

## For the Patient: Instructions for Use

### Instructions for Use:

1. Place the plastic seat at the top of your thigh just below your buttock and extend your leg over the top of the ERMI Knee Extensionater II, making sure your heel is in the foot capture cradle (Figure A & B).
2. Lay the air cuff over the top of your leg, one or two finger-breadths above or below your kneecap (Figure C).
3. Feed the straps between your leg and the ERMI Knee Extensionater II frame as shown (Figure D). Loop the straps outside of the frame, pulling them tight; secure the free ends of the straps onto the mating Velcro surfaces on the top of the air cuff (Figure E).
4. Begin squeezing the black bulb to inflate the air cuff and initiate stretching your knee into extension (Figure F). Continue inflating the air cuff until you achieve a stretch that feels like the stretch your therapist gives you during in-clinic physical therapy sessions.
5. Hold the stretch for 10 minutes (see notes below).
6. To deflate the air cuff and reduce the stretching load to your knee, depress the push-button valve integrated in the bulb handpiece (Figure G).
7. Relax and allow the muscles and tissues around your knee recover from the stretch for 10 minutes (see notes below).
8. Re-inflate the air cuff as in Step 4 above, holding the stretch for 10 minutes (see notes below).
9. Release the stretch by deflating the air cuff.
10. You have completed one stretching session with the ERMI Knee Extensionater. We recommend that you repeat this protocol 3 times throughout the day, everyday for a Total End Range Stretching Time of 60<sup>1</sup> minutes per day.



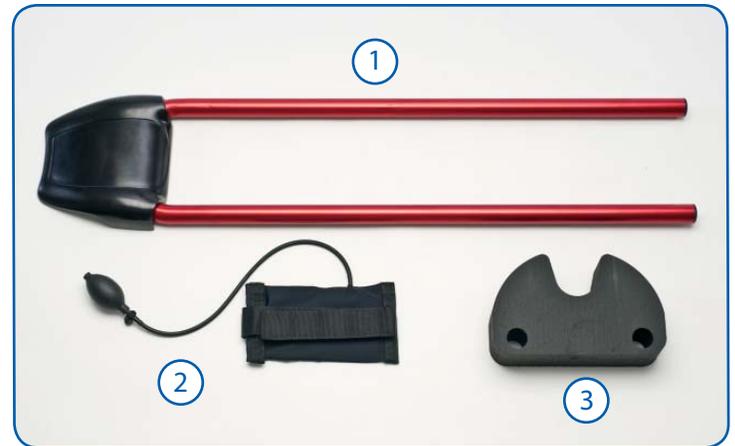
### Notes:

- 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 sessions per day (60 minutes end-range stretch) in weeks 3 and beyond.
- The goal is to complete 60 minutes of end-range stretch each day broken into stretching intervals no longer than 10 minutes in duration. One way to do this would be 3 sessions of 10 minutes of stretch – 10 minutes of joint recovery – 10 minutes of stretch. 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 holding the stretch and relaxing for similar periods of time until 30 minutes have passed. For example you may hold the stretch for 2 minutes and

## For the Clinician: Custom Fitting Instructions

### Contents of Package

- A. Extensionater Frame with seat
- B. Air Bladder
- C. Foam Foot Capture Device



### Assembly and Fitting Instructions:

1. Attach the plastic seat to the frame of the ERMI Knee Extensionater II (Figure A).
2. Attach the foot capture device to the frame of the ERMI Knee Extensionater II. In order to make length adjustments to accommodate the patient's limb length, move the foam foot capture device upward or downward on the frame (Figure B).
3. Position the patient in a sitting position with a foot rest for them to prop their foot upon. Slide the ERMI Knee Extensionater II seat under the buttock (Figure C).
4. Place the heel in the foot capture device (Figure D).



The ERMI Knee Extensionater II frame assembly is now custom-fit for your patient. For instructions on how to position the air cuff and begin therapy sessions, please refer to the document: "For the Patient: Instructions for Use" on the reverse side of this document.