

INSTRUCTIONS

Assembling the OFFICE FootFidget®

1. Remove screws from the “X” bracket. Insert each of the four “Arms” to the “X” bracket. Line up the hole on the “X” bracket with the hole on the arm.



Holes aligned

2. Insert screw into hole, initially threading the screw by hand and then tighten with the Allen Wrench so that arms are on securely. *Do not over tighten*



3. Turn the FootFidget® upside down. Place rectangular nonskid pads on the bottom of each ‘arm’, closer to the bend to give the unit stability.



4. Turn stand upright.



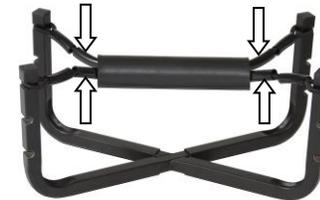
WARRANTY:
Office FootFidget® is warranted against manufacturer’s defects in parts and materials for 90 days from the time of purchase. Please contact the company for a RMA (Return Merchandise Authorization)
CSS - FootFidget, LLC
830 West Illinois Rte. 22, Suite 329
Lake Zurich, IL 60047
info@footfidget.com
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5. Slide both elastic bands of the same color through the large foam tube to form the FootFidget® Assembly. Bands should run parallel in the tube
**If both the yellow and black bands are used together, both sets of bands pass in parallel through the tube, stacked black on top of yellow.*



6. Attach the FootFidget® assembly to the stand. *Three height notches are available on each arm to provide comfortable movement and correct ergonomic positioning either sitting or standing* Band loops should be placed over the top of each arm and slid down into the notches at the same level. (Refer to other side for further instructions). *If both the yellow and black bands are used together, place the 4 yellow loops on the middle 4 notches, and then the 4 black loops on the top 4 notches.

7. Adjust the vinyl tubing covering the elastic bands so it extends equally from both sides of the large foam tube.



PARTS LIST FOR THE FOOTFIDGET®



Nonskid pads- 4



“X” Member - 1



Arms - 4



Allen Wrench - 1



Screws - 4



FootFidget® Assembly - 2 yellow & 2 black bands, 1 foam covered tube

WARNING: The Office FootFidget® is to be used as a fidgeting mechanism and/or a dynamic foot rest while sitting on a stool, standing at a work surface or sitting on a couch or chair. The FootFidget® Foot Rest is NOT intended to support a user’s full weight by standing or bouncing on it with both feet. The FootFidget® is not warranted against misuse or unintended use. The buyer takes responsibility for occurrences from unsupervised use by a minor.



MAXIMIZING THE BENEFITS OF YOUR OFFICE FOOTFIDGET®

The Office FootFidget® comes W/2 sets of colored bands:

Yellow: Heavier resistance for standing applications

Black: Medium resistance for sitting applications

Combine both Yellow and Black: Maximum resistance when used standing. if needed.

RECOMMENDATIONS FOR PROPER COLOR BAND AND NOTCH UTILIZATION

The Office FootFidget is a “non-exercise activity” which you can use throughout your day to provide increased activity either sitting or standing. (1) The non-distracting, subtle activity can provide ergonomic positioning, decrease low back strain through core activation, and increase circulation in the large muscle groups of your legs and core. This can increase caloric expenditure and comfort! Recent research on the FootFidget®, titled "Chair based fidgeting and energy expenditure" has been published in BMJ Open Sport & Exercise Manual, Volume 2, Issue 1. “This study found that calorie expenditure increased significantly while using the FootFidget® when compared to a standard office chair”. (2) The Proprioceptive input from pressing down on the FootFidget® increases focus and attention to increase productivity, energy level and comfort throughout the day. The FootFidget® is not meant to be an exercise per se - You do not want too much resistance especially in the sitting position – this can cause undue fatigue and strain. If the Office FootFidget® is to be used with a Sit-Stand desk, it can be positioned to be used in both positions seamlessly – typically in a mid-notch position with the yellow band.

SITTING: While sitting the black band is typically recommend. While sitting, the middle or lower notch is typically a comfortable height and provides the correct ergonomic positioning and proper excursion or movement needed for maximum benefit. The Ergonomically correct positioning: Active knee slightly higher than the hip and lower leg at a 90 degree angle to the floor. The active leg should be pushing straight down on the device. If you have the device too far out in front of you, the device may tip. To prevent tipping with an overly active user, the non-active toe can be placed on the frame as noted below.

STANDING: While standing, band selection of black, yellow or the combination of both will depend on the size and needs of the user. The yellow band is generally recommended while standing, and is typically used in either the top or middle notch depending on the height of the user, to provide proper ergonomic positioning and proper excursion-movement. Depending on user comfort, if the user requires more resistance while standing, the combination of both yellow and black bands can be used together. This combination is only recommended for standing.



Correct Standing Alignment with the Office FootFidget®:

The active foot presses straight down on the device as illustrated in a slow, rhythmic, comfortable up/down movement. Alternate the active foot as comfortable.



Correct sitting Alignment with Office FootFidget®:

The active foot on the device with knee slightly higher than hip, and lower leg @ 90° to floor as illustrated. The active foot presses straight down on the device in a slow, rhythmic and comfortable up/down movement. Alternate the active foot as comfortable.



To stabilize unit sitting:

Depending on positioning and personal use pattern – you can stabilize the device by placing the non-active toe/forefoot on the device as illustrated by the arrow.



Improve the ease in attaching the assembly cord loops to the frame:

Place the first 2 Loops on one narrow end of the frame and place on this narrow end down on floor. Stabilize the frame with one foot as noted with arrow. Stretch the remaining 2 loops up over ‘top’ arms of the frame and slide into the notches. Adjust to desired height by sliding all 4 loops to the same notch.

OFFICE FOOTFIDGET®

DISTRIBUTOR FOR SALES:
PRESTIGE INTERNATIONAL, INC.
www.team-prestige.com
info@team-prestige.com

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Designed by Physical Therapists