



pedalo®



Foot Trainer Pro )  
(Pair)

[www.hd-physiotech.com](http://www.hd-physiotech.com)



The foot, as the fundamental base of our body weight, plays an important role in our posture and stabilization.

The daily training to maintain a healthy foot to counter foot deformities is essential. An improvement or even recovery of a functional foot screwing can only be achieved through active foot training. The Pedalo-Foot

Trainer can handle many foot problems, as it can be adjusted in all axes (dorsal flexion, flexion, supination, pronation) according to the positioning of the tilting bars. These are quickly and easily fixed separately for forefoot and rear foot to the underside of the foot boards by fastening strap.

The decisive factor is that the two movably connected boards for forefoot and rear foot can act independently of each other.

Thus, the natural foot screwing can be functionally trained by an active stabilization training. Indications: Foot weaknesses, foot de-formities such as flat foot, foldable base, training of the leg axis stability. Erection of heel, foot arch, leg axis correction. Specifications: birch

Multiplex. 1 pair each 33x12x3 cm. 7 tilting bars (2x long, 5x short). Maximum

load up to 150 kg. Incl. cork underlay. 1 kg.



Function extension in conjunction with the Twister 38: foot inward rotation (inversion) and outward rotation (eversion) is possible.



The foot positioning should always be centered on the Foot Trainer and the foot should be in contact with the plate during the exercise. An exception would be, if it is pointed to take off the foot. Always perform the exercises in controlled slowness with high precision for approximately 30-45 seconds

each. Repeat the exercises several times, but only as often as you can do it in a controlled manner. Take a break between the repetitions, which has the same duration of the exercise.

### Mobilization fore foot (foot screwing)

Heel plate is straight fixed. The forefoot moves over the central axis left/right. Attention is paid to the movement of the forefoot. The knee is stable towards the front.

Variants: The tilting bar is moved inwards/outwards in the heel part. As a result, the torque in the foot screwing of the forefoot is strengthened.

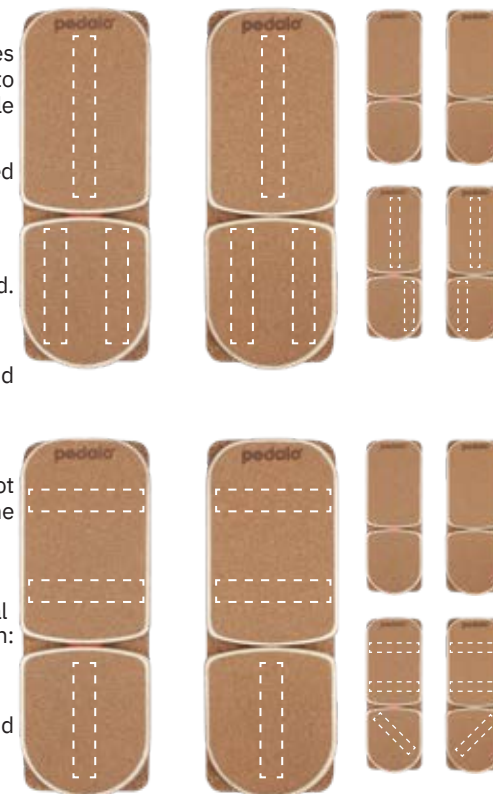
Indication: Problems of the Achilles tendon, instabilities of the leg axis, release of tension. Improvement of the foot screwing, before and

### Mobilization rear foot (foot screwing)

Forefoot plate is straight positioned. The rear foot moves over the heel pad on the central axis to the left/right. The knee is stable towards the front.

Variants: Forefoot is straight positioned. The rear foot moves over the heel pad over the set diagonal to create an additional mobilization. Indication:

Heel spur, problems in the Achilles tendon, tension in the calf. Can be used before and after training for prevention (warm-up) and regeneration.



### Mobilization big toe

In a correctly performed movement the foot is rolled over the big toe. If the toe is limited in its movement, the foot usually deviates inwards or outwards, what, changes the position of the correct leg axis. The consequences are often overload in the knee and hip area (Fig. A). Therefore the first aim is to preventively stretch and mobilize this chain of motion through the beam of the big toe (plantar fascia - Achilles tendon - calf muscle). Especially after heavy loading, the elongation should be carried out regeneratively.



**Mobilization big toe**

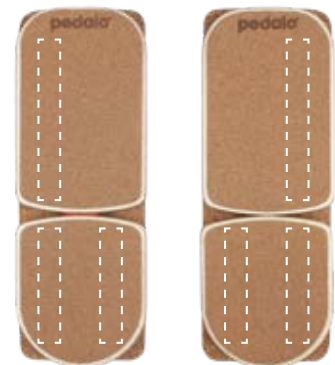
Fig. A) The standing leg is initially about 2 foot length behind the training leg. The knee of the practice leg is led forward and so the stretch builds up. The exercise is performed under load of the foot. Slowly stretch, soften, stretch more, soften, ...

Fig. B) The standing leg is 1.5 foot length in front of the practice leg. The heel of the exercise foot is raised and the foot is rolled over the straight toe with constant contact with the ground to the point where the big toe ball loses contact. Indication:

Shortened hip flexor, decreased knee stretching, plantar fascia problems, hallux, complaints when unrolling, limited mobility of the big toe (below approx. 65 degrees). Warm-up exercises.

**Foot activation**

The foot screwing between forefoot and rear foot gives us the necessary stability in the foot. In order to build up or maintain this stability, we need an effective interaction of the foot muscles, the deep calf muscles and the front shin musculature. It is important that the respective musculature has its full function both in the tension (stabilization) and relaxation (mobilization). If only one component is weakened, this can negatively affect function and stability.



**Activation forefoot**

Activation over calf muscles (pronation)  
Move the foot together with the forefoot plate in the horizontal position. By raising the inner foot edge with simultaneous active pressure of the little toe ball. Hold this position and consciously feel your activated foot and lower leg muscles (here external calf muscles). Then slowly and controllably return the forefoot plate, giving up muscle tension.

Activation of the front shin musculature  
Move the foot together with the forefoot plate in the horizontal position. The tilting bar is attached to the forefoot plate offset inwards. By lifting the outer foot with simultaneous active pressure of the big toe ball. Hold this position and consciously feel your activated foot and lower leg muscles (here front shin musculature). Then slowly and controllably return the forefoot plate, giving up muscle tension. In both exercises, the knee is stably directed forward.

Indication: Unstable leg axis, flat foot, pain from overstrain, Rehabilitation of the front shin musculature. training, warm up exercises.

**Activation heel bone**

Fig. A) The tilting bar is attached to the heel plate offset outwards. By loading the outside of your heel ball, try to raise the heel plate to a horizontal position. Your forefoot remains fully positioned on the forefoot plate. Hold this position and consciously feel your activated foot and lower leg muscles. Afterwards return the heel plate, slowly and in a controlled manner by giving up the muscle tension.

Fig. B) The tilting bar is attached to the heel plate offset inwards. By loading the inside of your heel try to raise the heel plate to a horizontal position.

Your forefoot remains fully seated on the forefoot plate. Hold this position and consciously feel your activated foot and lower leg muscles. Afterwards, slowly and in a controlled manner, return the heel plate, in which you give up the muscle tension.

Indication: Unstable leg axis, pain from overstrain. Erection of heel bone, correction of leg axis, rehabilitation training, warm-up exercises.



Fig. A)

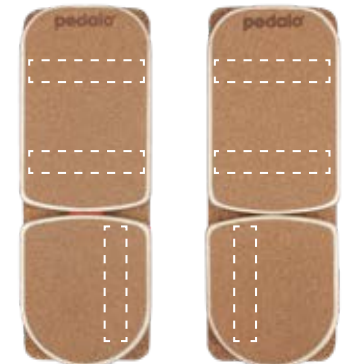


Fig. B)





**Activation footprint**

The plantar flexors give the last impulse to the footprint and initiate the hip flexion of the opposite leg.

The rear leg is in the starting position about 1.5 foot

length behind the practice leg. The standing leg becomes the swing leg while the knee is led forwards

in the horizontal. At the same moment, the heel of the training leg leaves the ground and is lifted so far that the foot of the training leg is only stabilized on the toe pad. Let the arms swing against you.

Assistance: Perform the exercise against the wall and lean against the wall with both arms. Make

sure there is enough distance to the wall so that the knees does not touch the wall. Indication: Unstable leg

axis, pain from overstrain of the shin musculature, weak footprint. Warm-up

**Training of leg axis stability (one-leg-stand)**

The more stable a leg axis is in its function, the lower the stress on the foot, knee and hip joints and the lower the risk of injury. Stability needs mobility, power and coordination.

Fig. A) The position of the fixed tilting bars will support

the foot screwing connection. The practice leg is in the one-legged position on the Foot Trainer. The pendulum leg is splayed sideways and its foot is minimally over the floor. At the same time we

slowly move into the squat position with the exercise leg. The knee is stable towards the front. The center of gravity is above the training leg.

Fig. B) Due to the position of the fixed tilting bars, the foot screwing connection is more difficult. The practice leg is in the one-leg-stand on the Foot Trainer.

The pendulum leg is splayed sideways and its foot minimally over the floor. At the same time we

slowly move into the squat position with the exercise leg. The knee is stable towards the front. The center of gravity is above the training leg.

Variants: Perform the exercises on the floor first.

Indication: Unstable leg axis, rehabilitation training, abduction hip

**Training in different axes**

For maximum biofeedback information, Pedalo uses exercise equipment with hard platforms, which in turn are unstable on their own. As a result, in contrast to soft base, signals are more clearly perceived via the nervous system and thus processed faster. A high speed of stimulation processing is essential in everyday life and in sports and also helps to prevent injuries.

**Reflex training in parallel stand with tilting bars on the central axis**

Get into a squat position while preventing the standing surface from tilting sideways.

Variants: Repeat with eyes closed. Repeat with shoulder gaze.



**Reflex training in one-leg-stand**

In a one-legged position, try to stabilize the Foot Trainer in the horizontal position. The knee should be stable towards the front, the trunk should be kept as stable as possible. The viewing direction is at eye level forward, then directed to the side.

Variants: Set the tilting bars diagonal on the forefoot and heel plate.

Indication: Improvement of attention, increase of contraction and reaction time. Activation of the reflexes. Leg and trunk stabilization.



Fig. A)



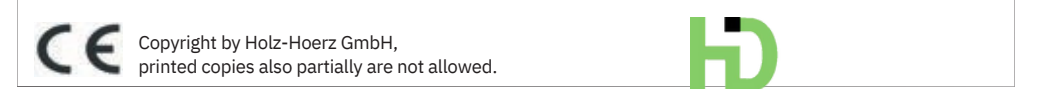
Fig. B)

Dear customer, the Pedalo-product you have chosen is made of natural wood. Differences in color, structure, grain, small included knots or scars, prove the genuineness of our product. They are natural and therefore features of using original wood and no quality reduction.

Please note:  
Warning! The Pedalo-Foot Trainer is only to be used for the purposes described in this user manual.  
Warning! Place the unit only on flat level ground. Protect item for damp and wet.

This device is meant for using from persons at the age of 6 up.  
Maximum weight capacity approx. 150 kg.

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