

Frequently Asked Questions?

Q. How does the Foot Gym work?

A. The resistance bands will be used with your toes, while the massage roller is meant for the arch, heel & Achilles. The angle of the device allows for the stretch of the calf muscles, Achilles, as well as the Plantar Fascia. Please refer to the exercises in this user guide. It is generally used while sitting for exercise or massage and used while standing for stretching.

Q. What are the benefits of using the Foot Gym?

A. The Foot Gym is ideal for prehab & rehab for common foot injuries, such as Plantar Fasciitis, Achilles tendonitis, heel pain, shin splints and more. It can be used before or after exercise. It will not only strengthen your feet but can also offer relaxation for tired, aching feet. This device is also perfect for the athlete looking for a competitive advantage due to its focus on the often ignored foot muscles.

Q. Is the slant board platform antimicrobial?

A. Yes.

Q. How do I use the bands and what do the different colors mean?

A. Place bands in holder (see photos). You can angle the bands in the holder based on the slant of your toes. For example, for your right foot, you can place the left end of the band in the top left holder and the right end of the band in the middle holder. The red band has firm resistance, the green band has moderate resistance, and the yellow band has light resistance.

Q. Are there adverse reactions or warnings?

A. Do not use on open sores or wounds. If there is pain during use, stop and consult your physician, trainer or therapist. If the heated roller is too hot for comfort, allow to cool.

Q. Can the massage roller be heated or cooled?

A. Yes. See roller instructions under the massage section of this user guide. Test for temperature that is safe to your touch (microwave not recommended).

Q. How do I know I am doing the exercises correctly?

A. Refer to the user guide photos inside.

Q. Can I purchase replacement parts?

A. Yes. Visit www.FootGym.com or call 877-647-0386 for bands & roller parts.

Care Instructions: Hand wash with mild soap, air dry.

Disclaimer: Not all exercise is suited for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise regimen. If you have any questions regarding the use of this product, consult your physician, trainer, therapist, or call ING Source, Inc.

www.FootGym.com



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USER GUIDE





TOE CURL

Muscles worked: Flexor Hallucis Longus, Flexor Digitorum Longus, MTP Joints

- While sitting, place desired band(s) securely in grooves based on slant of your toes.
- Place toes on top of band.
- Drag your toes toward ankle while keeping heel stationary.
- Hold position for 3-5 seconds.
- Release band.
- Complete 2-3 sets of 10-15 reps per foot.



TOE EXTENSION

Muscles worked: Extensor Hallucis Longus, Extensor Digitorum Longus, Adductor Hallucis, Abductor Hallucis

- While sitting, place desired band(s) securely in grooves based on slant of your toes.
- Place toes under band.
- Keeping heel and ball of foot stationary, lift band with toes.
- Hold position for 3-5 seconds.
- Relax toes.
- Complete 2-3 sets of 10-15 reps per foot.



DORSIFLEXION

Muscles worked: Tibialis Anterior, Extensor Digitorum Longus, Fibularis (Peroneus) Tertius, Extensor Hallucis

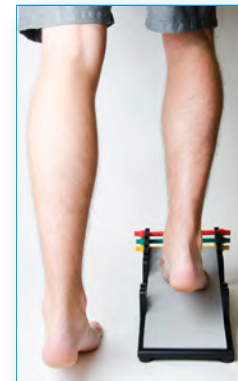
- While sitting, place desired band(s) securely in grooves based on slant of your toes.
- Place toes under band.
- Keeping heel stationary, lift band while moving toes and ball of foot.
- Hold position for 3-5 seconds.
- Bring foot back down and release band(s).
- Complete 2-3 sets of 10-15 reps per foot.



PLANTAR FASCIA STRETCH

Ligament stretched: Plantar Fascia

- While sitting, place foot on slant board platform for full dorsiflexion.



CALF RAISE

Muscles worked: Gastrocnemium, Soleus, Flexor Digitorum Longus, Flexor Hallucis Longus, Peroneus Brevis, Peroneus Longus, Tibialis Posterior

- While standing, place one foot on the slant board.
- Raise up on the ball of the foot, keeping other foot on the ground for balance. Your body weight should be transferred to the foot on the slant board.
- Hold for approximately 2-4 seconds.
- Return both heels to floor.
- Complete 2-3 sets of 10-15 reps per foot with one minute of rest in between each set.

**Remember to keep knees slightly bent to avoid hypertension.*



CALF STRETCH

Muscles worked: Gastrocnemius, Soleus

- While standing, place one foot on the slant board with the other foot slightly bent behind and to the side.
- Bend front knee until you feel a stretch in the calf muscle.
- Slightly bend both knees for additional stretch.
- Hold the stretch for 10 seconds.
- Repeat 10 times per foot.



MASSAGE (cold/hot)

Areas massaged: Medial Longitudinal Arch, Lateral Longitudinal Arch, Traverse Arch, Achilles

- Remove massage roller from storage compartment underneath.
- Fill roller 3/4 full with tap water.
- Freeze or heat roller for desired effect.*
- Place massage roller securely on holders.
- While sitting, roll treatment area back and forth on massage roller.

*Roller instructions:

For heat therapy: Fill roller 3/4 full with warm tap water & replace stopper firmly. For additional warmth, immerse in heated water.

For cold therapy: Fill roller 3/4 full with tap water & replace stopper firmly. Place roller in freezer until cooled or frozen (approximately 2-4 hours). Works best when partially full. DO NOT OVERFILL.