. The big toe and the inner side of the foot are placed on the higher side of the wedge and the heel and the outer side of the foot are placed on the lower side of the wedge. Always keep the heel in contact with the wedge and the knee locked straight.



**Caution: the wedges should be used for passive stretching in one spot only. Walking or running with the wedge can cause ankle fractures and sprains.**

Place the opposite leg in front of the body. Move the body forwards to bring the foot closer to the shin and feel the stretch in the calf muscles. Hold the stretch for several seconds before relaxing. Stretch the opposite calf using the appropriate wedge. Both calves can be stretched simultaneously placing each foot on its corresponding wedge and leaning against a wall. A few stretches every day will improve calf muscle flexibility while protecting the foot.

**SIZE – ACCOMMODATES UP TO 11. SOLD IN PAIRS, RIGHT AND LEFT.**

This material is not intended to provide medical advice, diagnosis or treatment. The products, information, and other content provided on and through this material, are provided for informational purposes only. Please consult with your physician or other healthcare professional regarding any medical or health-related diagnosis or treatment options, or before starting any diet or exercise program.

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