

vive®



FOOTANCHOR

Owner's Manual
LVA2039

vivehealth.com

OVERVIEW

We are constantly answering questions and recording helpful videos to make using your FootAnchor as easy as possible. Check out the included QR codes and video links to help you through the process.



To see all FAQ's in one place
visit vhealth.link/451

WHAT'S INCLUDED

- 1x FootAnchor Base
- 1x FootAnchor Assembly



ASSEMBLY



For video demonstration, visit vhealth.link/cea

1. Place the Footanchor Base on a flat surface with the sticker facing up and the screw connection visible at the end of the base.



2. Use one hand to hold the top Assembly handle in place and the opposite hand to screw the bottom end into the base, hand tighten.



INSTALLATION

Assistance may be required

The FootAnchor works best when the mattress is at a standard height of 8 to 20 inches.

1. Determine the best placement by making note of the position of your ankles when lying down on your bed with legs completely straight.



2. Lift the edge of your bed and place the FootAnchor Base between the mattress and the box spring. The Assembly should be in line with the marked position of your ankles. If your mattress does not have a box spring, slide the Base between the mattress and the platform.



****Make sure the FootAnchor Assembly handle is pointing out.****



USING THE FOOTANCHOR

1. Lying down with both legs stretched out, let your leg closest to the edge of the bed hang off the side. Then tuck your hanging foot under the padded handle of the Footanchor Assembly, this will be your support when sitting up.



2. With your tucked foot anchored to the Assembly for support, bend forward in a sit-up motion and allow your opposite foot to shift over the side of the bed.



3. Once both legs are over the side of the bed, carefully untuck your foot from the Assembly and stand up out of bed.



GOT MORE QUESTIONS?

Check out our list of Frequently Asked Questions at vivehealth.link/451 for helpful answers.



And if that doesn't answer your question, our customer service team would love to help! Feel free to connect with them by phone, e-mail, or chat on our website.



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