PBGGAME · ORIGINAL PRINTABLE CUE SHEET

Stretching Straps First-Use Checklist

Identify the equipment, choose a usable handhold and rehearse releasing it before adding a stretch. This sheet covers handling and one supported first-use example; it is not a full lower-body programme or an individual rehabilitation plan.

Equipment	What to check
Nonelastic multi-loop strap	Sewn handholds give discrete positions. Choose one that permits relaxed shoulders and an easy release.
Conventional two-D-ring strap	The buckle adjusts a loop while unloaded. Confirm the actual closure and matching instructions.
Elastic training band	It changes length under tension. It is not a direct replacement for a nonelastic strap; color alone does not establish a suitable resistance.

Before putting it around a foot

- Read the exact tool instructions. Inspect webbing, stitching, rings and contact surfaces; leave worn or damaged equipment out.
- Use a clear area with comfortable body support. Start with easy movement; stretching is not itself a warm-up.
- Lay webbing flat, choose a broad permitted foot contact and keep fingers, toes and neck clear of cinching loops.

Conventional D-rings: an unloaded routing check

1. Align the two rings and feed the free tail through both.
2. Fold the tail back over the nearest ring and return through the other ring only.
3. Keep the webbing flat between the rings. Take up slack and check with a gentle hand pull.
4. Release tension before adjusting or unthreading. If it slips, trace the route and inspect condition instead of pulling harder.

This describes the conventional mechanism documented by Hugger Mugger, not every buckle. Interlocking, square-ring or quick-release closures need their own directions. A hand check is not a capacity test or permission for hanging or suspension.

Check working length, not a height formula

Allow material for the intended path, foot loop, buckle return and the maker's required tail. Keep shoulders and grip relaxed and an easy exit available. Total label length is not the usable hand-to-foot span; there is no universal tail allowance or shortest-grip target.

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26 October 2026 · Read the full PBGGAME stretching-equipment guide
One first stretch and a practice record follow on page 2.

One First Stretch, Then a Deliberate Release

Supported hamstring example

1. Use the permitted broad foot contact with a nonelastic strap. Lie back with the head and trunk supported; keep the other foot supported with its knee bent if comfortable.
2. Raise the thigh and gently lengthen the knee only to mild comfortable tension. A soft knee is allowed; the leg need not be vertical.
3. Use enough handhold length to keep the shoulders down and grip manageable. Breathe normally, without bouncing or a hard pull on the toes.
4. Soften the knee, lower the leg slowly and let the strap go slack before removing it. Stop and release for pain, numbness, tingling or loss of control.

The supported format is informed by UCSF's hamstring example; a softly bent raised knee and supported bent other leg are editorial comfort options. No hold time, repetition count or flexibility standard is prescribed here. It is not a nerve-tension test or treatment for pain.

Your equipment and setup

Date: _____ **Strap/model:** _____

Check	Your observation
Closure / intended handhold	
Working path / return tail	
Supported position / comfortable reach	
Release and next adjustment	

Repeat a manageable setup before changing one feature. A shorter handhold or a harder pull is not automatic progress. Follow the exact care instructions and store the equipment away from sharp edges, heat and walkways.

References and full instructions

- Hugger Mugger - How to Put on a Yoga Strap: D-Rings and Loops
- Manduka EU - Yoga Props Help Center, Straps
- OPTP - Stretch Out Strap
- Gaiam - Multi-Grip Stretch Strap Care, Setup and Safety, 05-60562
- Mayo Clinic - Stretching: Focus on Flexibility
- UCSF Orthopaedic Institute - Lower Body Stretches, page 2
- NHS - Sitting Exercises

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