

Testimonials

"I have recommended Kneehab XP to my patients for more than twelve months and find it is a very effective adjunct during rehabilitation. Kneehab XP aids rehabilitation across a range of knee injuries and conditions from ACL reconstructions to total knee replacements. I will continue to recommend Kneehab where quadriceps atrophy is an issue for my patients."

Mr Richard Creedon,
Consultant in Orthopaedic Surgery

"....it has been extremely useful in the early post-op stages of rehabilitation when muscle contraction is difficult to initiate due to surgical pain ... easy to apply and reapply and the hand held unit is remarkably simple to use ... In professional sport, where injury prevents competitive participation the Kneehab has become one of the many tools available to keep 'injury time out' to a minimum."

David Fevre MSc MCSP SRP,
Senior Chartered Physiotherapist, Blackburn Rovers Football Club, 2009

"...I have suffered on both knees, cruciate ligaments and medial ligaments and cartilage total re-construction... I have found Kneehab to be my winner. It maintains muscle structure and continuous exercise for stability and strength... gives you more time because you can do in your own home. I'm delighted that Donal has introduced Kneehab to me and certainly will be using it a lot."

Larry Tompkins,
Former All-Ireland winning captain

"...increased knee stability and power... decreased pain... through a combination of physiotherapy and Kneehab I am the fittest I have been in 5 years."

Neil Mellor,
2008/09 club top scorer with Preston North End

"Post total knee replacement operation and with lots of time on my hands the modern technology of a Kneehab is a must for a safe and speedy recovery. Time well spent using a quality aid for my recovery."

F Bourke

Simply apply, select program and begin

1



+ Position garment

2



+ Connect controller

3



+ Start therapy

About neurotech

40 years of innovation and advanced patient care

neurotech® is a division of Bio-Medical Research Ltd., a world leader in providing innovative devices for pain relief and rehabilitative health. Our 40 years of clinical experience and investment in scientific research and development, has enabled us to deliver clinically-proven solutions, which are recommended and prescribed by leading healthcare professionals to help patients accelerate recovery and return to an active lifestyle.

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neurotech®

kneehab® XP

Advanced Therapy for Knee Rehabilitation



**Clinically proven to
strengthen quadriceps and
improve knee stability**

A faster recovery time is possible...

Quadriceps atrophy (thigh muscle wastage) is associated with virtually all knee injuries and conditions. Rehabilitation can be a slow and difficult process. Clinical research has shown Neuromuscular Electrical Stimulation (NMES) technology to be an effective treatment for quadriceps atrophy and KneeHab XP is clinically proven to aid in speeding your return to normal daily activities.

Specifically developed for knee rehabilitation:

KneeHab XP is an innovative, clinically proven* NMES system, designed specifically for quadriceps (thigh muscle) strengthening and as a result, improving knee stability. Integrating KneeHab XP into your rehabilitation program supports early quadriceps strengthening and knee stability as compared to using volitional exercises alone.

How KneeHab XP works:

KneeHab XP works by strengthening and re-educating the quadriceps muscles through stimulation cycles of contraction and relaxation. The system uses Multipath™ stimulation technology to deliver comfortable electrical pulses through the surface of the skin. These pulses trigger the quadriceps muscles to contract, helping to effectively strengthen muscles over time.

What conditions can KneeHab XP treat?

KneeHab XP can be used to treat quadriceps atrophy (thigh muscle wastage) in the case of a variety of surgeries, injuries and conditions:

- + Anterior Cruciate Ligament (ACL) Reconstruction
- + Total Knee Replacement
- + Anterior Knee Pain
- + Post-Fracture
- + Patella Dislocation
- + Arthroscopy
- + Acute and Chronic Arthritis
- + Post-Stroke
- + General Weakness and Incapacity

Integrated quadriceps therapy system

Easy Garment Positioning

Markings on outside of garment ensure correct positioning on the quadriceps muscles.

Convenient, Portable

Use in the clinic, hospital, at home or in the office. Once set up, it's ready to go.



One Size Fits All

Easy to order - select therapy for left or right quadriceps.

One Simple Connection

Connect the Controller to the KneeHab XP garment and begin treatment.

Three Preset Stimulation Programmes

Designed for different patients' therapy needs, from post-surgical patients to athletes.

Indications

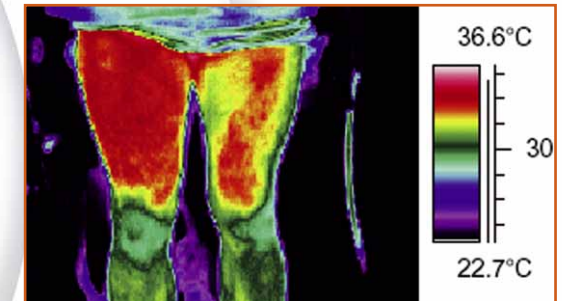
- + Muscle re-education & strengthening of the quadriceps
- + Pre and post-surgical quadriceps strengthening and improved knee stability
- + Maintain or increase range of motion of the knee joint
- + Prevent or slow disuse atrophy in the quadriceps
- + Increase local blood circulation to decrease swelling

Delivers optimal quadriceps recruitment for strong, comfortable contractions.

KneeHab XP incorporates Multipath, a patented breakthrough stimulation technology, which allows the KneeHab XP to deliver highly focused, accurately coordinated and comfortable quadriceps contractions. Multipath delivers multi-directional currents designed to recruit maximum muscle fibre and triggering stronger muscle contractions resulting in better outcomes.

KneeHab XP generates greater Muscle Recruitment

Higher temperature throughout the muscle, illustrates greater muscle recruitment.



KneeHab XP used on subject's right leg. Conventional NMES used on subject's left leg.

Key Benefits

- + **Easy to use** - garment based (thigh wrap) 'all-in-one' product. Once it has been initially set up you just apply to the knee and start your treatment.
- + **Targeted Stimulation** - specifically targets the inner part of the quadriceps (the Vastus Medialis) which assists in the stabilisation of the knee.
- + **Convenience** - portable, making it ideal for use at home or at work. It can be used at a time that suits you and its design enables error-free, repeatable treatment.
- + **Comfort** - Multipath stimulation technology enables the most comfortable contractions to assist recovery.
- + **Clinically Proven*** - speeds-up recovery and helps you return to normal daily activities faster.

* "The effectiveness of NMES post ACL Reconstruction" - Feil, 2011, Am J Sports Med

* "Effects of NMES on quads strength in TKA" - Walls, 2010, BMC Musculoskeletal Disorders