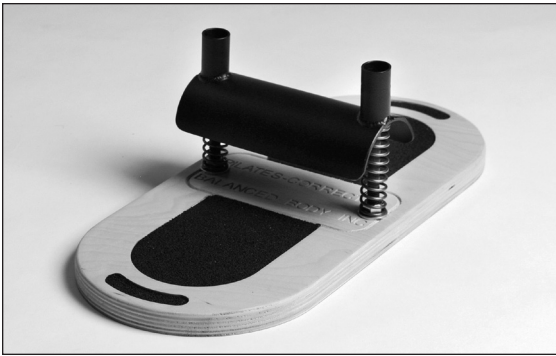


Balanced Body Foot Corrector®



Balanced Body took the original Foot Corrector design of Joseph Pilates and updated it with a longer base, more comfortable saddle, safer bolts and spring weights that are more appropriate for the average client. We hope you will enjoy your new Foot Corrector!

Note: The Foot Corrector comes with light springs installed.

Pilates Foot Corrector Exercises

Joseph Pilates designed the Foot Corrector to increase the strength and flexibility of the arch of the foot. For most of us, the last thing we think about is our feet. We put them in shoes and stand, walk or run on them without much thought unless they start to hurt. The foot is the foundation of our physical structure and imbalances will be reflected in potential problems in the joints of the ankle, knee, hip and spine. The Foot Corrector is designed to improve our foundation and thus lead to better posture and more comfortable standing, walking and running.

- » If your feet are small and you can't place the metatarsals or the front of the arch on the saddle without lifting the heel off, place a pad under the heel to so you can keep it secure as the arch works.
- » If you want to challenge yourself, perform the exercises sitting down where you can't use your body weight to help.
- » If you have a steeply sloping metatarsal (i.e. your 5th metatarsal is closer to your heel than your first metatarsal) angle the Foot Corrector to provide even resistance across all five toes and all five metatarsals.

The soles of the feet are relatively weak and stiff so start off slowly. Begin by standing on both feet and feeling where the sole of each foot is touching the floor. Go through the arch series on one side doing 4 to 6 presses in each area. Finish with a foot massage returning the foot to the floor. Notice if it feels different than the other one. Repeat on the other foot.

1) The Toes (Fig 1): Place the toes over the saddle of the Foot Corrector with the heel securely on the base. Press the saddle down using just the toes. Do not lean forward onto the saddle or you will be using your body weight to depress the saddle rather than the toe flexors.

2) Metatarsals (Fig 2): Move the foot forward and place the metatarsal across the saddle of the Foot Corrector. Wrap the metatarsal over the saddle as if you were a bird holding onto a perch. Keep the heel securely on the base and press the saddle down by wrapping the metatarsals around the saddle.

3) Front of Arch (Fig 3): Move the foot forward until the saddle is just behind the metatarsals and the whole arch is wrapped around the saddle. Press the saddle down by wrapping the arch around the saddle. Keep the heel anchored on the base and don't lean forward to press the saddle down.

4) The Heel (Fig 4): Move the foot all the way forward over the saddle until the toes and metatarsals are securely on the front of the base and the heel is on the saddle. Press the saddle down and slowly release it working the back of the foot and the calf.

5) Foot massage: When you are done working the foot, massage the arch by rolling the foot over the saddle and massaging out any tight or tender spots.

Precautions:

Be careful with these exercises if you have any foot conditions that are currently painful or inflamed. Be especially careful with plantar fasciitis, neuromas and after any kind of foot surgery. If you have any questions about performing these exercises, ask your doctor, podiatrist or other medical professional if they are appropriate for you.



Figure 1. Starting Position

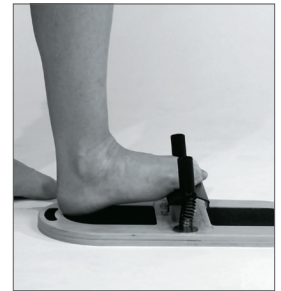


Figure 2. Starting Position



Figure 3. Starting Position



Figure 4. Starting Position