



Steps to get started.

Your doctor has prescribed a Kneehab® XP device for you. Kneehab is an innovative and clinically-proven quadriceps therapy system designed specifically for quadriceps strengthening, improving knee stability, and managing pain. Be sure to read this Guide thoroughly before using your Kneehab. This Guide will show you how to use the Kneehab. If you have any questions about this Guide or about the Kneehab, be sure to contact the distributor who provided you with the device. You can also call Neurotech at **800.901.5667**.

+ Fitting & setup

Initial garment fitting:

The correct garment must be used for the leg being treated. L is printed on the garment designed for the left leg. R is printed on the garment designed for the right leg. If the garment you have is not for the correct leg, please contact your prescribing health care professional.



Align white line on garment with center of thigh.

Align light blue trim on garment approximately 1/4" above the upper edge of the kneecap.

Sit with leg straight.

Position garment as shown.



Determine Length:

If the Kneehab lies flat along the length of your thigh, place gel pads within area on back of Kneehab marked "A". If the garment must be folded at the top of the thigh (to remain 1/4" above knee) use gel pad area marked "a".

Determine Width:

While the garment is fastened, if the strap does not overlap the printed white line, place gel pads in area marked with "B". If strap does overlap the printed line, place gel pads in area marked with "b".



No overlap, use "B"



Overlap, use "b"

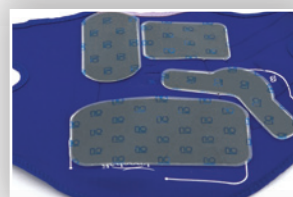
Conductive gel pad placement:



Lay out the conductive garment on a flat surface with the white markings facing you.



Remove the clear plastic liners from the patterned side of the four conductive gel pads.



Place the gel pads grid patterned side down, firmly on the garment within the area determined during initial fitting.



Now, remove the plastic liners from the gel pads. Do not throw these away as you will need them later for storing the Kneehab XP.

Your Kneehab XP is now setup and ready to use. See "Begin Using Kneehab XP!"



Begin using Kneehab XP



Clean the skin where treatment will be delivered.

Sit with your leg as straight as possible.



Apply Kneehab XP to your leg so that light blue binding is 1/4" above upper edge of kneecap. Fasten both pairs of straps. The garment should have a comfortable yet firm fit.



Connect Controller cable to Conductive Garment.

Make sure the gel pads are flat against your skin.



Turn Controller on and select program.

Slowly increase intensity to garment by pressing the up arrow button. Use as recommended by your health care professional.

The stimulation sensation from the Kneehab should not be painful. However, be sure to increase the intensity enough that you feel your quadriceps contracting. Ultimately, the goal is to achieve your maximum possible quadriceps contraction.

When treatment session is complete, disconnect Controller from garment and charge as needed. Remove garment by peeling gel pads off your leg - gel pads should remain attached to garment. Put liners back on gel pads for storage.

Your leg might feel tired or fatigued after a session. That is normal and will go away after a short time.

See instruction manual for complete operating instructions.

Preset Programs

9 preset programs on controller for quadriceps strengthening and pain management.

- 1 **Post-Op Quadriceps Strengthening 1.**
Multipath for the early rehabilitation, post-operative phase
- 2 **Muscle Strengthening 2.**
Multipath for latter phases of rehabilitation
- 3 **Muscle Strengthening 3.**
Multipath for Disuse Atrophy
General Strengthening
- 4 **Muscle Strengthening 4.**
Multipath for General Muscle Weakness
- 5 **Muscle Strengthening 5.**
Multipath for severely de-conditioned quadriceps
- 6 **Muscle Strengthening 6.**
Multipath application for patients
unable to tolerate high repetitions
- 7 **Pain Management.**
TENS for Acute Pain
- 8 **Chronic Pain Management.**
TENS for Pain
- 9 **Acute Pain Management.**
TENS for Pain

Reference the next page of this Guide for information from your Clinician on what program to use and how often to administer treatment sessions with your Kneehab.

To change programs, press and hold the Program button (P) for 3 seconds before starting a treatment session. Release the Program button when the display shows your desired program.

Do not get frustrated if you do not see immediate results. Stick with the protocol prescribed by your physician; do not skip treatment sessions. If you are receiving outpatient physical therapy, let your PT know you are using the Kneehab. They may introduce a new set of exercises for you to use with the Kneehab or they might ask you to run a Kneehab session concurrently with your therapy visit.



Clinician's Prescribed Treatment Schedule

Patient will administer _____ Kneehab sessions daily. Conduct daily sessions _____ days per week for a total of _____ weeks.

During initial treatment sessions, increase the left side intensity to _____ and the right side intensity to _____.

After _____ sessions, further increase the left side intensity to _____ and the right side intensity to _____.

Your follow up visit is: _____.

At that time, a new protocol may be given to you, depending on your progress.

Please bring your Kneehab with you along with your completed utilization diary (below and next page).

Replace the conductive gel pads as necessary. Contact _____ to obtain new conductive gel pads.

Remove the Kneehab when not in use.

SIGNED

CONTACT PHONE

Kneehab - Patient Utilization Diary

Place an "X" in the appropriate box for every completed session. Include any comments on how treatment is going, how your leg feels during/after treatment and anything else you want your clinician to see. **Bring this Diary with you to your follow up visit.**

WEEK 1	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 3	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 2	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 4	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 5	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 6	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 7	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 8	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 9	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 10	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 11	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

WEEK 12	Date	Session 1	Session 2	Session 3	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Designed by & Manufactured for:

Neurotech
 A Division of Bio-Medical Research Ltd.
 PO Box 5179
 Hoboken, NJ 07030

800-901-5667
www.neurotech.us

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