

THANK YOU for Purchasing the Human Locomotion Golfer's Package of Products

Here is a brief description of each product and how to use it. **Use this QR code to go to the full instruction pages for each product.**



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 the use of these products.

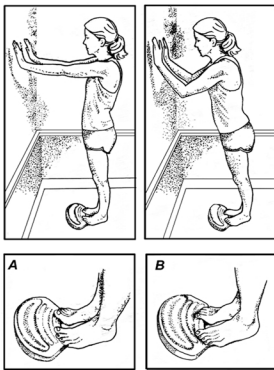


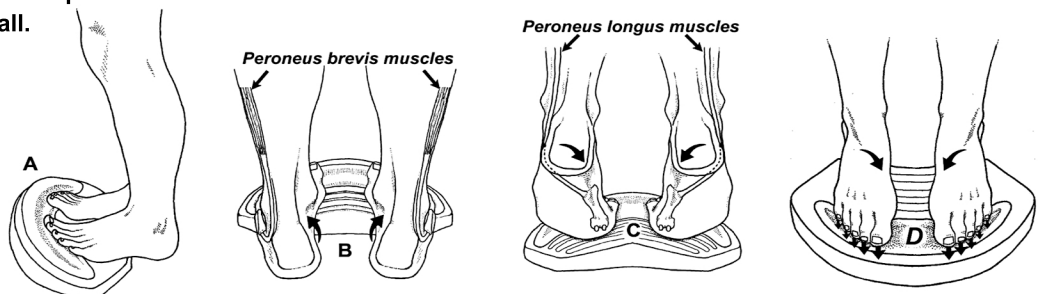
Fig. 1. ToePro Warm-Up. Place the ToePro near a wall or any stable surface and position your toes along the base of the foam (A). Now, keep your hips and torso aligned as you slowly lean forward while pushing down vigorously with your toes (B). Your fingertips should be close to but not touching the 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.



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.

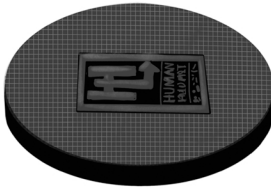


If you want a more challenging workout with the ToePro, go to our video section on HumanLocomotion.com to watch our videos on advanced and alternate routines, as well as a video on using the ToePro for non-insertional Achilles injuries.

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 Golfer's Package of Products

Brief instructions for the *Balance Buttons* and the *Balance Pad*



BALANCE PAD

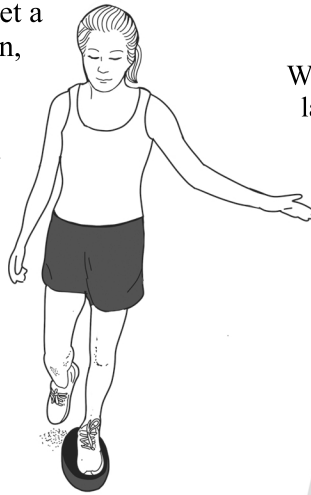


Balance Buttons are designed to apply pressure to a specific location along the outer side of your foot, which has the highest density of sensory receptors.

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.

Weighted Bag Exercise: Holding a grocery bag that has 5% of your body weight in your left hand, place your left foot on the balance pad. When you are ready, lift your right foot slowly off the floor and try to maintain your balance on the balance pad. Touch the floor with your right foot as often as you need to to remain balanced. Slowly raise the weighted bag up and out in front of you, holding it for three seconds, and then bring it back to the starting position.

Do this exercise for 5 times and then switch to the other foot.

Click on this QR code to go to the original article, *Good Balance and Strong Toes: the Most Under Appreciated Components of a Great Golf Stroke*, by Dr. Tom Michaud.



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.

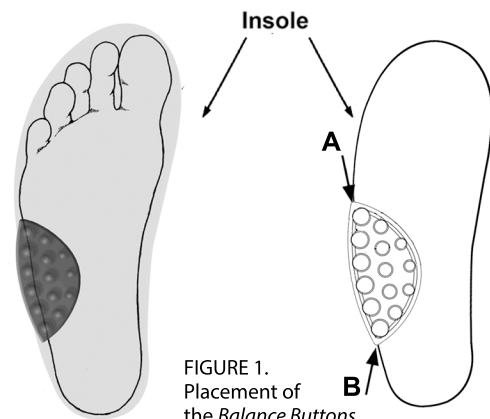


FIGURE 1.
Placement of
the *Balance Buttons*.

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.