

WALKING ARCHCOACH™ ANKLE



For ankle exercises the ArchCOACH™ strap must course from on top of the foot around the outside border then under the foot and is pulled up around from under your arch and is held up by your alternate hand (the opposite hand as the foot you are strengthening).

The ArchCOACH™ “X” gives an estimate of the direction in which to apply the strap. Begin the strap at the front inside of the top of the foot and attach it so that the ArchCOACH™ Velcro® runs diagonally across the ArchCOACH™ “X” as shown in the picture at the top right.

Next apply resistance by pulling the strap to the desired tension. Allow the resistance applied by the ArchCOACH™ to supinate your foot (roll it outwards). Maintain this resistance during each walking step.

Take one step forwards onto the foot wearing the ArchCOACH™. As you take this step ensure that your foot does not roll out due to the resistance from the ArchCOACH™.

Initially try to walk 5 steps which will mean your ArchCOACH™ foot takes 3 steps. With each step aim to co-ordinate the roll in movement to resist the force of the ArchCOACH™ rolling you out. As you improve in your ability to coordinate your roll in movements under the ArchCOACH™ resistance, then slowly increase the speed of your roll-ins, the resistance of the ArchCOACH™ and the number of steps you take.