



REHAB SLED

ANCHOR PAD INSTRUCTIONS

The Anchor Pad is designed to maximize your therapeutic stretching sessions.



1. Place the anchor pad "straps" under your thigh and position the anchor pad planks on top of your thigh with the **open ended planks** towards your feet.



2. Snap on the straps to secure anchor pad to thigh. Ensure straps are adjusted for proper fit.



- Pull back on the Rehab Sled rope to a comfortable position, then slide the "rope" inside the open ended planks of the anchor pad. This will "lock" the Rehab Sled into a fixed position. Remove your hands from the pad and allow for a knee stretch to take place.
- When appropriate, "unlock" the rope from the anchor and pull back on the rope in order to bend the knee into more of a flexed position. This will increase the pressure of the stretch thus helping the patient bend the knee further.
- Exercises should be repeated 3 times during each of the 3 daily sessions, thus achieving 15 minutes during each session until maximum improvement has been achieved.

The Anchor Pad allows the patient to remove their hands from the ropes while receiving therapeutic stretching treatment to restore range of motion. By restoring range of motion in this manner you are able to heal quicker and recapture quality of life.
