



Upper Calf Crunch/HP

HP stands for Hard and Powerful.

Starting Positions

PIC: The PIC stands next to a padded chair (no arms) or a chair to which a foam pad, thick towel or thick blanket has been added to the seat. The PIC places the knee to be stretched onto the seat, with the knee toward the back of the chair and the foot hanging just over the front edge of the seat. The PIC can use the back of the chair for support and should stand up straight. No slouching!

Coach: Stands next to and facing the PIC.

Weight

The Coach uses the arch of the foot to add weight to the top part of the PIC's calf. If stretching the PIC's right calf, add weight with the left foot (and vice versa). This angle lets you give weight that is more precise, pointed weight. This approach is best if the PIC's calf is unusually large or thick and the Coach needs to add sharper, more pointed weight. To sharpen the weight, add weight with the area of the arch closest to the heel. Hard and Powerful means that the contour of the Coach's foot does not match the contour of the PIC's calf muscle. Instead, the Coach

delivers weight with the outer edge of the foot into the PIC's calf.

The Technique

Once the Coach has added enough weight, the PIC moves the foot at the ankle by pushing out with the heel while pulling inward with the toes, then pushing out with the toes and pulling the heel inward. The PIC does this back-forth pushing-pulling SLOWLY several times. Then the Coach removes the weight.

Special Instructions

If the chair is at an angle that causes the PIC to slouch or lean, place a book or other support under the other foot to correct the PIC's posture.

The Coach can add more weight by simply leaning on the knee of the foot that's delivering weight. Don't press down, just lean and let the body deliver weight. The Coach also may feel tight spots and knots in the PIC's calf and can adjust weight by angling the foot slightly.

For an even better stretch, ask the PIC to rotate the foot around in a circular motion very slowly while pulling/pushing the feet and heels inward and outward. Rotate several



Surgery Sucks....But Stretching Doesn't!



Have you ever heard someone who's scheduled for surgery for a pain-related problem say something like, "I can't WAIT for surgery. It'll be SO awesome! It feels so refreshing and invigorating! Gosh, it'll be GREAT!"

Nope? Neither have I. In fact, most people shudder at the prospect of surgery and worry about its complications and after-effects with good reasons. The whole premise of this book, in fact, is that surgery performed with the promise of relieving common, everyday aches and pains is an insult to the human body, usually unnecessary and complete overkill (no pun intended). Hint: Pain is symptom of tightness, not a disease or organ than can be sliced, snipped or zapped out of the body!

But here's the best part. When you stretch, there's no risk of infection, bleeding, stroke, anesthesia reaction, vomiting, nausea, drug mix-ups, patient mix-ups, wrong body part operated on, headache or any other "common complications" associated with surgery.

Surgery Sucks isn't about surgery. It's about an ALTERNATIVE to surgery that's non-invasive, quicker, safer and much more effective than cutting, slicing, dicing and zapping otherwise healthy human tissue. *Surgery Sucks* demonstrates -- complete with step-by-step instructions and photos -- more than 100 powerful stretching techniques, known as The Rossiter System, to keep your body and its connective tissue system loose, pain-free and functioning naturally, the way it's supposed to. Think of this as a maintenance manual for the body, and if you follow it, you might be able to avoid surgery forever for these kinds of problems:

Carpal Tunnel Syndrome • Low Back Pain • Stiff Necks • Sore Shoulders & Arms
Elbow Tendonitis • Foot Pain & Plantar Fasciitis • Restless or Jumpy legs
Ankle & Knee Pain • Tight Calf Muscles & Hamstrings • Heel Spurs
Hand, Finger & Thumb Pain • Migraines & Stress Headaches • Hip Tightness & Pain

So what are you waiting for? Get down on the floor...and start stretching!!!

About the authors: Richard Rossiter, creator of these techniques, believes in avoiding surgery at all costs. Sue MacDonald, his wife, agrees.

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