



Ankle✓Motion™

Ankle CPM Device

Instruction Manual

Model: TD001AM-01

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Ankle✓Motion™

Ankle CPM Device

User Manual

Before use, please read this document.

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1. Introducing the Device

Definition

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

Description

The AnkleMotion CPM device gives the foot sliding motion with plantar flexion and dorsiflexion.

The AnkleMotion device is made up of:

- Motor base with a 24V 2.5A DC motor
- Motor cover
- Dual foot plates with soft pads
- Rear end support for bed model
- Adjustable Time and Speed with Remote control, and also with the option of pressing on the device.

2. Using the device

Bed model

- Connect the rear end support
- Connect the AC / DC power adapter from the AC plug
- Place each foot with soft pads
- Use the Remote control to adjust the time and speed (Recommend slow speed for bed model)

Floor model

- Remove the rear end support
- Soft pads can be used or removed
- Place the device with more space from the sitting location based on the leg length and avoid pressure on the foot plate



Conversion of Bed Model to Floor Model by removing the Rear End Support

3. How to use the remote control for speed

- Turn on the device switch, the time will be for 30 minutes when starting the movements. The speed can be adjusted with remote control for 4, 8, 12, 16, 20, and 24 per minute.
- Also, there is the option of pressing on the device to adjust the speed
- When you are done, switch off either on remote control or the device

AC/DC Power
Adapter and
Remote Control



4. Positioning ①

Use in Bed

- Place foot on the footplate with soft pads
- Place a pillow below the calf/knee area. Choose the size of the pillow based on comfort
- Turn on the switch either on remote control or the device and adjust speed as comfortable. Mild speed is recommended for the bed position.
- Turn off the switch 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.
- Turn on the switch, adjust the speed as comfortable. Mild speed is recommended for the bed position.
- Turn off the switch 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.

1

**Use
in Bed**



3

**Use in a
Chair, Couch
or Vehicle**



**Use in
Recliner**

2

Particular	Dimensions
Volts	DC 24V 2.5A
Range of Motion	Sliding +: Dorsiflexion (-25") to Plantar flexion (15")
Weight	5.61 Kg
Length	30.5 cm
Width	30.5 cm
Height	17 cm
Speed range	4, 8, 12, 16, 20, 24 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 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 200 pounds.

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.

Ankle Motion™

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Recommendation



Use the device for an average of 30 minutes, 2 to 3 times a day. The bed model usage is more recommended especially if using the device for leg swelling and can be used more often in either the single foot or dual foot mode. Need to use only the slow speed (4, 8, or 12 RPM) for 'bed' and 'recliner' positions. For the Floor model, you need to use the dual foot plate and there is a weight limit of 200 lbs.