

WALKING ARCHCOACH™ ARCH



Adjust the ArchCOACH™ to the position shown. For “arch” exercises the ArchCOACH™ strap must course from on top of the foot around under the arch of the foot and is held by the same hand as the foot you are strengthening.

The ArchCOACH™ “X” gives an estimate of the direction in which to apply the strap. For “arch” exercises begin the strap at the front outside of the top of the foot and attach it so that the ArchCOACH™ velcro runs diagonally across the ArchCOACH™ “X”.

Next apply resistance by pulling the strap onto the desired tension. Slightly roll your foot out against the resistance of the ArchCOACH™ and maintain this foot position against the resistance.

Take one step forwards onto the foot wearing the ArchCOACH™. As you take this step ensure that your foot does not roll in 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 out movement to resist the force of the ArchCOACH™ rolling you in.

As you improve in your ability to coordinate your roll out movements under the ArchCOACH™ resistance, then slowly increase the speed of your roll-outs, the resistance of the ArchCOACH™ and the number of steps you take.