

Instructions for Using the Toe Strength Dynamometer

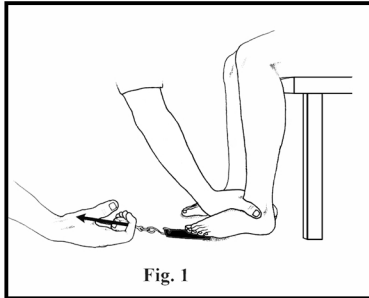


Fig. 1

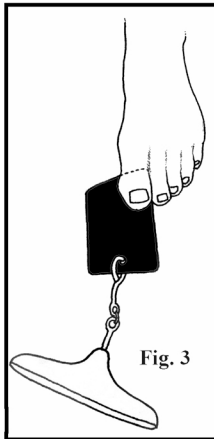


Fig. 3

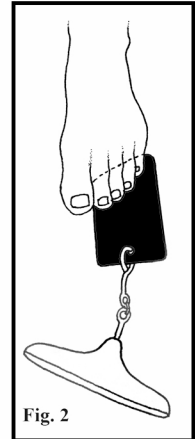


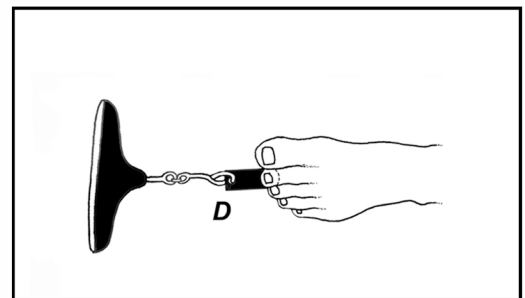
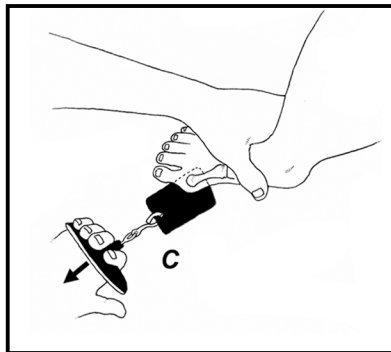
Fig. 2

Measuring Toe Strength:

1. The patient should be seated comfortably, with their legs tilted back about 5 degrees (**Fig.1**).
2. Place the card under the lesser toes so that the longest part of the card is positioned beneath the fifth toe (**Fig. 2**).
3. Place your hand on top of the patient's foot to keep it stable and detect if the patient attempts to lift their heel from the ground. Say "keep your heel on the ground, and try to stop me from pulling this card out." Instruct the patient to grip the card as firmly as possible while you slowly pull the card out from beneath their toes. Repeat the test until a consistent measurement is achieved, usually 2 to 3 times.
4. Flip the card over and place the long end of the card beneath the big toe of the same foot (**Fig. 3**). Record the measurement and repeat the strength test on the patient's other foot. As a general rule, **adults can produce about 10% of their body weight in force with their great toe, and 7% of their body weight in force beneath the lesser toes**. Athletes should be able to achieve 15 to 20% of their body weight beneath the big toe, and 10 to 15% of their body weight beneath the lesser toes.
5. **Peroneus longus** strength is measured by placing the card underneath the first metatarsal head (**C**). People should generate at least 10% of their body weight with this test.



For more information, including articles and a video on how to use the Dynamometer, and attachments for the device including the strap for hip strength measurement and the plantar plate card, click on the QR code above, or go to:
www.HumanLocomotion.com



6. For a **plantar plate injury**, use the optional plantar plate attachment card and place it under the involved toe (**D**). It is not uncommon for a person to generate only 2 or 3% body weight with this test. Because the dynamometer does not record scores less than 3 pounds, you have to look at the dynamometer screen while performing this test and record the highest number.

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.