

**Instructions for Securing Foot to Stationary Bicycle Pedal**



Using a resistance band, the following instructions will help secure the stroke-affected foot to a pedal.

**Step 1**



Holding the ends of the band in each hand, place the middle of the band behind the top half of the pedal (See step 2 for diagram).

Cross the band tightly over the top of the foot.

**Step 2**



Cross the band tightly under the back of the pedal.

**Step 3**



Cross the band tightly around the back of the foot.

**Step 4**



Stretch the band forward and tie a knot at the ankle. Any excess band hanging can be tucked under the straps. Make sure the band is secure but comfortable.