

## For the Patient: Instructions for Use

### Instructions for Use:

1. Sit in the folding chair to which the ERMI Knee/Ankle Flexionater is attached.
2. Position your foot on the footplate. We advise that you wear a tennis shoe or other comfortable shoe that will provide support to your foot.
3. Turn the actuator valve or flip the toggle switch to set the footplate to advance toward the chair as the pump handle is pumped (Figure A).
4. Pump the handle to advance the footplate toward you, bringing your knee into increasing degrees of flexion (Figures B-C).
5. Continue pumping the handle until you achieve a stretch that feels like the stretch your therapist gives you manually during in-clinic physical therapy sessions.
6. Hold the stretch for 10 minutes (see notes below).
7. To reduce the stretching load to your knee, turn the actuator valve lever or flip the toggle switch to allow the footplate to move away from you. You may push the footplate away or pump the handle to move it away.
8. Relax and allow the muscles and tissues around your knee to recover from the stretch for 10 minutes (see notes below).
9. Repeat the stretching protocol from Step 5, holding the stretch for 10 minutes.
10. Release the stretch by activating the valve.
11. You have completed one stretching session with the ERMI Knee/Ankle Flexionater. We recommend that you repeat this protocol 3 to 4 times throughout the day, everyday for a Total End Range Stretching Time of 60 minutes<sup>1</sup>.



### Notes:

- Initially, you may become sore as your tissues have not been stretched to this degree. If so, we recommend that you start with one session per day for the first week, increase to 2 sessions per day in week 2, and plateau with 3 to 4 sessions per week in weeks 3 and beyond.
- The 10 minutes of stretch followed by 10 minutes of relaxation and a final 10 minutes of stretching is the goal. If you cannot comfortably hold the stretch for 10 minutes, hold it for as long as you can, then relax for a similar duration. Repeat stretching and relaxing for similar periods of time until 30 minutes have passed.

<sup>1</sup>Davies, George J., PT, ATC and Ellenbecker, Todd S., PT. Focused exercise aids shoulder hypomobility. Biomechanics 1999, 77-81.

**For the Clinician: Instructions for Set-Up**

**Required Items:**

- A. ERMI Knee/Ankle Flexionater**
- B. Folding Chair**
- C. Straight Pin (for Ankle Dorsiflexion Stretching Only)**



**Assembly and Fitting Instructions:**

1. Position the ERMI Knee/Ankle Flexionater under the chair as shown (Figure A).
2. Slide the slotted attachment clamp over the back rung of the chair so that the device is firmly attached to the chair (See Note below for fitting taller patients).
3. Lift the pump by pulling out the straight pin which is locking the pump in place (Figure B).
4. Lift the foot plate and set it in place by placing the straight pin in its locking position (Figures C-D).
5. Turn the actuator valve lever or flip the toggle switch to set the foot plate to move away from the chair as the pump handle is pumped (Figure E).
6. Pump the handle and move the footplate out to the furthest point away from the chair.
7. Place the patient in the chair with the foot of their affected leg on the footplate. If the footplate is too far away for the patient to reach, turn the actuator valve lever or flip the toggle switch to set the footplate to move toward the chair as the pump handle is activated. Advance the footplate until the patient can rest their foot on the footplate.

The ERMI Knee/Ankle Flexionater is now set-up for your patient. For instructions on how to begin therapy sessions, please refer to the document: "For the Patient: Instructions for Use" on the reverse side of this document.

**Notes:**

- For patients working on dorsiflexion, insert the straight pin in its locking position of the foot plate (Figure F).
- For taller patients, the ERMI Knee/Ankle Flexionater can be attached to the front rung of the folding chair as shown in Figure (Figure G).

