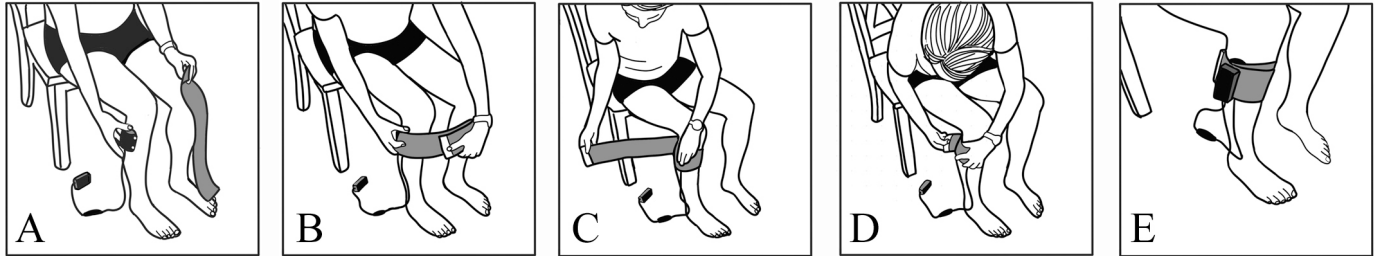


The Focal Muscle Vibration Motor

Instructions for Use

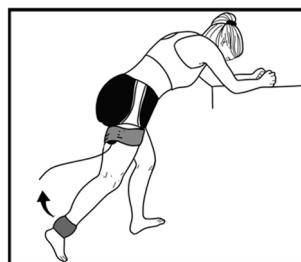
Learn more about the FMV motor and watch an instructional video on our website, www.humanlocomotion.com.



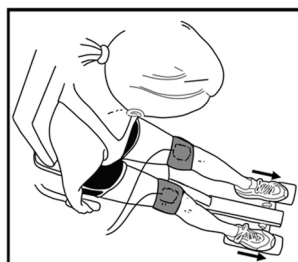
1. Place the motor on the muscle you want to target (A). In this drawing, it is the peroneus longus muscle. Put the strap on the motor with the white Velcro strip on the inside of the strap on the outer end (B). Wrap the Velcro strap tightly around your leg and the motor to keep it in place (C). Seal the motor and strap into place with the white Velcro strip on the end of the strap (D). If you're using the battery pack, the on/off switch is on the top end of the battery pack, and there is a Velcro strip on it so you can attach it to the strap (E). If you are using the version with the plug, plug it in first and use the small switch on the cord to turn on the motor when it is in place.

2. Ankle weights and/or elastic bands can be used to apply light resistance (see below). With the motor running, perform a mild isometric contraction for **10 minutes, followed by a 60-second rest. Do this three times.**

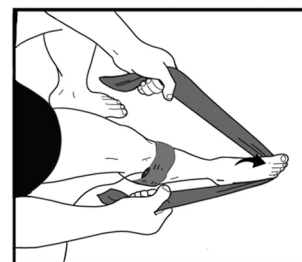
3. Perform this routine for 3 consecutive days. In most cases, treatments are repeated once or twice a week for the next 4 to 6 weeks and home rehabilitative stretches and exercises are encouraged during this time period. When applied to the quadriceps, most researchers apply FMV to the distal muscle/tendon junction. People with chronic ankle instability respond especially well to FMV over the proximal peroneus longus, while chronic rotator cuff injuries do well with FMV applied directly over a tight infraspinatus.



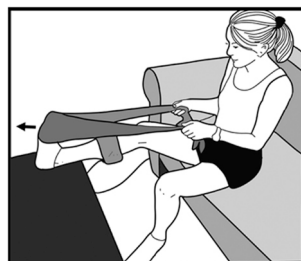
HAMSTRING



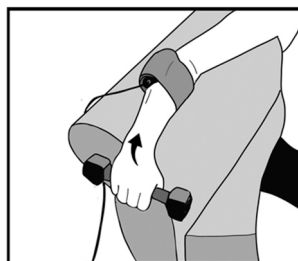
QUADS



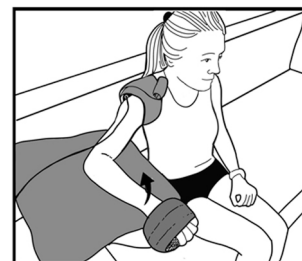
PERONEUS LONGUS



MEDIAL GASTROC



TENNIS ELBOW



ROTATOR CUFF



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.