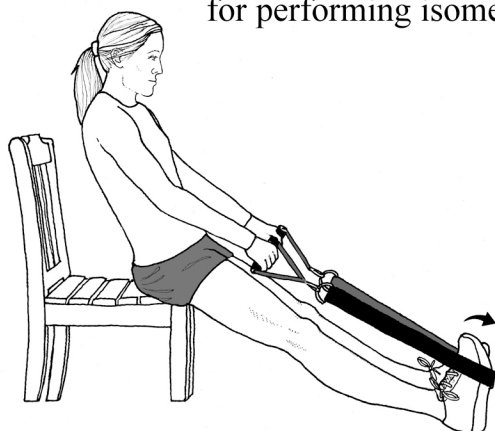




The Human Locomotion Achilles Strap

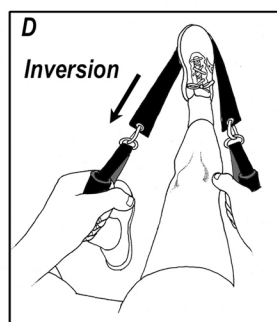
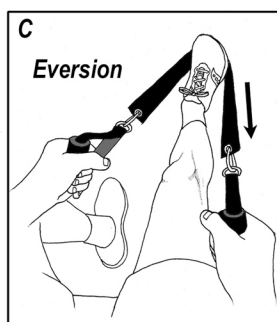
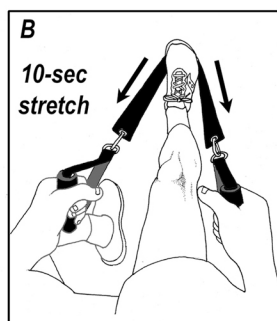
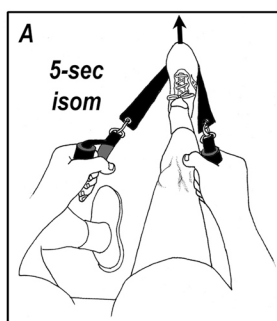
Instructions for Use

Please refer to the article on our website for a description of tendon compliance and the effect it has on the gastrocnemius and soleus muscles. The *Achilles Strap* is designed for performing isometric contractions on the Achilles tendon.



The Albracht protocol to increase tendon strength.

In this protocol, the hip is flexed 40° , the knee is straight, and the ankle is dorsiflexed 5° . While holding the strap firmly, push your forefoot into the strap, spending 3 seconds building to near peak force, and 3 seconds gradually decreasing from this force (**arrow**). You should do 5 sets of 4 repetitions on each leg, 4 times per week for 14 weeks.



In addition to using the *Achilles Strap* for performing isometric contractions, it can also be used as a warm-up prior to sports participation.

Place your ankle at a 90° angle to your leg and isometrically tense your calf with light resistance for 5 seconds (A). Follow the 5-second contraction with a 10-second stretch by pulling with your hands (B). Repeat this 2 times and do your next 5-second isometric contraction with the foot slightly everted (C). Follow the contraction with a 10-second stretch keeping the foot everted (**arrow**). Lastly, perform a 5-second isometric contraction with the ankle inverted and finish by stretching in this position for an additional 10 seconds (D).

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.