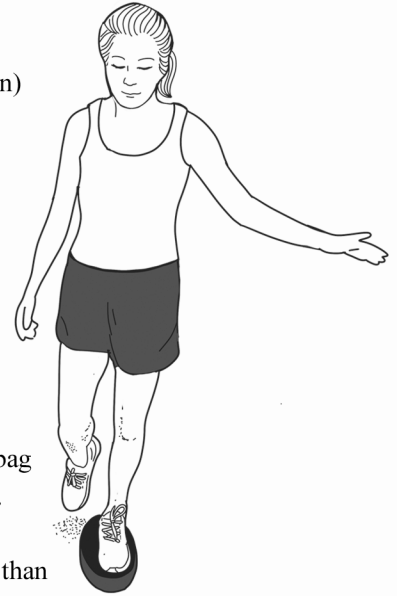


# THANK YOU for Purchasing the Human Locomotion Balance Pad

*If you are not familiar with the use of a balance pad, please consult a fall prevention specialist before using this product.*

## Instructions for use:

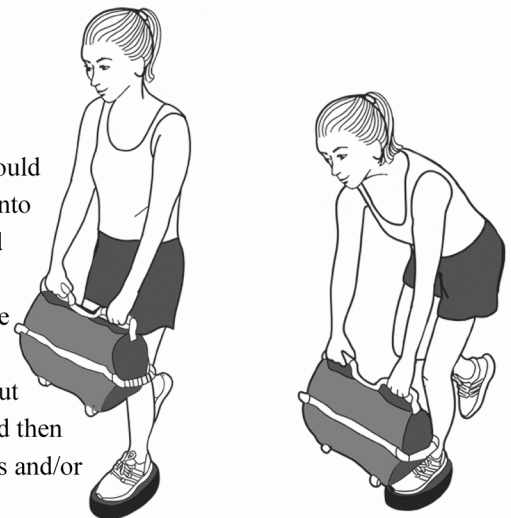
**1. Beginner Balance Exercise:** This exercise is performed by standing on one leg (sneakers on) with the shoulder on the side being exercised positioned near a wall. The wall can protect you should you fall sideways. To do this test, set a timer for 3 minutes and with your eyes open, try to maintain balance on the foam pad. The specific foam pad used in this protocol is softer than most, making the exercise more difficult than the original McHugh protocol, which was done for 5 minutes. Because this exercise is so difficult, touch the ground as often as necessary, and you can even take a brief break should you become fatigued. Over a period of weeks, you will touch the ground less often as your strength and balance improve.



**2. Weighted Bag Exercise:** Hold onto a grocery bag with one hand while standing on the balance pad. The bag should be weighted with something soft (in case you drop it) and it should weigh no more than 5% of your body weight. A small bag of flour works well.

Next, while balancing on one leg, quickly move the bag up and forward while trying to maintain balance. Because the bag shifts back and forth slightly, it challenges you to find your balance point while holding onto an unstable object. After you raise the bag up and forward, wait a few seconds for the bag to stop moving, and then lower it to the starting position. Do this 5 times and then switch to the opposite foot.

**3. Advanced Weighted Bag Exercise:** This is a more advanced exercise and should only be attempted after you've mastered the other balance pad exercises. Hold onto a 2-handle sports bag or water bag that is filled with about 10% body weight and slowly lean forward as you balance on one leg. You can add more weight as you get comfortable with this exercise. As you lean forward, make sure to pivot at the hips and not slouch, and make sure you touch the ground as often as necessary with the opposite foot to maintain balance. Hold the bag at the low point for about 3 seconds, and then raise to the starting position. Repeat this exercise 5 times and then switch to your other foot. As your balance improves, you can do more repetitions and/or increase the weight.



For a list of the products recommended in this instruction sheet and where you can find them, please go to [HumanLocomotion.com/recommendedproductlist](http://HumanLocomotion.com/recommendedproductlist).

**Warning and disclaimer:** *Because injury may result from inappropriate use of this product, 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.*