

FOOTANCHOR

INSTALLATION INSTRUCTIONS

UNBOXING THE FOOTANCHOR

In the box:

- FootAnchor base (bamboo)

- FootAnchor Assembly (Aluminum pieces that swivel)

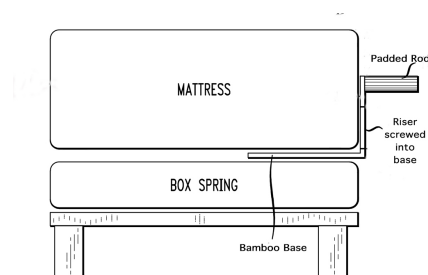
- Instruction Sheet

Unpackage the FootAnchor. In the package, you will find the bamboo base and the Aluminum assembly that needs to be attached. No tools are needed. On the bottom of the assembly is a stud with a metal thread, this needs to be screwed into the top of the bamboo board. The bottom of the bamboo board has a metal knurl attached, the assembly is attached from the opposite side.

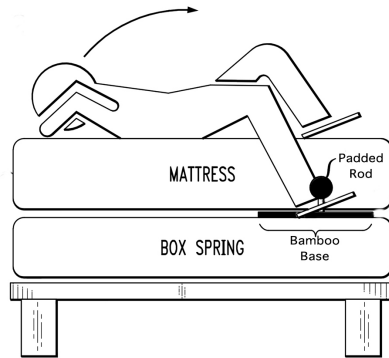
Hold the assembly perpendicular to the bamboo board (as per the picture). Screw it in until it cannot be screwed anymore. Now you are ready to install it. The bamboo base slips in between the mattress and box spring). If you have no box spring, it slides between the mattress and platform.

At the end of the board, the tube should be the only thing sticking out from the end of the mattress. It should be located near the bottom side of the bed, where your foot would be if you let it hang off the side of the mattress. You want it so that if you were laying down and put your foot off the side of the bed, you could hook your foot/ankle under the padded swivel rod. You want the Padded rod to be well below the top of the mattress to give you leverage.

Side View:



View from the side with your leg under the padded rod:



Once your foot is tucked under the padded rod, pull with your foot as you sit-up, and naturally your other foot will easily be able to shift over the side of the bed and you will end up in a sitting position (as per the pictures above). You might need to move the FootAnchor slightly forward or back to find the most comfortable position with the best leverage. When positioned well, getting up out of bed will be easy, without needing to use your arms or twisting your back.

If you have any questions, please contact FootAnchor:

footanchor@gmail.com or Phone: 908-525-2323