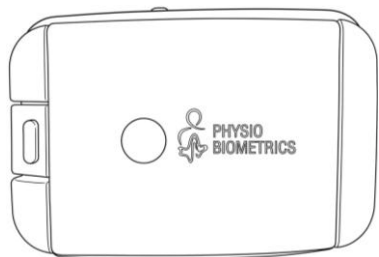


# Heel2Toe™ 2026 User Manual

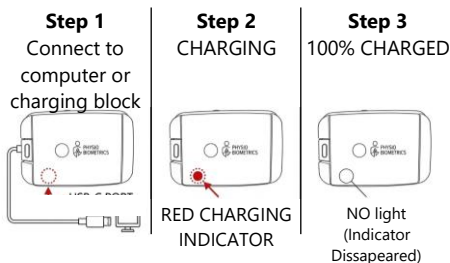


Rev 11, Rev 11b

## Getting Started with the Heel2Toe™

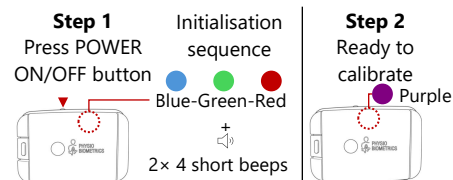
Follow these easy steps to get started!

### 1. Charging The Device



While charging...	LED indicator
Charging	RED
Fully charged	NO light

### 2. Turning the Device ON



**Note** If a valid carte SD is in the device, the LED will flash **WHITE**

### 3. Calibrating the Device

**Step 1** Clip the Heel2Toe™ on the outside of your shoe.

**Step 2** Stand still - do not move your foot.

If the Heel2Toe™ is on your...	FOOT	
	RIGHT	LEFT
Press the RECORDING	1	2
You will hear...	4 short beeps + 1 long beep (calibration completed)	
LED will stay...	PURPLE	ORANGE

**Auto Foot Detect** : If Auto Foot Detect has been enabled in the Docking Station, you only need to press RECORDING once — the device will work out which foot you are using from your first few steps.

### 4. Start Walking!

- You will hear a beep every time you make a good step!
- Once the preset session time length is over, the device will beep 6 times.

- To manually stop a recording, press the RECORDING button once, 6 beeps will confirm the session end.

### 5. Battery Level Indicator

GREEN	YELLOW	RED
Charged	≤20%	≤ 10%

**SD Card Error:** 5 short beeps + **RED** LED indicates that the SD card has an issue (full, damaged, or formatted incorrectly). You may have to replace the SD card. Contact support@physiobiometrics.com

### Docking Station App

The Heel2Toe Docking Station app is available for **Windows, macOS, iOS, and Android**. Plug Heel2Toe into your phone or computer with a USB-C cable; the Docking Station picks it up automatically to upload your sessions and adjust how the device behaves.

**Download the Docking Station App** : Scan the QR code or go to

[physiobiometrics.com/products/docking-station-app/](https://physiobiometrics.com/products/docking-station-app/)



You (or your clinician in docking station clinic mode) can adjust:

- Session length (default 6 minutes)
- Sound ON/OFF (ON by default)
- How the heel-strike beep adapts: Auto Threshold (the bar adjusts during your session) or Manual Threshold (a fixed bar set by the clinician)
- Auto Foot Detect ON/OFF
- Heel-strike sensitivity

### Configure Your Sensor

You or your clinician can change the configuration of your sensor via the Docking Station app by following these steps.

Here is a list of the parameters you can modify using the Docking Station:

- Session Length (in minutes) (Default 6 minutes)
- Tag
- Beep ON/OFF (Default ON)
- Heel strike mode :
  - Automatic mode ON/OFF (Default OFF)
  - Heel strike Threshold (Default ON, -250)
- Auto Foot Detect ON/OFF (Default OFF)

**Note:** The 2025 Heel2Toe™ Gen 2 Rev11 and newer models have an internal clock, connecting it will synchronize the time to your computer/device

**Step 1** Open the Docking Station and connect the Heel2Toe™ to your device.

Make sure to power ON your device once connected. The initialisation sequence will follow, and the device will flash **PURPLE**.

**Step 2** Click on Settings at the bottom right of the screen.

**Step 3 (optional)** Get the current settings by clicking on [Read Settings from Heel2Toe](#)

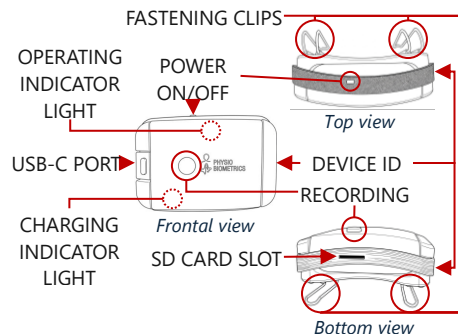
**Step 4** Modify or enter the desired parameters by typing in the appropriate field. To switch the Beep ON/OFF or the Automatic Mode ON/OFF

**Step 5** Save the changes by clicking on

[Write Settings to Heel2Toe](#)

**For more information on Advanced Settings, please contact [support@physiobiometrics.com](mailto:support@physiobiometrics.com)**

For assistance with the device, please contact our support team at [support@physiobiometrics.com](mailto:support@physiobiometrics.com)  
1277 Lajoie, Outremont, QC, H2V 1P4



**Attach the Heel2Toe™ sensor to the outside of your shoe**

