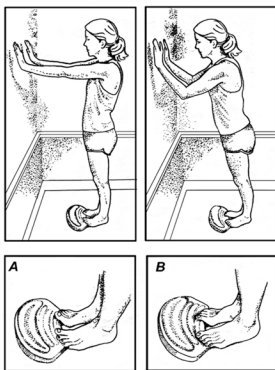


# THANK YOU for Purchasing the Human Locomotion Fall Prevention Protocol Package of Products

Here is a brief description of each product and how to use it with the protocol. **Use the QR code on the other side of this page** for a short video on how to use them.

The HL Fall Prevention Protocol booklet is in a printable PDF form so you can print a copy that you may refer to when you are performing this protocol. There is a handy evaluation sheet for the 14 tests, and a corresponding page that you may refer to for each exercise you should do should you fail any of the tests.

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 this protocol. We are compiling a list of providers who are familiar with this fall prevention protocol and will post it on HumanLocomotion.com in the near future. Subscribe to our mailing list if you want to be notified when we put the list up.

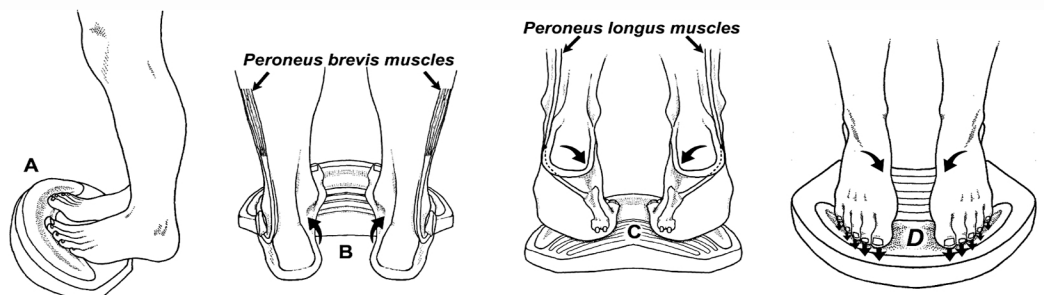


## The ToePro Foot/Ankle Exercise Platform

**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](http://www.humanlocomotion.com).**

**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.**



**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.

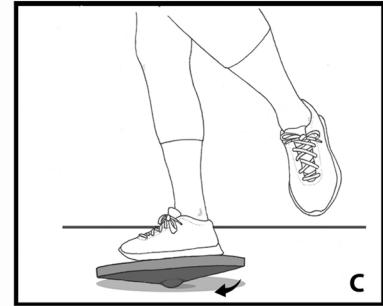
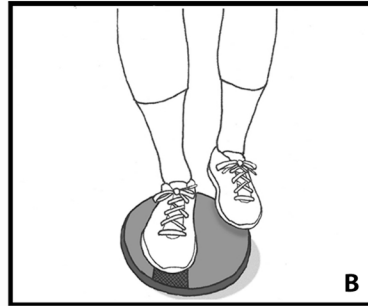
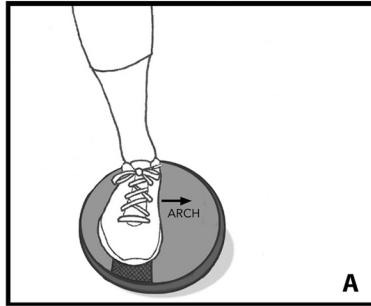
# The Human Locomotion Fall Prevention Protocol

## Package of Products

Brief instructions for the *Two-to-One Ankle Rockboard*, *Balance Pad*, and *Balance Buttons*

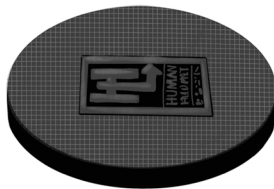


### THE TWO-TO-ONE ANKLE ROCKBOARD



**The *Two-to-One Ankle Rockboard*.** Place your foot on the textured strip so that it is directly over the ball, with the arch of your foot facing the wider area of the board (A). It is easy to keep the board stable using your other foot to steady the edge of the board (B). Use your hands to steady yourself against a wall and move the rockboard through a full range of motion for 60 seconds clockwise and 60 seconds counterclockwise (C). Keep your weight-bearing hip and knee straight while using the rockboard.

**Start with 2 sets of 20 rotations on each side, and as you get stronger, work your way up to 60 rotations.**



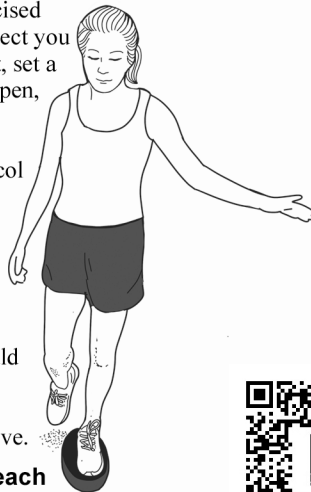
### BALANCE PAD

**Beginner *Balance Pad* 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.

**Do this exercise for 3 minutes on each side.**



### BALANCE BUTTONS® FIND YOUR BALANCE

*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.

The outer corners of the *Balance Buttons* 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.

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

**Use the QR code at left to go to a brief video with detailed instructions on how to use these products.**

FIGURE 1.  
Placement of  
the *Balance Buttons*.