

GenuEase™ Use Instructions

The GenuEase™ rehabilitation equipment is intended for use by and under the supervision of a licensed Physical Therapist. Below is a simple overview of how to use the GenuEase™ equipment.

Each facility will receive personal on-site instruction in the use of the GenuEase™ by representatives of our company. The instructions provided below provide a written review of this training. In addition, the Physical Therapists are encouraged to call the toll-free number provided below with any questions concerning the use of the equipment.

- 1.** Patient should perform an appropriate metabolic warm up of their affected knee by walking, using a treadmill, riding a stationary bike, etc., before using the machine.
- 2.** Before using the machine, check all tensioning knobs, cam locks, and leg pins to make sure they are in place and firmly secured. Ensure that the power supplies are plugged into a properly grounded GFCI protected outlet and firmly into the machine. Test the machine and call the toll-free number below if you experience any operating irregularities.
- 3.** Patient should be assisted by a Physical Therapist into proper position on the machine as follows:
 - a. Sit center forward on the seat with back of knees 1"-2" from front edge of seat.
 - b. Knee should be firmly strapped.
 - c. Waist strap should be buckled and tightened.
 - d. Ankle strap should be attached at Achilles' tendon position.
- 4.** GenuEase Use Protocol
 - a. Perform 5 minutes warm-up by operating the crank to take your knee through its existing range of motion without overly stretching or

stressing the knee.

- b. During the next 20 minutes begin stretching by taking knee to your extension and flexion limits. Hold for 30 seconds at each extreme (use the included Hold Time indicator to assist you). Work to increase your angle of flexion and extension as much as possible with each exercise cycle (watch the angle indicator).
 - c. The final 5 minutes are a cooling down period. Go through available range of motion without stretching or stressing the joint.
 - d. Release all straps, move the leg support arms out of the way, and with the assistance of a caregiver dismount the machine.
5. At conclusion of session ice the knee for 20 to 30 minutes.
 6. Repeat this process daily or at regular intervals until the desired range of motion is achieved.

Note: These protocols are intended as general guidelines only. Use common sense and always follow first and foremost the directions provided by the responsible medical professional.

Call Toll-Free 1-888-313-Knee (5633) With Any Questions!