

the Foot Machine

Gets your feet moving for health and comfort.



"The immediate health benefits: higher energy levels, less fatigue, reduced foot and ankle swelling and reduced chance of blood clotting. The longer term health effects include healthier veins."

Backing & Roach

"According to the present study, some of the perceptual and physiological problems in the lower legs and feet during prolonged sedentary work may rather easily be reduced by a modest increase of the leg activity comprising a natural part of the sitter's work."

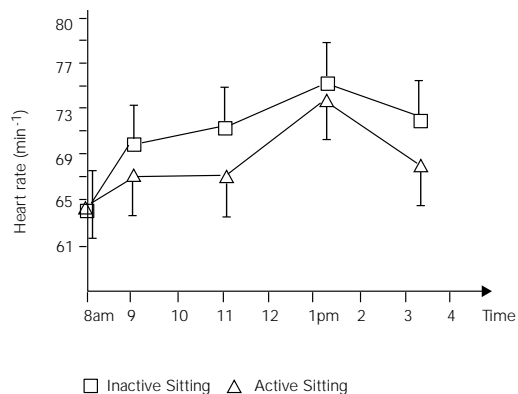
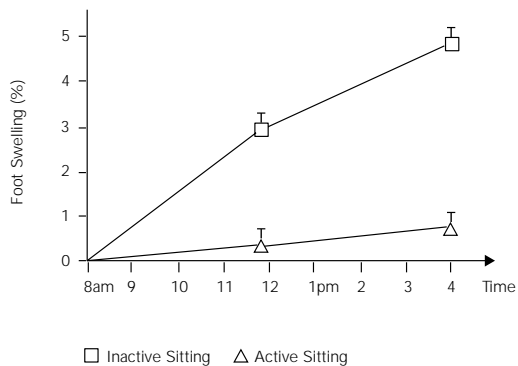
Winkel & Jorgensen

Humanscale™
www.humanscale.com

the Foot Machine

Studies have shown that 70% of all women and 40% of all men have health issues such as blood clots, varicose veins and pressure on the Achilles tendon due to pooling of fluids in the lower limbs – the result of prolonged, inactive sitting. The Foot Machine, with its ball bearing roller design, encourages gentle rocking of the feet in the same way a rocking chair encourages motion. This rocking motion uses most of the lower leg muscles and increases healthful circulation.

The Foot Machine also performs as a standard foot rest, providing support for the legs and relieving pressure on the lower back.



Specifications

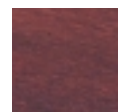
- Solid hardwood platform
- Side frames are injection molded plastic for strength and durability
- Powder coated steel frame with rubber rests to keep unit from slipping on hard surfaces
- Ball bearing rollers
- 16" wide by 11 7/8" deep
- Height range 3 3/4" to 6 3/4"

Features

- Easily height adjustable
- Non-skid surface
- Easily turned over for combined ball massager/ non-skid surface
- The smoothest rocking motion on the market with nylon wheels and ball bearings
- Available in two hardwood shades:



natural



mahogany