

## For the Patient: Instructions for Use

### To Work Dorsiflexion:

1. Place your foot in the ERMI MPJ Extensionater with your heel and calf snug in the heel/calf support structure, and your great toe resting comfortably on the padded rolling toe support. Make sure the white line on the toe pad is facing upwards (Figures A & B).
2. Secure the device at the calf by allowing your leg to sit snugly within the calf cradle and wrapping the calf harness completely around the leg until the mating Velcro surfaces are secure in front of the shin. This will automatically place your leg and ankle in the position for maximal relaxation of the great toe joint (Figure C).
3. With the air cuff completely evacuated of air, lay the air cuff across your forefoot so that the Velcro surface of the attached strap faces up. Be sure that the top of the forefoot is covered UP TO the ball of the foot, but that the airbag does not cover the joint of the ball of the foot itself (Figure D).
4. While keeping the cuff and strap tight across the foot, cross the longer strap with mating velcro over strap securing the cuff until it is snug. You should feel a slight tension on the great toe joint (Figure E).
5. Begin squeezing the black bulb to inflate the air cuff and initiate stretching. Watch and feel your toe as it extends at the joint. The Roll Bar should be moving freely along with the toe, and feel comfortable under the great toe (Figure F).
6. Hold the stretch for 10 minutes (see notes below).
7. To deflate the air cuff and reduce the stretching load, depress the push-button valve integrated in the bulb handpiece (Figure G).
8. Relax and allow the muscles and tissues to recover from the stretch for 10 minutes (see notes below).
9. Re-inflate the air cuff as in Step 5 above, holding the stretch for 10 minutes.
10. Release the stretch by deflating the air cuff.
11. You have completed one stretching session with the ERMI MPJ Extensionater. We recommend that you repeat this protocol 3 to 4 times throughout the day, everyday for a Total End Range Stretching Time of 60 minutes<sup>1</sup>.



### Notes:

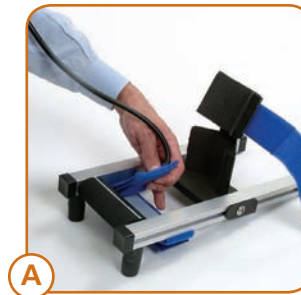
- Initially, you may become sore as your tissues have not been stretched to this degree. If so, we recommend that you start with one session per day for the first week, increase to 2 sessions per day in week 2 and plateau with 3 to 4 sessions per week in weeks 3 and beyond.
- The 10 minutes of stretch followed by 10 minutes of relaxation and a final 10 minutes of stretching is the goal. If you cannot comfortably hold the stretch to 10 minutes, hold it for as long as you can, then relax for a similar duration. Repeat stretching and relaxing for similar periods of time until 30 minutes have passed.

<sup>1</sup>Davies, George J., PT, ATC and Ellenbecker, Todd S., PT. Focused exercise aids shoulder hypomobility. Biomechanics 1999, 77-81.

## For the Patient: Instructions for Use

### To Work Plantar Flexion:

1. With the air cuff completely evacuated of air, place the air cuff across the straps with the Velcro surface facing the Velcro surface of the bottom straps (Figure A).
2. Place your foot in the ERMI MPJ Extensionater with your heel and calf snug in the heel/calf support structure, and your great toe resting comfortably underneath the padded rolling toe support. (Figure B).
3. By squeezing the bulb, begin to inflate the air cuff until you achieve the stretch demonstrated by your clinician (Figure C).
4. Hold the stretch for 10 minutes (see notes below).
5. To deflate the air cuff and reduce the stretching load, depress the push button valve integrated in the bulb handpiece (Figure D).
6. Relax and allow the muscles and tissues recover from the stretch for 10 minutes (see notes below).
7. Re-inflate the air cuff as in Step 3 above, holding the stretch for 10 minutes.
8. Release the stretch by deflating the air cuff.
9. You have completed one stretching session with the ERMI MPJ Extensionater. We recommend that you repeat this protocol 3 to 4 times throughout the day, everyday for a Total End Range Stretching Time of 60 minutes<sup>1</sup>.



A



B



C



D

### Notes:

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- The 10 minutes of stretch followed by 10 minutes of relaxation and a final 10 minutes of stretching is the goal. If you cannot comfortably hold the stretch to 10 minutes, hold it for as long as you can, then relax for a similar duration. Repeat stretching and relaxing for similar periods of time until 30 minutes have passed.

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