



balletfootstretch®
the original



balletfootstretch®
the original

Visit us at footstretch.com | footstretch.eu

balletfootstretch® the original

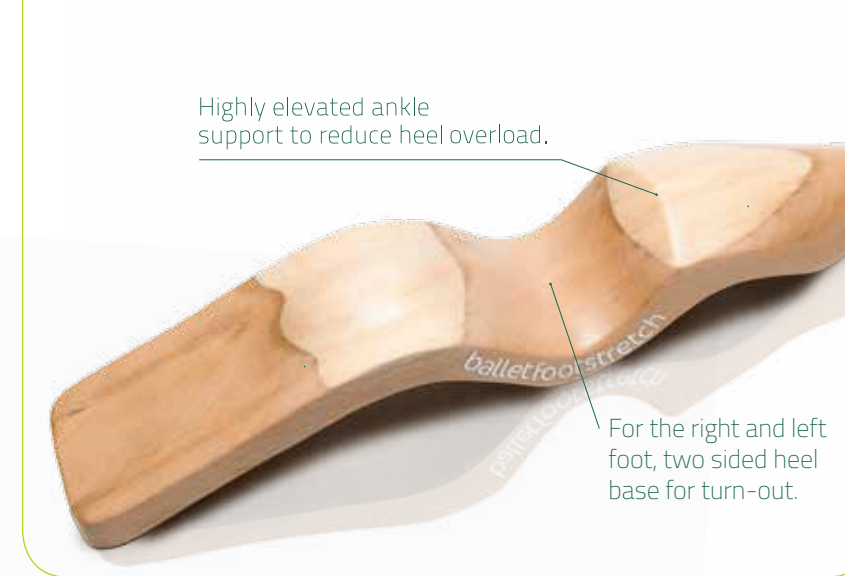
A piece of art for your foot

Unique

Balletfootstretch® is a new concept, which we rightfully and aptly can define as the original footstretcher, for improving the aesthetics of the stretched foot. No metal joints, plastics, sharp screws nor springs.

Made of noble materials

The natural wood is a highly resistant raw material, meticulously carved and polished so that it is smooth and pleasant to the touch, specially thought for the delicate structure of the feet.



Tested

We can say that, for over 15 years, thanks to the Balletfootstretch's original conception, manufacture and distribution to dancers, ballet schools and dance companies all over the world, now medical authorities on dance are paying more attention to this unique invention and recognizing its great effectiveness and safety as a complementary tool for the development of the dancer's feet flexibility and strength, like, for example, the US National Library of Medicine and the National Institute of Health.

Slim

A sleek, more modern, finer, and more sportive line added to the beauty of meticulously worked wood, and finished with an elegant inox cap. Three different models according to your type of activity and personal taste.

Balletfootstretch® Slim is an inspiration for your feet to point to the top.



Balletfootstretch® Slim with its patented unique qualities is the perfect tool with accurately designed details for beauty, efficiency and guaranteed effectivity.



New!!

balletfootstretch®
Dynamo

*detachable handle
portable*



5 Different colors



*new applications
handsfree
more versatile*



balletfootstretch® Dynamo

The latest development in Balletfootstretch® technology, the new revolutionary device, for you to perform your footstretching exercises, HANDSFREE.

Its innovative design allows you to stretch your foot in the most dynamic and correct way in a greater variety of leg positions and movements.



Strap
included



balletfootstretch® Dynamo Fluor *Limited edition*





balletfootstretch's Official Video Training Tutorial



Play & Follow

This is the 1st Complete Tutorial with the Play&Follow system for more effective and safe training with your Balletfootstretch® Original, Slim, or Dynamo.

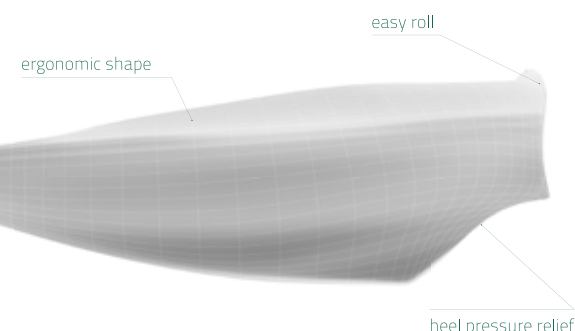
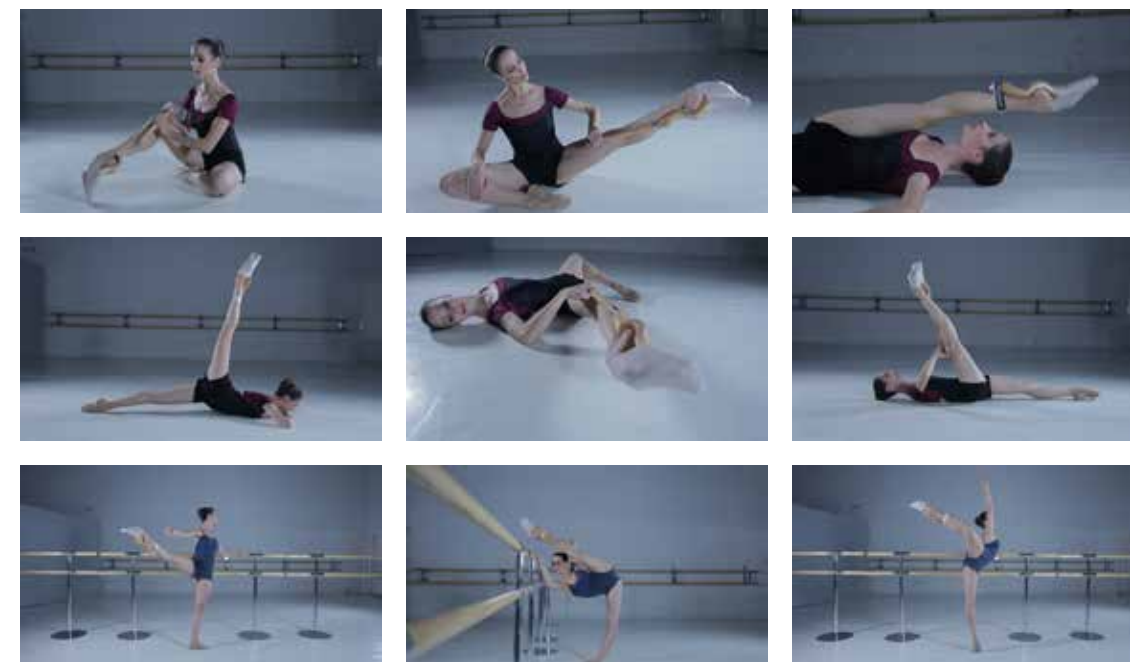
A 30 minute intensive training program for you to follow easily from your Smart Phone, Tablet or PC.

With the Play&Follow system, you can perform the program in real time so that you do not have to pause your device every time you have to change foot or exercise.

The Balletfootstretch® Original tutorial is created for a full dynamic training method, specifically idealized for dancers.

It is based on the action of the foot in relationship with the knee and hip joint of the entire leg, with each movement and position. All groups of muscles, tendons, ligaments, and joints, tighten or loosen and intertwine differently depending on the action.

With this new tutorial, you will discover a unique method, complementary to your dance training activities that will help you improve your foot, and your entire dance formation, in a safe, efficient and enjoyable way.



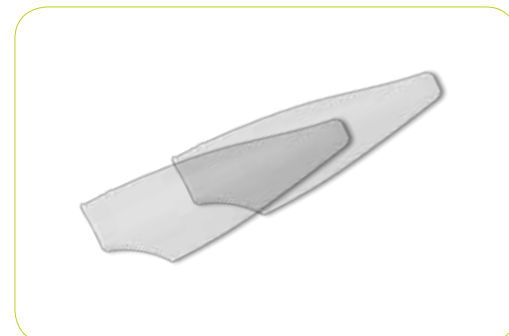
- Very **easy** to use
- **Less pressure** on the heel
- 3 **different** work **intensities**
- **Excellent adaptation** for any foot size
- **Longlasting** quality
- Non-deformable, with **shape memory**
- **Anti-fungus & anti-allergy** material



The Footlastic® is specially designed to relieve unnecessary pressure on the heel.



Footlastic® provides two elastic foot holders of different intensities: the soft, and the strong.



Insert the Footlastic® Strong inside the Soft, the combination of which provides you a highly intensive thrust action on the foot.

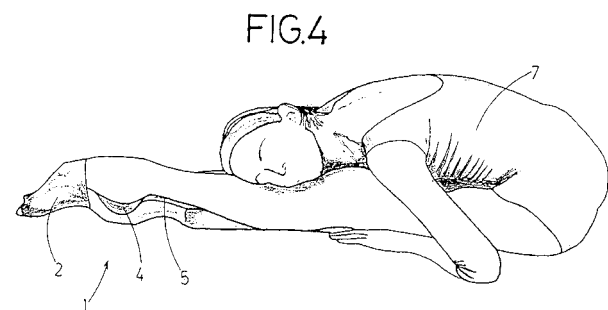
What you should know about Ballet Footstretch

David Campos, Inventor of the Balletfootstretch® Original



Balletfootstretch® is an effective and safe procedure, created and patented* 16 years ago.

Until the appearance of the Balletfootstretch® Original, there was no method, nor tool, capable of facilitating a safe stretch of foot arch for more flexibility, with absolute control, and proper alignment as you push the foot.



U.S. Patent

Mar. 26, 2008

Sheet 2 of 3

6,042,520



With my student Aleix Martinez
Gold medall Prix de Lausanne 2008

FIG.5

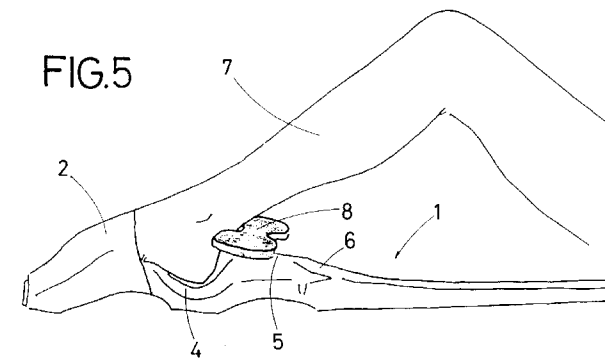
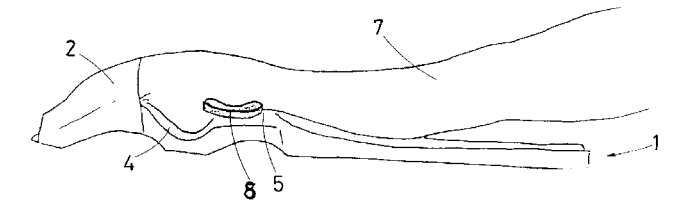


FIG.6



Balletfootstretch® is NOT ONLY a passive stretching method. It provides an infinite possibility of exercises for the dancer, enhancing dynamic mobility as well as foot and leg line, while stretching the foot arch in different positions of the leg. Tried and proven worldwide, the Balletfootstretch® serves as a great complement to a dancer's daily training.

*Today there are many imitators (without our authorization) who wants to commercialize other footstretchers, some publicise them even almost as a toy, and thus create serious confusion.

How does this work?

The Balletfootstretch® is a patented ergonomically designed device with two supporting curves: the first upward curve F10, which supports the arch of the foot; and, the second upward curve F11, just behind the heel cup base, which supports the posterior part of the heel joint (astragalus-calcaneus-tibia) reducing overload in the heel, and preventing posterior impingement F12., during stretching.



Medical opinion about Ballet FootStretch®

Dr. Núria Massó*
Licensed Bachelor of Medicine and Surgery Doctor of Medicine Specialties, Sports Medicine

"I have known of the Balletfootstretch® from its initial conception, since 15 years ago. It was designed especially to find a means to help achieve a greater and wider range of plantar flexion for dancers' feet. From my point of view as a specialized dance therapist, I recognize the significant importance and usefulness of this invention to develop the dancers' feet in a controlled and yet dynamic, and safest stretching way possible.





balletfootstretch®
the original

Visit us at [footstretch.com](https://www.footstretch.com)