



Ankle Motion

PORTABLE PERSONAL EXERCISER

Instruction Manual

Utility and International Design Patents

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Model: AM-03, Made in China

Distributor

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Ankle Motion

User Manual

Before use, please read this document.

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- Description

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1. Introducing the Device

Definition

AnkleMotion is a portable personal exerciser device. It is an ideal exercise device for the sedentary person for walking activity during bedrest or while in the seated position.

Description

The ankle joint passive mobilization device gives the foot plantar flexion and dorsiflexion.

The AnkleMotion device is made up of:

- Motor base with a 24V 1A DC motor
- Motor cover
- Dual foot plates
- Soft pads for the bed model
- Rear end support for bed model
- AC / DC adjustable power adapter with speed control

2. Using the device

Bed model

- Connect the rear end support by pressing the button
- Connect the AC / DC adjustable power adapter from the AC plug to the DC jack on the device in 'switch off' status
- Place each foot with soft pads
- Switch on the power adapter and adjust the speed (mild for bed model)



**Conversion of Bed model to Floor model
by pressing the button**

Floor model

- Remove the rear end support by pressing the button
- Soft pads can be used or removed
- Place the device on a soft surface
- Switch on the adjustable power adapter and adjust the speed as needed

3. How to use the speed control

- a. Confirm that the AC / DC power adapter is connected
- b. Turn the speed control switch from 'off' to 'minimum.' Then adjust the range as needed from 'minimum ' to the 'maximum.'
- c. When you are done, turn the speed control switch to the 'off' position



4. Positioning ①

Use in Bed

- Place foot on the footplate.
- Use either soft pads.
- Place a pillow below the calf/knee area. Choose the size of the pillow based on comfort.
- Switch on the speed controller and adjust speed as comfortable. Mild speed is recommended for the bed position.
- Switch off the speed controller when done prior to removing foot from the footplate.

Use in Recliner ②

- Use an Ottoman support for the device.
- Place the foot on the foot plate with soft pads.
- Switch on the speed controller, adjust the speed as comfortable. Mild speed is recommended for the bed position.
- Switch off the speed controller when done, before removing the foot from foot plate

Use in a Chair, Couch or Vehicle 3

- Remove the rear end support
- Place the foot on the footplate
- Switch on the speed controller and adjust the speed as comfortable.
- Switch off the speed controller when done prior to removing foot from the footplate.

Use in Bed

1



Use in a Chair, Couch or Vehicle

3



Use in Recliner

3

Particular	Dimensions
Volts	DC 24V 1A
Range of Motion	Dorsiflexion (-25°) to Plantar flexion (15°)
Weight	6.5 lbs. (2.95 kg)
Length	11.5" (29.21 cm)
Width	9" (22.86 cm)
Height	7" (17.78 cm)
Speed range	1 to 23 RPM

SPECIFICATIONS

6. Cleaning

- First switch the device off and remove the power cord.
- Spray cleaning product and wipe.

7. Cautions and Warnings

- a. Position the device in a comfortable and secure position. The floor model should be kept on soft surface. The bed model should have the rear end support installed. A pillow should be placed under the calf/knee area. Choose the size of the pillow as comfortable. Also, soft pads should be used.
- b. Keep fingers and all parts of body away from moving components of the device.
- c. Turn the power off before carrying or converting the device.
- d. Do not pour cleaning solution directly onto the device. This may allow fluids to enter the device and cause problems for the electric components.

8. Guarantee

- The AnkleMotion guarantee is strictly limited to free replacement or repair of the part or parts acknowledged as defective.
- AnkleMotion guarantees its device against any manufacturing defect for one year from the date of purchase by consumer.
- AnkleMotion Private Ltd. alone is qualified to judge whether or not the guarantee applies to the specific problem.
- The guarantee cannot be applied if the device has been subjected to abnormal use or has been used in circumstances other than those stipulated in our user manual.
- The guarantee will not be applied in case of deterioration or accident due to negligence, lack of supervision, maintenance or an attempt to repair the device.

FAQ

What is AnkleMotion?

It is a portable personal exerciser device with Continuous Passive Motion (CPM) movements of the ankle.

Who is AnkleMotion perfect for?

- Anyone who spends long periods of time on bedrest or sitting with limited activity.
- Someone who is confined to a chair or has decreased mobility.

Where can AnkleMotion be used?

- While on bedrest • On couch or recliner • Long trips

What are the benefits of using AnkleMotion?

- Increasing range of motion
- Reduction of leg swelling/edema
- Improved blood circulation
- Blood clot prevention
- Alleviation of weak/stiff muscles
- Improvement of ankle joint function and lower extremity pain
- Prevention of vascular diseases such as varicose veins
- Walking activity for anyone with neurological disorders

Is there weight limit for AnkleMotion?

The bed model can be used without weight limitation.

The floor model can be used for anyone weighing less than 100 KG.

Noise level:

Users may notice mildly variable noise levels depending on what pressure settings are used while in motion. However, this may improve once the appropriate pressure is adjusted on the foot plate.

