## FOT DEVICE



## MODE 1 RELAX



### MODE 2: KNEAD

HELPS BOOST CIRCULATION AND RELIEVE PAIN AND MUSCLE TENSIONS

## MODESTAP

HELPS ACCELERATE REACTION TIME, SUPPORTING BALANCE, COORDINATION, AGILITY AND CONFIDENT MOBILITY

#### MODE 4: SQUEEZE

HELPS BOOST NERVE SENSITIVITY AND STRENGTHEN COMMUNICATION BETWEEN BRAIN AND BODY FOR IMPROVED RESPONSIVENESS, MENTAL CLARITY, AND FOCUS

## MODE 5: RULSE

HELPS PROMOTE METABOLISM, EASE NUMBERS, TINGLING, AND NEUROPATHY SYMPTOMS TO RESTORE COMFORT AND EASE

# MODE 6: STRENGTH HELPS BOOST STABILITY, POWER, AND STRENGTHEN MUSCLES TO PREVENT MUSCLES TO PREVENT