



The ToePro Foot/Ankle Exercise Platform

Thank you for purchasing the ToePro. To read the full article about all the benefits of using this product and watch a video of the ToePro in use, go to www.mytoepro.com.au.

Using the ToePro for Forefoot Strengthening and Prevention of Falls

This protocol is also useful as a warm up for conventional ToePro exercises. To begin strengthening, place the ToePro on the floor in front of a stable surface, such as a fixed table or wall. Position your toes along the back edge of the ToePro while placing your hands 1-inch from a stable surface (Fig. 1). Now, keep your entire body straight while tilting forward, pressing your toes firmly into the soft foam. Hold this position for 3 seconds and then forcibly use your toes to return to the original position.

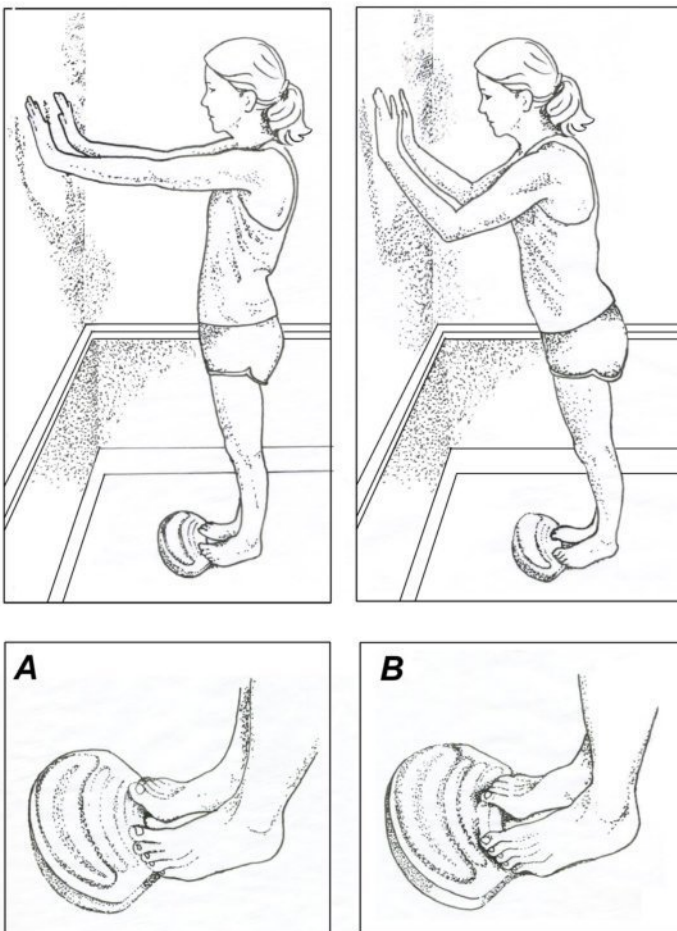


Fig. 1. Place the ToePro near a wall or any stable surface and position your toes along the base of the foam (A). Now, keep your hips and torso aligned while you slowly lean forward while pushing down vigorously with your toes (B). Your fingertips should be close to but not touching the wall. Lean as far forward as you can comfortably go and hold this position for 5 seconds. Repeat this movement 25 times daily.

If you feel unstable while performing this exercise, you should place your hands against the wall and focus on simply pushing your toes down into the foam surface. Hold the downward push for 5 seconds and repeat until you feel fatigued. Over time, you can build up to 25 repetitions. Because the foam is thicker beneath the big toe, greater resistance is applied at this point, which is important for preventing falls because the inability to generate pressure beneath the big toe is the single best predictor of falls in the elderly.

WARNING AND DISCLAIMER

User assumes all risks associated with use of the ToePro Foot/Ankle Exercise Platform. Because injury may result from inappropriate use, such as placing on an unstable surface, and/or being poorly stabilized by not resting your hands against a stable surface, all of which is beyond control of the manufacturer and distributor, user assumes all risks. The ToePro Foot/Ankle Exercise Platform is designed to strengthen foot and ankle muscles and increase range of motion. Should the user feel that this result is not achieved, the manufacturer will refund the purchase price. Under no circumstances shall the buyer be entitled to damages associated with the use of this product. Use of this product constitutes agreement to these terms.

The ToePro is manufactured in the U.S.A.