

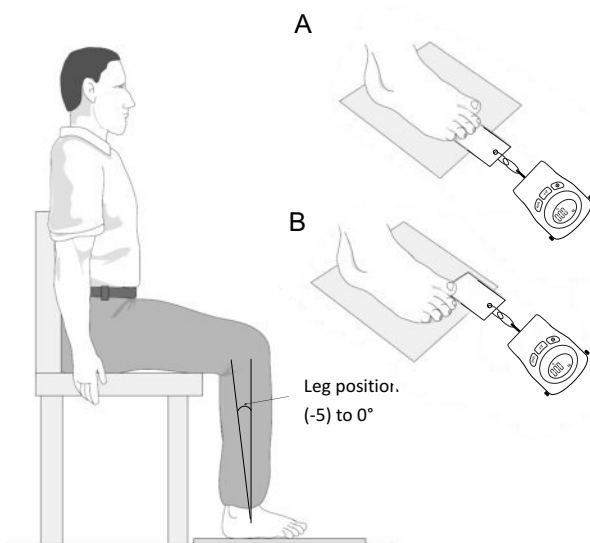
# Quick Start Guide



Your Toe Strength Dynamometer has been sent to you tested and ready-to-go. There is a chance that the device has been turned on during transit and the batteries may be flat. If so, undo the rear cover and replace the AAA batteries with fresh alkaline batteries. Please go through the following setup guide.

- 1 While holding **Z/T** on the front of the unit turn on the power by pressing **ⓘ**
- 2 Tap the **Unit** key **twice** to show **Peak Hold - the unit is now set in Peak Hold testing**
- 3 Press the **ⓘ** key to confirm your selection and to turn the unit off.
- 4 Turn the scale back on. It is now ready to use. Pull on the toe testing card to test the peak hold.
- 5 Press the **Unit** key to change the displayed unit of measure.
- 6 To take a new reading, whilst no tension is on the scale press the **Z/T** button to zero the device.

## Testing Position



1. The patient should be seated comfortably with their leg placed at 90 degrees or inclined backwards towards the patient up to 5 degrees (Fig.1). It is best to have the leg slightly back to ensure the patient is not leaning their bodyweight onto the card whilst a test is being done.
2. Instruct the patient to keep their heel on the ground
3. Place the card under the lesser toes of the patient (**A**) (not under the forefoot) with the longest part of the card back towards the 5th toe
4. The practitioner then places their hand on top of the patient's foot to keep it stable and to detect if the patient attempts to lift their heel from the ground.
5. The patient is instructed to grip onto the card as firmly as possible whilst you try to draw the card out from underneath their toes.
6. Repeat the test 3 times encouraging the patient with each attempt to press as firmly as possible.
7. You do not need to reset the scale during the 3 tests, just record the highest score in the patient's medical record.
8. Repeat the test on the big toe on the same foot (**B**) and then repeat the tests on the patients other foot.

## Normal and abnormal results for the Toe Strength Dynamometer

As a general rule, young healthy males can produce about 10% of their bodyweight in force with their great toes. Young healthy women will produce about 5%. The lesser toes will generally be 50-70% of the great toe strength. It is also not uncommon to see 10-20% reductions on the non-dominant side. e.g. Theoretically a R/handed 20 y.o. 70kg male will produce 7kg of force under their right great toe, 4.5kg under the R/lesser toes, 6.3kg L/great toe and 4kg of force on L/lesser toes.

Be mindful of the testing surface under the card - ideally measurements should occur on floorboards or vinyl flooring. Re-test patients on same surface when possible.

**Read the longer *toe strength dynamometer* instructions for further information.**