

Instructions for Using The Two-to-One Ankle Rockboard

Thank you for purchasing the Two-to-One Ankle Rockboard.
Read the full article with references and watch the video instructions
at our website, HUMANLOCOMOTION.COM.

The most common intervention to restore ankle strength and balance is with ankle rock boards. Unfortunately, the overwhelming majority of these boards pivot about a central pivot point that causes the board to tilt equally in all directions. Because the human foot tilts in twice as far as it tilts out (Fig. 1), to be effective, an ankle rock board should tilt with a two-to-one movement ratio. The two-to-one movement ratio places your foot in the position of a future sprain and then forces you to use your muscles to pull yourself out of the risky position.

When comparing the Two-To-One Ankle Rockboard to other rock boards, you'll immediately feel that it more effectively exercises the muscles of your lower leg (particularly with the advanced drill) and works to maintain a

full range of ankle motion. If you are using this device to treat a recent sprain and/or an unstable ankle, consult your healthcare provider prior to using this rock board to find out which protocol is appropriate for you.

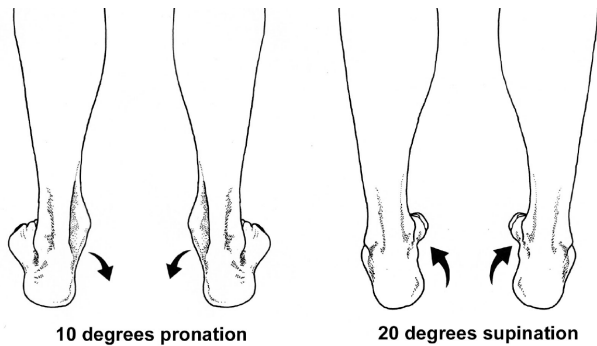


Figure 1.

Stage 1

This stage is typically only performed when treating acute injuries.

Because of this, it is recommended that you use an ankle wrap, such as the Swede-O Universal or an Air Cast during this and all other stages of rehabilitation. While seated and wearing sneakers, position the Two-To-One Ankle Rockboard in front of your chair with your feet perpendicular to the abrasive strap (Fig. 2). Gently rotate the ankle rockboard so its edges touch the ground. Don't worry if you can't get the edges to touch initially, as this will get easier as your ankle improves. Slowly move the rock board through this range of motion

for 1 minute clockwise and 1 minute counterclockwise. Repeat every 3-4 hours and keep a compressive wrap on the ankle throughout the day. The easiest way to make a compressive wrap is to place an ace bandage around the ankle and then place an Air Cast over the Ace bandage. Simply adding an elastic bandage to a standard air cast has been proven to reduce the length of time to full recovery following ankle sprain by 50% (10). If using the ankle rockboard causes anything but mild discomfort, discontinue use and consult your healthcare provider.

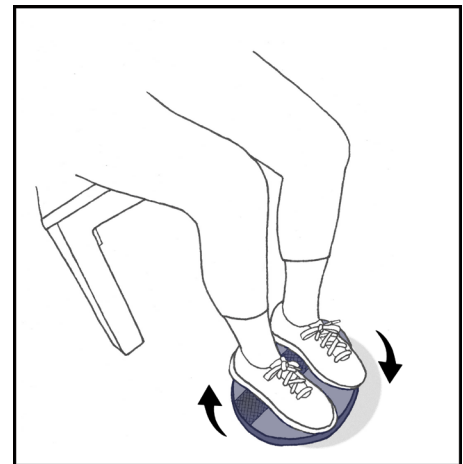


Figure 2.

Stage 2

Again, while seated and wearing sneakers, turn the Two-To-One Ankle Rockboard 90° and place your entire foot over the abrasive strip with the arch pointing towards the longer side of the board (Fig. 3). Slowly move the ankle rockboard so its edges touch the ground. To ensure the ankle moves easily in all directions, adjust your foot so it is positioned directly over the top of the ball. This is accomplished by stabilizing the board with toes of the opposite foot and making slight adjustments until the rockboard foot is positioned directly over the center of the ball (Fig. 4). With a little practice, the balance point becomes obvious allowing the foot to move smoothly in all directions. Rotate the rockboard through a full range of motion for 60 seconds clockwise and 60 seconds counterclockwise. Repeat this at least 3 times per day.

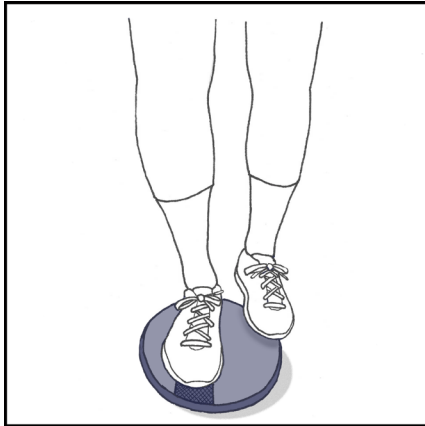


Figure 4.

You can only progress to stage 3 when you possess adequate balance and strength to move through a full range of motion in stage 2 without discomfort. Your hands must be supported against a wall during this exercise and the Two-To-One Ankle Rockboard should be on a stable surface. As with stage 2, it is almost always necessary to initially adjust the rockboard so your foot is over the center of the ball. Move the rockboard through a full range of motion for 60 seconds clockwise and 60 seconds counterclockwise (Fig. 5). Repeat at least 3 times per day and keep your weight-bearing hip and knee straight while using the rockboard.

Stage 4

This is an advanced stage for aggressively strengthening the foot and ankle muscles. With your hands supported against a wall, place your forefoot directly over the center of the ball with the inside of the foot pointing towards the long side of the rockboard. As always, adjust the position with the opposite foot to ensure you are over the center of the ball. Rotate the Two-To-One Ankle Rockboard so the edges contact the floor. Perform 3 sets of 15 repetitions, alternating every 10 revolutions between clockwise and counterclockwise directions. This exercise is completed by performing a 30-second calf stretch.

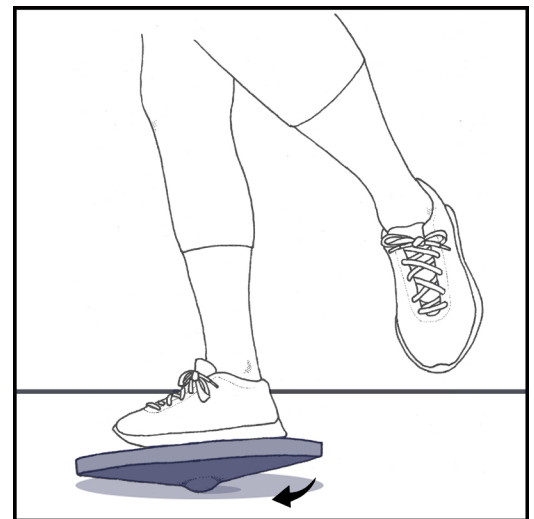


Figure 5.

Warning and Disclaimer

User assumes all risks associated with use of the Two-To-One Ankle Rockboard. Because people with unstable ankles are prone to injury, user must get permission from a healthcare provider to determine which stage of rehabilitation is most appropriate. Because injury may result from inappropriate use, such as placing on an unstable surface, using barefoot 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. 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.

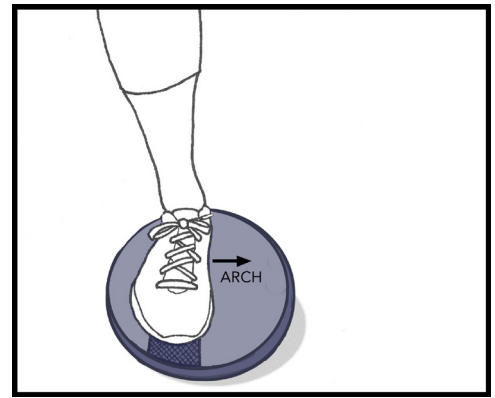


Figure 3.