



# 5 MINUTES AT HOME FOR TOTAL ANKLE MOBILITY USING

# TARSO PRO™

**Having difficulty with stiff ankle joints?  
TarsoPro is compact, easy to use and  
only takes 5 minutes!**

## How does TarsoPro work



Ankle stiffness is a common problem particularly after ankle sprains or ankle surgery. Even preforming proper rehabilitation joint stiffness is the most common reason for chronic ankle complaints!

### The Problem!

In recent years many research papers have shown that there is no such thing as a 'simple ankle sprain'. The old 'rolled ankle' can have ongoing problems of chronic joint stiffness, muscular weakness, recurrent ankle sprains and an inability to return to pre-injury levels of sport. It only takes 5 minutes with the TarsoPro to get your ankle back to full health!



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# How to use the TarsoPro!



Feed the small loop end of the black strap in the far end of unit. Then place the handle through the small loop



Then place the foot on the TarsoPro underneath the red strap. Wiggle foot forward so the red strap is at the base of the lower leg, adjust the red strap for a firm fit.



Then take the knee as far forward over the foot as possible keeping your heel down on the board. (Maximum dorsiflexion)



First movement is to attempt to lift the heel off the board into the resistance of the red strap. Ensure you keep your knee as far forward over the foot to keep maximum dorsiflexion



Then pull on the wooden handle with both hands. *Initial protocol: Lift heel up and pull on the handle for 40 seconds, have a 20 second break then repeat 5 times*

**For more information head to our website for videos and information on tips for ankle rehabilitation**



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