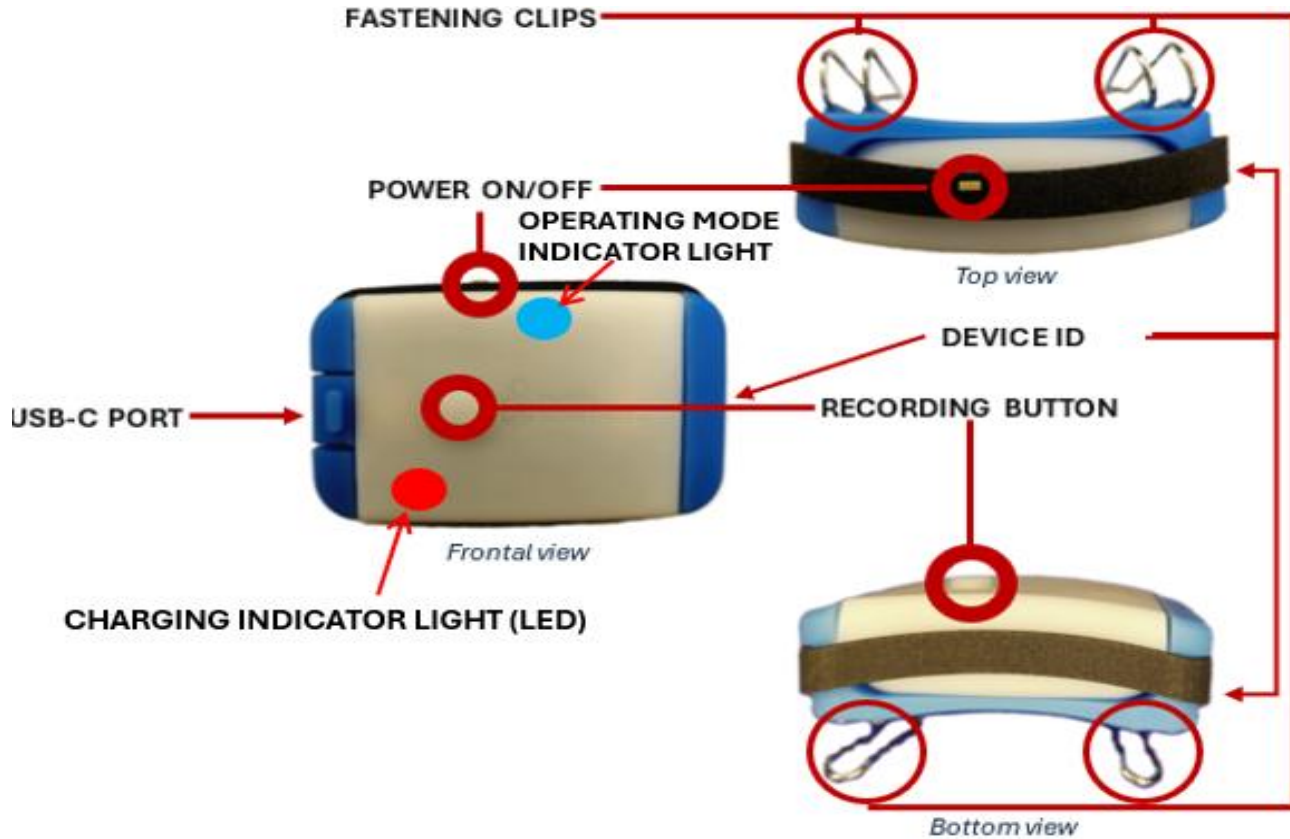


Heel2Toe™ – 2026 User Manual

Heel2Toe™ sensor



Attaching the Heel2Toe™ sensor to your shoe



Outside of RIGHT shoe



Outside of LEFT shoe

For assistance with the device, please contact our support team at

support@physiobiometrics.com

1277 Lajoie, Outremont, QC, H2V 1P4

Getting Started with the Heel2Toe™ Sensor

Follow these easy steps to get started!

1. Charging The Device

Step 1: Insert the USB cable in a USB charging block or a computer.

Step 3: Insert the other end (USB-C) of the charging cable in the USB-C port of device.

Step 4: While charging the device will display a **RED CHARGING INDICATOR LIGHT**.

Step 5: Once fully charged, the **RED CHARGING INDICATOR LIGHT** will turn off.

2. Turning the Device ON

Press the POWER ON/OFF button and quickly release it.

The **OPERATING MODE INDICATOR LIGHT** will flash **BLUE-GREEN-RED** and you will hear two sequences of 4 short beeps. **Note:** If a valid SD Card is detected, the LED will flash **WHITE** once.

Tip: To start a silent session mode (no beeps while walking), hold the RECORDING button while powering the device on.

3. Calibrating the Device

Step 1: Clip the Heel2Toe™ on the outside of your left or right shoe.

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

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

Auto Foot Detect: If Auto Foot Detect has been enabled in the Docking Station, you only need 1 press of the RECORDING button — the device will work out whether it is on your left or right foot from your first few steps.

4. Start Walking!

- You will hear a beep every time you make a good step! (except for silent mode)
- 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.

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5. Battery Level Indicator

When not powering up, or calibrating, the **OPERATING MODE INDICATOR LIGHT** will indicate charge level every 10 seconds.

GREEN = Charged

YELLOW = Less than 20%

RED = Less than 10%

6. SD Card Error

if you see a **RED** LED accompanied by 5 short beeps, the SD card has a problem (full, damaged, or formatted incorrectly). You may have to replace the SD card. Contact support@physiobiometrics.com

7. Docking Station

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.

Scan the QR code to go to the
PhysioBiometrics products web page.
Select the Docking Station



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

- Session length (default 6 minutes)
- Sound on/off, vibration, external (loud) speaker
- 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