

Anklemate

Exercise Aid for Resisted Dorsiflexion

Introduction

Physiotherapists often recommend that muscles are strengthened by the use of resistance bands and these are very effective. However resisted ankle dorsiflexion exercises are very difficult to do because there is nothing under the foot to secure the resistance band. NHS physiotherapists designed the Anklemate to provide a simple means of doing this exercise. The design has now been revised to enable a wider range of exercises to be carried out.



The Anklemate consists of two wooden boards, each with a long groove. A chair is placed so that its four legs sit in the two grooves and the patient sits in the chair. The patient's weight keeps the Anklemate in place. Resistance bands are attached to the hooks on the side of the Anklemate and the patient can then carry out exercises with either or both legs including:

- dorsiflexion- neutral rotation, inverted or everted
- leg extensions
- upper back and deltoids

Features

- Lightweight (6kg) and portable
- Flexible- range of exercises can be done
- Available in a range of colours
- Easy to clean with wet wipes or similar
- Used by a wide range of patient groups, including
 - Prevention of Falls
 - Parkinson's Disease
 - Muscle Imbalance
 - Multiple Sclerosis

Manufactured and Distributed by:

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Price: The Quadstep costs £65 plus £10 postage.



The Anklemate is available in a range of colours including: varnished wood, light blue, navy blue, green, red white, yellow. Design, features, and colours subject to change. Anklemate is a trademark of Musmate Ltd. An NHS Scotland innovation manufactured under licence from Scottish Health Innovations Ltd.

