

A HEALTHY FOOT

✓ **pedalo®-Footboards**
moveable fulcrum

The Footboards moveable fulcrum can be used individually and allow varied exercises for foot-leg-axle training (foot- > ankle- > knee- > hip-joint) to improve coordination and stabilisation, strengthening and stretching of the foot to erect the horizontally foot arch and train the longitudinally arch for a healthy foot. Your stability and walking safety will be improved noticeably. Proved in many cases in prevention of fall prevention.



Item no. 653 098

Recommended by Klaus Mayer, Physiotherapist, www.haid-reha.de:

Simple but effective! Thus my favourite exercise device can be described in short words – the pedalo®-Footboards moveable fulcrum. The patients are surprised over and over again about the varied practise possibilities. From easy stretch exercises for the foot longitudinally arch, over exercises for spiral screwing, up to difficult coordinative tasks. With the Footboards moveable fulcrum I can treat my patient's foot problems specifically and train their performance capacity. Through their compact size the Footboards moveable fulcrum are also especially well-suited as a training device for at home.

Specification: 2 pcs footboards in solid ash, 35x10x5 cm, exercise book in German language included, an anti-slip-mat item-no. 628050-01 LxW 50x30 cm is included, weight 2 kg.



Your specialized trade:

✓ **pedalo®-Pedasan**

Exercising barefoot on pedalo®-Pedasan helps to strengthen the foot musculature and to boost the neglected foot vault. The reflex zones of the foot soles are sensitized what activates the reaction of muscles, tendons and nerves. The blood circulation in feet and legs will be stimulated by which nutrients and oxygen can be better transported to the single organs, nerves, muscles etc. This increases the physical activity and performance development. Exercises with pedalo®-Pedasan additionally train balance, reaction and coordination.



- pedalo®-Pedasan effects:
- Foot-reflex zone massage
 - Strengthening of foot vault
 - Prevention of foot ailments
 - Training for an upright body posture

Recommended by Christoph Anrich, Consultant in sports and education science, www.anrich.de

Specification: Multiplex birch wood and solid beech, tyres blue, Ø 22 cm, width 37 cm, maximum weight capacity approx. 100 kg, weight 2.4 kg, exercise book in German language included.



Item no. 143 004



pedalo®
... by Holz-Hoerz

development, production and sale
Made in Germany

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A HEALTHY FOOT

Healthy feet are the fundamental base of our body

Feet are important for our balance and give us the necessary step safely. Only with healthy feet movement gives pleasure and we will reach safely. Whereas aching feet are a sign for the fact that there is something wrong with our feet. By then at the latest, we should give them our property attention each day.

✓ IMPROVEMENT OF POSTURE AND MOVEMENT COORDINATION

✓ REDUCTION OF RESULTING SICKNESS LIKE BACKACHE AND MUSCLE TENSIONS

✓ RELAXATION OF DEEP MUSCULATURE

✓ STABILISATION OF FOOT AND LEG AXLE

✓ SAFETY IN WALKING AND STANDING

✓ MASSAGE AND REGENERATION

✓ STRENGTHENING OF FOOT MUSCULATURE

✓ CORRECTION OF DEFECTIVE FOOT POSITIONS



A HEALTHY FOOT

- FUNDAMENTAL BASE OF OUR BODY

Functionality of our feet

The physician Dr. Christian Larsen discovered that nature has built our feet after the spiral principle, which means that a healthy foot is screwed three-dimensionally: The back foot (heel) rotates outwards, the fore foot turns oppositely inwards, directed to big toe joint/ball. The so originating length- and crosswise vault is supported by three sphenoid bones and takes the important damping function when loading and relieving the foot. If our foot vault is not intact anymore, this natural damping gets lost what results in top load on our locomotor system.



From foot problem to back problem

The majority of our population suffers from foot problems such as skew-, flat-, splayfeet or wrong position of big toe, which are often caused by wrong movement habits, wrongly applied pressure or - simply by wearing the wrong shoes. The foot is restrained and therefore not able to do his natural movement sequences. If nothing is done against these problems, the joints are overstrained constantly, they may be inflamed and deformed by themselves in the ensuing period. The ligaments and muscles will become shorter and harden by one-sided pressure what means a false position of the foot skeleton necessarily. Thus a foot problem becomes a posture problem for the whole body very fast, including overstraining of knee joints, hip joints and spinal column. This often leads to back pains and strong muscle tensions which may send out up to shoulder and neck musculature. Further stretched out pains limit us in our movement more and more.

What can we do?

Concerning attention and training our feet are chronically undersupplied. Hence it is a big mistake to believe that foot deformation will be regulated and grow correctly all by itself in the medium term. Even so the using of insoles, what seems to be logical at first, but rather means an "oversupply" than a help, is also counterproductively, because they strengthen neither the too weak musculature, nor give the foot the opportunity to balance itself. Only daily practise with your feet - stretching, mobilising and strengthening - leads to healthy feet. To this easy and regular barefoot going are a part of; also toe games with a towel and especially to this from pedalo® in cooperation with therapists developed training devices, for a comprehensive foot-balance training. Already 10 minutes each day are enough for a lasting improvement of the foot function.

✓ pedalo®-Pro-Pedes

This foot-leg-axle equipment is ideally used to learn and train the foot-screwing according to spiral principle. While standing in an accurate heel position and having big-toe-joint/ball contact, the longitudinally arch is trained and a fine and straight leg-axle is stabilized in parallel. Used with the flat side on top, Pro-Pedes is an effective therapy roundabout to improve posture and movement coordination, characterized by best rolling. Proven for children, adults, senior citizens as well as after injuries in postural system.



Item no. 143 160

Recommended by Eva-Maria Kolt, Physiotherapist, www.praxis-roeckel.de

Specification: solid beech, arched on one side, approx. 270x49 mm, exercise book in German language included.



Accessory: Anti-Slip-Mat, Ø 25 cm, item-no. 628 099 to apply for a safe stand or to lay under the device to protect the floor.



✓ pedalo®-Massage-mat

In the sole of the foot are a huge number of sensitive nerves ends and reflex points which can be stimulated by the spherical convexity of pedalo®-Massage-mat at the same time. The Massage-mat can be used while standing or sitting. Already when used for the first time the sole massage is felt as special benefit and regeneration for your feet and improves your health and well-being steadily. 3 minutes each day are enough not only to release your foot musculature and consequently the deep musculature of the whole body, but also to strengthen it. Your feet become inured, the forced up blood circulation activates your metabolism and hence contributes to a faster regeneration in sports and every day life.



Item no. 143 028

Recommended by Brigitte Wilhelmer, foot reflexology practice www.fussreflexologie.eu:

Our feet carry us for life but nevertheless, they are too often neglected. Hence there are many people standing tensely on the foot massage-regeneration-mat at the beginning. Only when the feeling for the feet comes back, they are able to stand laxly and relaxed on the mat and let the nubs sink in the whole sole by weight shifting. The foot massage-regeneration-mat is helpful not only for the foot musculature, but is many-sided applicable and allows thus to relieve tensions in the whole body. For example positioned in the back during a drive, the mat can provide a pleasant trip. As the mat can be taken along everywhere, it is indispensable therefore for our well-being and hence much respected, even loved, by our customers.

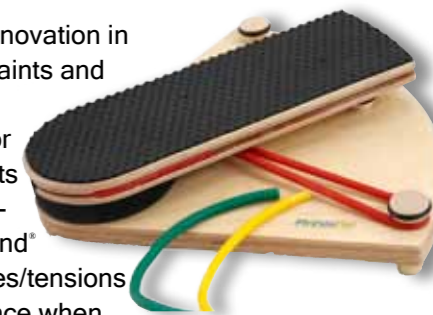
Tip: Exercises on the mat can occur comfortably during showering.

Specification: Natural rubber, ø 25 cm, 600 g, exercise instructions in German language included.



✓ pedalo®-PhysioFlip®

The PhysioFlip® is an innovation in treatment of foot complaints and prevention of injuries, especially developed for physiotherapists, sports and rehabilitation physicians. Elastic Thera-Band® Tubings in different sizes/tensions give adjustable resistance when exercising; simply plugging into different positions enables changing between inner and outer rotation.

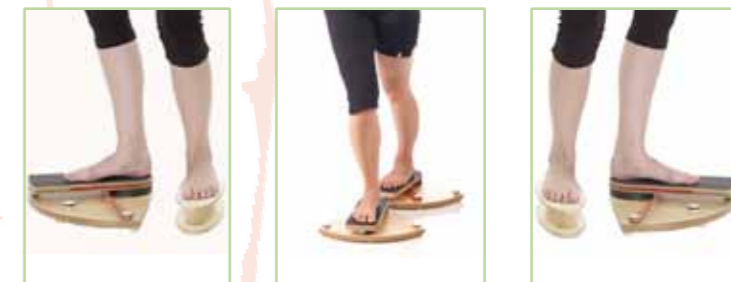


Exercises:

- to keep the movement
- come back slowly into starting position against the resistance

PhysioFlip® is mainly used for the improvement of the effectiveness of different muscle groups, e.g.:

- lower leg musculature (knee-joint rotators)
- thigh musculature (hip-joint rotators)
- upper arm and shoulder musculature (shoulder-joint rotators)
- with foot complaints: flat feet, hollow feet, deformations of the foot, over pronation



Item no. 751 001, (Fig. with pedalo®-levelling board to PhysioFlip®)

Recommended by Jürgen Forster, Physiotherapist (BPT, MA)

Specification: High quality wooden design, 3 Thera-Band® Tubing are included to adjust resistance, dimpled surface for additional sensory stimulus, 2.5 kg, exercise book in German language included.

Accessory: pedalo®-levelling board to PhysioFlip® item no. 751 027 (see above) Multiplex birch wood. LxWxH 35x12x6 cm, 0.5 kg.

