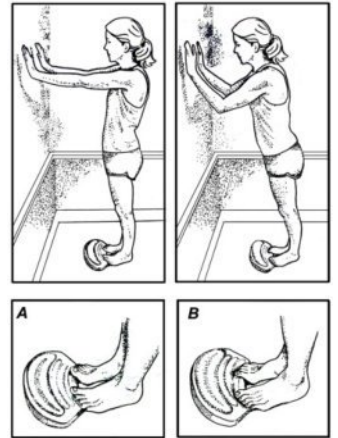




The ToePro Foot/Ankle Exercise Platform

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 being used, go to www.mytoepro.com.au.

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 safely go and hold this position for 3 seconds.** You should be pushing your toes into the foam as hard as possible with each repetition. **Repeat this movement 20 times.**



Next, as illustrated, place the tips of your toes into the center of the front crest (A) while shifting your weight to the outside of your feet; i.e., keep your arches raised (B). Now, raise your heels while pressing down firmly with your toes, gradually shifting weight from your outer to your inner forefoot (C). When raising your heels, focus on driving your inner forefoot and toes firmly into the foam and hold this position for a few seconds.

Try to build up to doing **4 sets of 25 repetitions** moving at a moderate pace: spend 1-second going up and 2-seconds going down. The first set of this exercise is performed with your knees straight. Subsequent sets are performed with the knees slightly bent, which better isolates the leg and arch muscles. It is important that you **spend less than 30 seconds resting between each set.** Short interset rest periods have been proven to accelerate muscle repair and remodeling.

Finish the exercise by holding your heels 1-inch off the ground for up to 60 seconds. Try to balance with hands close to but not touching the wall for the final 60 seconds. If you fatigue at any time during the exercise, lean against the wall to take stress of your feet and legs. Repeat this routine 5 times per week for 12 weeks.

Note that throughout the entire exercise, your toes should be forcefully grasping the crescent-shaped toe crest. Contact with this initial portion of the crest causes you to recruit the short toe flexors, while contacting the center groove forces you to contract the long toe flexors. Strengthening the short toe flexors is important when treating plantar fasciitis, as these muscles have the ability to offload the plantar fascia.

Lastly, although counterintuitive, after strengthening your foot and arch muscles, you actually have to teach the newly strengthened muscles how to fire while walking and running. To do this, **practice pushing off with the tips of your toes while walking or running for five minutes, twice a day.** The deliberate action of pushing down eventually becomes an ingrained movement pattern, and the strength gains achieved with the ToePro exercises can be used while walking and running.

