



******* USE ONLY WHILE SEATED *******
See enclosed Notice of Caution

Flexing Foot Rest applications:

**Remove flexors for from
board for easy travel**

For Use as an Ergonomically Correct Foot Rest

Place **Flexing Foot Rest** with the pedals on the ground and the board side up so the faceplate is on an incline facing you.

For Use as a Flexing Foot Rest™

1. Place **Flexing Foot Rest** with board side up and the pedals on the ground facing towards you with the faceplate on a decline. Sit up straight with knees bent at a 90 degree angle.
2. Compress the faceplate down, repeatedly for 30 seconds.
3. Rotate **Flexing Foot Rest** 180 degrees so the pedals are on the ground facing away from the faceplate is on an incline facing you.
4. Compress the faceplate down, repeatedly for 30 seconds.

Individuals who sit for extended periods of time (two or more hours at one time)

- Perform several sets throughout the day; roughly, two sets for each hour you are seated.
- Performing a set before rising from your chair will increase circulation and help prepare your legs for walking.

Stroke Victims: Place stronger leg closer to the center of the faceplate to help weaker leg compress the flexors.

Deep Vein Thrombosis (DVT), Peripheral Arterial Disease (PAD) and Diabetes Victims

Place **Flexing Foot Rest** on a firm surface with the board side down and the pedals up.

1. Sit up straight with knees bent at a 90 degree angle. Position both feet on the pedals.
2. Compress both pedals down at the same time, repeatedly for 30 seconds.
3. Rotate **Flexing Foot Rest** 180 degrees under your heels.
4. Compress both pedals down at the same time, repeatedly for 30 seconds.

DVT, PAD and Diabetes Victims:

- Perform several sets throughout the day.
- Performing a set before walking will increase circulation and help warm-up your legs.

Individuals who sit for extended periods of time (two or more hours at one time)

Place **Flexing Foot Rest** on a firm surface with the board side down and the pedals up.

1. Sit up straight with knees bent at a 90 degree angle. Position both feet on the pedals.
2. Compress the left pedal and then the right pedal in a continuous rhythmic pattern similar to your desired walking pace, repeatedly for 30 seconds.
3. Rotate **Flexing Foot Rest** 180 degrees under your heels.
4. Compress the left pedal and then the right pedal in a continuous rhythmic pattern similar to your desired walking pace, repeatedly for 30 seconds.

NOTICE OF CAUTION

This product is not intended as a substitute for medical treatment. This product encourages proper and proactive warm-ups and exercises.

This product and or instructions **does not** entail or advocate any self-diagnosis.

This product and or instructions does not offer medical advice. The instructions provided with this product are offered from the standpoint of a common-sense approach to proper exercises and warm-up procedures.

The warm-up and exercise instructions are intended as a guide. Consult your doctor before beginning this or any exercise routine. If medical, psychological, or any other expert assistance is required, the services of a competent professional person should be sought.

The manufacturer, creators, producers, participants and the distributors of this product do not assume liability for injury or loss in connection with this product and instructions therein.

**(From a declaration of principles of a joint committee of the
American Bar Association and Publishers)**