

THANK YOU for Purchasing the Human Locomotion Achilles Rehab Package of Products

Here is a brief description of each product and how to use it. **Use this QR code to go to the full instruction pages for each product.**



If you are unfamiliar with this type of exercise program, consult with a PT, personal trainer, or other health care provider who can guide you through the use of these products.

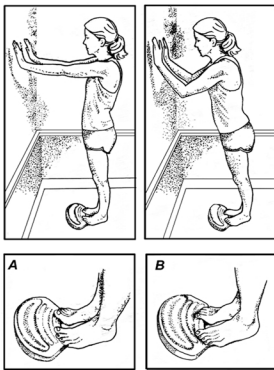


Fig. 1. ToePro Warm-Up. Place the ToePro near a wall or any stable surface and position your toes along the base of the foam (A). Now, keep your hips and torso aligned as you slowly lean forward while pushing down vigorously with your toes (B). Your fingertips should be close to but not touching the wall. Lean forward as far as you can safely go and hold this position for 3 seconds.

Do 1 set of 20 repetitions, then lean forward and hold that isometric contraction for up to 30 seconds. Try not to touch the wall.

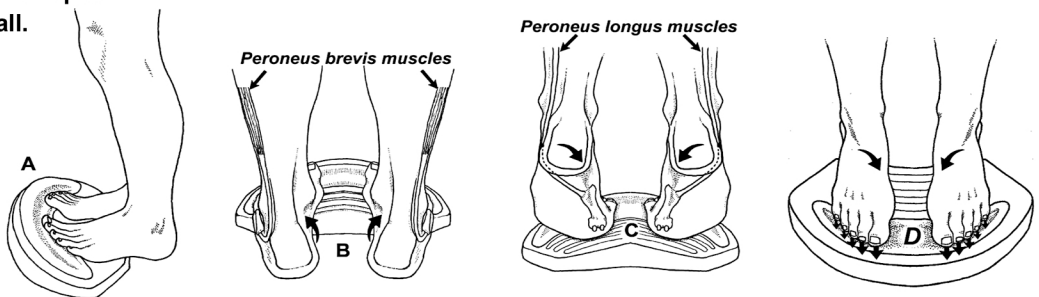


Fig. 2. ToePro Exercise. While contacting a wall or stable surface, place the tips of your toes into the center of the front crest (A) while shifting your weight to the outside of your feet; i.e., keep your arches raised (B). Now, raise your heels while pressing down firmly with your toes, gradually shifting weight from your outer to your inner forefoot (C and D). When raising your heels, focus on driving your inner forefeet and toes firmly into the foam and hold this position for a few seconds (D).

Do 2 sets of 15 with the knees straight, followed by 2 sets of 15 with the knees bent. To watch the video of this exercise, go to the QR code on the back of this page, or to our website, www.humanlocomotion.com.

If you want a more challenging workout with the ToePro, go to our video section on HumanLocomotion.com to watch our videos on advanced and alternate routines, as well as a video on using the ToePro for non-insertional Achilles injuries.

Warning and disclaimer: Because injury may result from inappropriate use of these products, which is beyond control of the manufacturer, user assumes all risks. Under no circumstances shall the buyer be entitled to damages associated with the use of this product, and use of this product constitutes agreement to these terms.

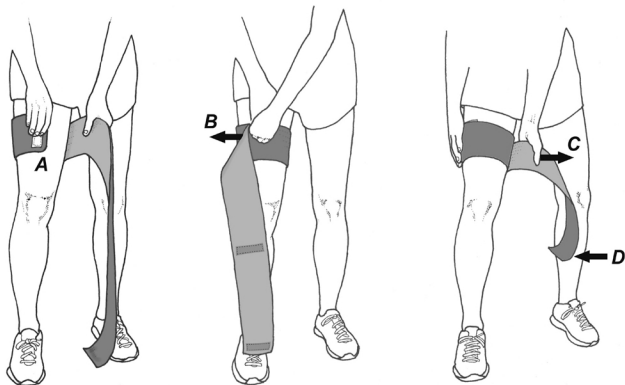
The Human Locomotion Achilles Rehab

Package of Products

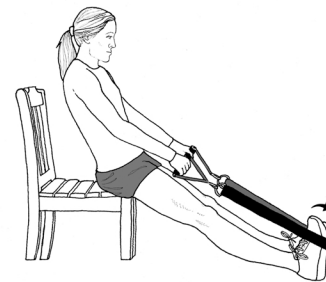
Brief instructions for the *Triple Stick Straps* and the *Achilles Strap*



Blood flow restriction (BFR) has been shown to accelerate tendon remodeling. The *Triple Stick Strap* is designed to create the lowest level of compression proven to accelerate muscle and tendon remodeling. The 3 velcro locking points allow you to easily increase or decrease muscle compression while exercising, and the soft edges make the strap comfortable enough to wear while performing your workouts. *Please use the QR code on the front of this page to go to the full instructions for this product.*

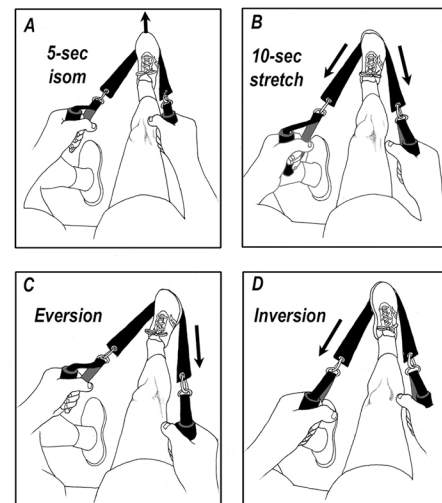


1. Place the strap along the center of your thigh with the *Triple Stick* label on the outside (A).
2. Use the opposite hand to wrap the strap firmly against your thigh, stretching the band before attaching the other two pieces of black velcro (arrows B, C, and D).
3. At first, place only mild tension on the strap and gradually increase tension as you get accustomed to the feeling of compression. At all times, tension on the strap should be firm but comfortable. Immediately remove the strap if you feel pain, discomfort, and/or swelling.



The Albrecht protocol to increase tendon strength.

In this protocol, the hip is flexed 40°, the knee is straight, and the ankle is dorsiflexed 5°. While holding the strap firmly, push your forefoot into the strap, spending 3 seconds building to near peak force, and 3 seconds gradually decreasing from this force (arrow). You should do 5 sets of 4 repetitions on each leg, 4 times per week for 14 weeks.



In addition to using the *Achilles Strap* for performing isometric contractions, it can also be used as a warm-up prior to sports participation. Please use the QR code on the front of this page to go to the full instructions for the warm-up.