

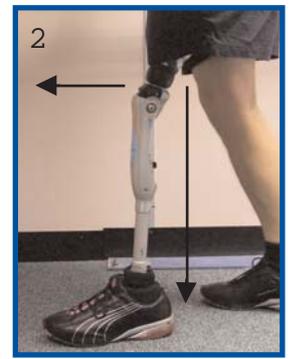
SENSOR AND SENSOR PROFILE PATIENT TRAINING GUIDE

This guide is to be used with the Sensor and Sensor Profile Instructions for use book

1. Ensure knee lock/yield switch is down – locked position.
2. With patient standing between bars and with hands on rails, for balance only, ask the patient to take a small step forwards. The patient should then apply his/her body weight through the back of the knee and down through the heel. Whilst maintaining this force ask the patient to try to bend the knee (Pic 1). If the 'Sensitivity Screw' is set correctly, the knee should remain locked until the weight is removed.



3. Ensure knee lock/yield switch is the 'up' – yield position.
4. With patient standing between bars and with hands on rails, for balance only, ask the patient to take a small step forwards. The patient should then apply his/her body weight through the back of the knee and down through the heel. Whilst maintaining this force ask the patient to try to bend the knee (Pic 2). The knee should bend with resistance. If no resistance is felt turn the BLACK YIELD SCREW clockwise to increase the force. If too stiff, turn BLACK YIELD SCREW anti-clockwise to decrease the force.

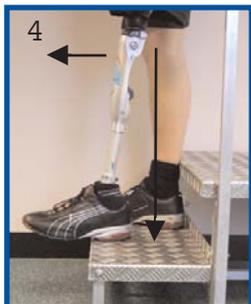


5. Once yield resistance is set to the prosthetist/physiotherapist & patients satisfaction move the patient to a set of steps.
6. YIELD EXERCISE – Check YIELD switch is in the UP position

With patient standing on the first step, place the foot so that the edge of the stair is positioned between the heel and sole of the foot (Pic 3).

The next three stages need to be completed in order, and on no account should be rushed. Ensure patient uses handrails for **balance only**.

7. Apply weight through back of knee and heel of the foot (Pic 4).
8. Whilst maintaining this force begin to bend the knee (Pic 5).
9. Once the patient feels the yield function giving him/her resistance step down to the floor with his/her sound foot (Pic 6).



REPEAT STEPS 7, 8 & 9 UNTIL THE PATIENT IS CONFIDENT WITH YIELD SENSATION.

P.T.O.

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TARGETING EXERCISE.

10. The patient should be able to position his/her foot onto the edge of the stair, with the knee in hyperextension. The foot should neither be too far back (the foot will not roll around the stair pic 7), or too far forward risking the foot slipping off the edge of the stair (pic 8).

The foot perfectly positioned as shown in Pic 9



REPEAT TARGETING EXERCISE UNTIL ALL ARE CONFIDENT THAT A GOOD FOOT POSITION CAN BE ACHIEVED EVERY TIME.

11. When the prosthetist/physiotherapist and patient are confident with the YIELD & TARGETING EXERCISES put the stages together to complete a step. Repeat as many times as required and as confidence builds add extra steps until a full flight of stairs can be negotiated safely and with confidence.

SLOPES – Use the same exercises as with stairs but be aware of the following differences.

- The probable absence of handrails, which can affect confidence.
- Foot position is not critical, but a positive heel strike is essential.



The same procedure is recommended for Ultimate Knee users. Refer to 'Instructions for Use Manual' for fitting guides and instructions.

AN AMPUTEE DEMONSTRATOR IS AVAILABLE IF REQUIRED.

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