

CANDO®

incline board

10-1179



The CanDo® incline board is ready to use. Simply lift up the stepping surface and place molded handle into the desired opening on the ladder (marked with the incline angles). Choose from 5 different incline angles: 0° (flat), 5° (4"), 15° (6"), 25° (8") and 35° (10").



Calf stretch

Stand on the board. Raise yourself up on your toes, hold, then relax by lowering heels until feet rest on board.



Calf, Hip, Back stretch

Place board against a wall. Stand on board with legs together. Stretch your legs, hips, and back towards the wall until your head and body touch the wall.

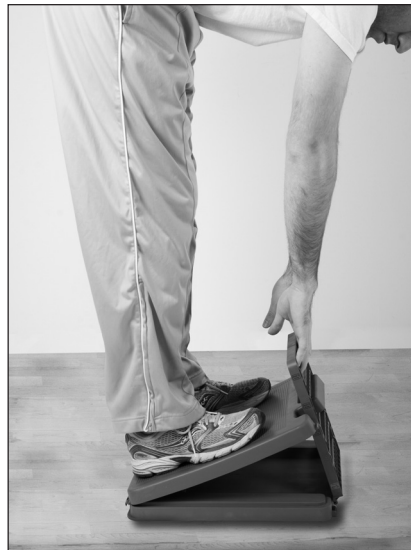
Start your warm-up and stretching exercise by setting the incline of the board at 5° or 15°.

As you become more limber, increase the inclination of the board as needed.



Achilles / Soleus stretch

Lean against a support or wall. Bend both knees. Keep your feet on the board until you feel the stretch along your Achilles tendon and lower calf. Alternate legs, bending one while stretching the other.



Hamstring stretch

Grip the ladder to steady yourself and hold the stretch position.



Plantar Fascia (arch) stretch

Position yourself on the board leaning against a wall. Support yourself on your toes with your back against the wall. Hold this position.



CAUTION: Check with your health care provider before starting any exercise routine.