



MOVEMENT MEDICAL™
LLC

BETTER KNEE™ USE INSTRUCTIONS

Step 1

Choose a location in your home that is not an area where you or others need to walk. Ensure that the location you pick has an electrical outlet that is within reach of the electrical cord that is attached to the device. As previously instructed make sure the strap is looped around the chair leg and the buckle is secure.



Step 2

Plug the device into an electrical outlet and ensure that all wires are connected (see below).



Step 3

Use the controller to extend the Better Knee™ until it is fully extended.



Step 4

Sit in the chair and place your foot in the footrest.



Step 5

Use the controller to begin moving the footrest towards your body.



Step 6

When you reach the desired position for your stretch, you should release the controller.



Step 7

Follow the T.E.R.T. Protocol and hold the stretch for the time recommended by your physician.



Step 8

At the end of your stretch, use the controller to release the stretch by returning your knee to the extended position.



Step 9

Repeat the stretch as directed by your physician. The T.E.R.T. (Total End Range Time)¹ Protocol recommends that the knee be stretched for a total of 60 minutes per day. This is often broken into 10-15 minute increments, repeated 4 to 6 times per day.

¹The term total end range time (TERT) was developed by Flowers and LaStayo (1994) and is used to describe the number of hours that a joint is held at the end of available ROM under light tension over days, weeks, or even months using a splint or cast (Wilton, 1997a).