

THANK YOU for Purchasing the Balance Buttons

Instructions for use:

Balance Buttons are designed to apply pressure to a specific location along the outer side of your foot, which has the highest density of sensory receptors. To apply, peel off the adhesive back and place the Balance Buttons as illustrated in figure 1.

Notice the outer corners are positioned so they align with the outer edge of the insole (A and B). When done correctly, the larger elevations on the Balance Buttons will extend slightly off the side of the insole. When positioned off the side of the insole, the larger elevations will only stimulate pressure receptors in the skin when you shift your weight too far to the outside.

This is extremely important as most falls occur when you shift your weight in this lateral direction.

While some people find the Balance Buttons uncomfortable for the first few days, most people are able to tolerate them right away, often noticing a slight improvement in balance almost immediately.

Balance Buttons work best when used in conjunction with a ToePro and/or a 2 to 1 RockBoard, as strengthening your feet and ankles is extremely important for maintaining/improving balance.

Additional information on use of the Balance Buttons, including a video, is available on our website:

HUMANLOCOMOTION.COM

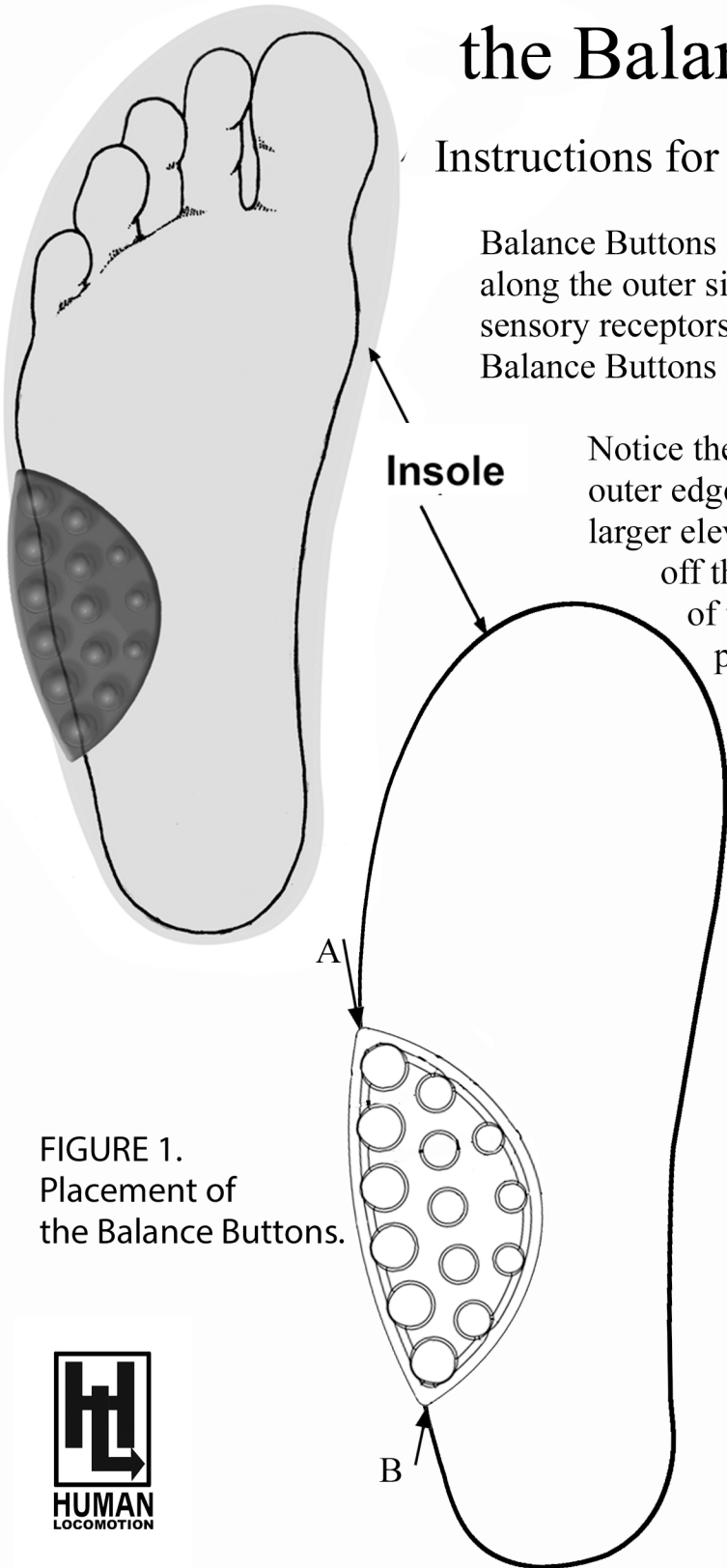


FIGURE 1.
Placement of
the Balance Buttons.