



Ankle Foot maXimizer

PLANTAR FASCIITIS PREVENTION PROGRAM

The plantar fascia is a thick connective tissue that supports the arch of the foot. Increased stress on the plantar fascia can lead to damage or tearing of the tissue, leading to an inflammation, or swelling, called plantar fasciitis. AFX enables you to stretch and strengthen the muscles and tendons of the foot and ankle, which helps to reduce stress on the plantar fascia.

PRECAUTIONS

- If you have an existing injury of the foot or ankle, you must consult with a qualified healthcare practitioner before beginning this program.
- If any sudden pain or discomfort is experienced during the program, stop immediately and consult a qualified healthcare practitioner.
- Ensure at least 48 hours recovery between exercise sessions and gradually increase the number of sets and repetitions.

TRAINING PROGRAM

3 sessions per week

Week 1: Intro

1 set of 8 to 12 reps of each strengthening exercise (refer to Guideline 3 below)

Week 2: Adaptation

2 sets of 8 to 12 reps of each strengthening exercise (refer to Guideline 3 below)

Weeks 3 to 7: Strength Phase

2 to 3 sets of 8 to 12 reps of each strengthening exercise (refer to Guideline 4 below). Only progress to 3 sets of each exercise if your feet and lower legs do not feel overly fatigued during activity the day following exercise.

Optional: Include eccentric loading for all strengthening exercises shown below (refer to the Eccentric Loading video or program for a complete description of the exercises).

Weeks 8 to 12: Muscular Endurance Phase

- Begin with 1 or 2 sets of 15 to 20 repetitions for each exercise, progressing to 3 sets of 15 to 20 repetitions.
- When you can perform 3 complete sets of 20 repetitions, increase the resistance and return to 3 sets of 15 repetitions.
- Progress again to 3 sets of 20 repetitions and increase resistance using the process outlined above.
- If a plateau is reached, reduce the resistance level and perform 1 set of each exercise to exhaustion. When 50 repetitions can be performed, increase the resistance level and repeat this cycle.

MAINTENANCE PROGRAM: After completing the training program it is recommended that you follow the program below for a minimum of 2 sessions per week.

Each session includes:

- 1 set of 8 to 12 reps for each exercise including stretching and eccentric loading (optional)
- 1 set of 15 to 20 reps for each exercise

GUIDELINES

1. Please refer to the AFX Instruction Manual or Poster for more information regarding device set-up and directions for use.
2. Perform the strengthening exercises in the order shown.
3. Weeks 1 to 3: when 12 repetitions can be performed through a full range of motion, increase the resistance so that you are able to perform at least 8 repetitions. Work your way back up to 12 reps and repeat this cycle. Note: for more details on increasing resistance, refer to the Instructional DVD or the AFX poster.

4. Weeks 3 to 7: when you can perform 2 or 3 sets of 12 repetitions for all strengthening exercises, increase to the next resistance level.

EXERCISES

Step 1: Remove elastic resistance cords from rear of foot support and attach to toe section (see Photo below).



Stretch Toe Flexors and Fascia



Toe Flexion



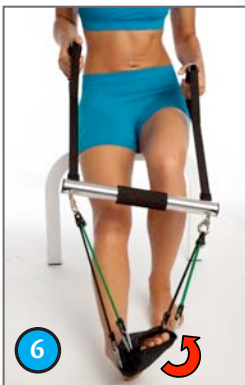
Stretch Plantar Flexors



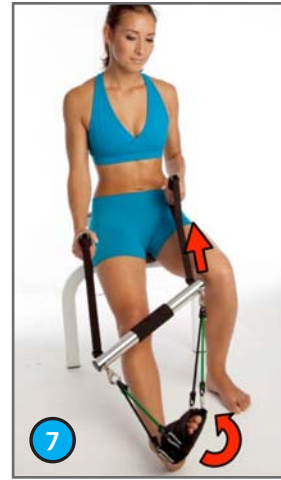
Plantarflexion



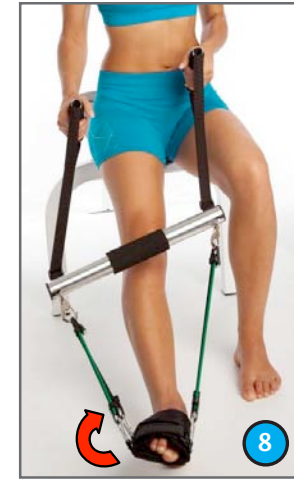
Stretch Invertors



Inversion



Stretch Evertors



Eversion

Ensure that toes are flexed when stretching evertors and invertors



Stretch Dorsiflexors



Dorsiflexion and Toe Extension

For more information visit: www.AFX-online.com