

THE PRO-ACTIVE



WEDGE

All types of athletes are using the Wedge. NRL teams, Ballet schools, elite marathon runners and tri-athletes right through from adolescents to the professional and elderly. We believe we have an effective tool and if you are dissatisfied we will refund your purchase price less postage and handling if you return the Pro-Active Wedge in 30 days or less.

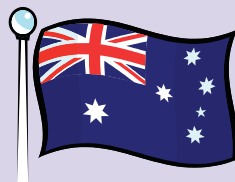
The Pro-Active Wedge comes with a two-year structural warranty because we build it to last. To date none of our wedges in testing have failed and we've been testing them for seven years. We did nearly kill one but we had to use a 500 kg press to do it!

Some practitioners are renting the Pro-active Wedge to their patients. This helps patients with their condition and gives them the opportunity to see how valuable the wedge is in their life before purchasing one. For a small amount over several weeks you can own one yourself and it will pay for itself over and over. This is particularly helpful in post-operative management.

To order your **PRO-ACTIVE WEDGE** today call Pro-Active Physiotherapy on

Ph: **02 6765 2333**

Fax: **02 6765 2311**



Invented & Made By True Blue Aussies

THE PRO-ACTIVE WEDGE



EASILY ADJUSTABLE FROM 25 DEGREES TO 45 DEGREES

Suitable for the following conditions

- * Calf Tightness
- * Calf Cramping
- * Plantar Fasciitis
- * Chronic Achilles Tendonitis
- * Strengthening VMO muscles to reduce anterior knee pain



Calf Muscle Tightness is a common problem as a result of repeated use of the calf muscles from sport such as ballet netball or football etc.



A sedentary lifestyle combined with high heel shoes can also lead to tightness of this muscle. This can be a factor in several injuries of the lower leg.

These include:

- * **Achilles Tendonitis**
- * **Patellofemoral Malalignment**
- * **Anterior knee pain**
- * **Ankle impingement**
- * **Shin Splints**
- * **Gastrocnemius Muscle Tears**

Regular stretching using the Pro-Active Wedge can improve the flexibility of the calf muscles and help to reduce the likelihood of the above mentioned conditions.

Calf Cramping particularly at night is a painful and sleep disturbing condition. In fact any sports that entails pressure over the balls of the feet or toes consistently will produce cramping. Also a sedentary occupation of sitting or consistent use of high heels can cause this problem and can be alleviated by stretching regularly on the Pro-Active Wedge.

Plantar Fasciitis is a painful condition involving the sole of the foot. Support of the foot's arch and regular stretching of the calf muscles using the Pro-Active Wedge can help to reduce the severity and duration of this painful problem.

Chronic Achilles Tendonitis can last for month's even years. It is an inflammation of the large tendon at the back of the calf and ankle. Regular stretching under the guidance of a health professional using the Pro-Active Wedge can help to treat this condition.

Shin Splints are a pain in the shin that can have a multitude of causes. One cause can be related to tight calf muscles sending more shock throughout the shin causing pain. Regular stretching to the calf muscles using the Pro-Active Wedge can help to reduce the severity of this condition.

Gastrocnemius muscle tears are painful and can take months to recover from. In sever cases they require surgery. The Pro-Active Wedge helps to increase the flexibility of this muscle and reduce the likelihood of tearing or rupturing this important muscle.

Pro-Active Physiotherapy has developed and tested the Pro-Active Wedge for seven years and has found it to be a very effective rehabilitation tool. The key to how it works is in its simplicity. We have never had an injury on the wedge.

The Wedge encourages the patient to relax into the stretch and by reducing the muscles' resting tone helps to increase the effectiveness of the stretch. Other calf stretches have a patient's heel(s) hanging over the back of a step or pushing against a wall. In both of these cases the muscles are not relaxed and the full benefit of the stretch cannot be realised.

With the Pro-Active Wedge the patient can relax against the wall allowing the muscle to stretch to its full potential.

With the adjustable slide the patient can track and measure their progress. This ensures greater compliance and helps to establish goals in injury prevention, rehabilitation and musculoskeletal screening.

