

HANS KOCH ANKLE FLEXION DEVICE

All of the items you need to purchase are available at your local hardware store. All you need to do is purchase the following 3 items and assemble them.

A Hook or Key Holder



A Steel Spring



A strip of Velcro, double sided



Attach one end of the steel spring to the Velcro and the other end to the hook. Wrap the velcro around your ankle. Attach the other end of the steel spring to the front of your shoe. The further down you attach it on the shoe, the higher your foot is lifted. Try placing the hook in various places on the laces of your shoe until it feels right for your needs.

When attached, this is what the apparatus looks like.

