

KNEEHAB XP/RECOVERY BACK INSTRUCTIONS



4.3 Description of Controller Display

The following icons appear on the Controller display at various times throughout the treatment.

- Toning intensity from the left-hand side of the garment
- Toning intensity from the right-hand side of the garment
- Counts down the time left in the current session in minutes and seconds.
- Indicates that the session has been paused.
- Indicates that the mute function is activated
- Intensity button lock is active
- This warning symbol indicates a poor contact between the unit and garment or between the conductive gel pads and the skin (see page 13 for more details).
- Shows the battery power remaining.
- Shows the program currently running.
- This symbol appears around the edge of the display during each contraction phase.

5.0 Operating Kneehab XP Controller

Step 1 - Charge the battery

Connect the Controller to the charger (Fig. a) and plug the charger into an electrical outlet. To remove the Controller from the charger press the buttons on each side of the unit connector and pull apart. You will know the battery pack is on charge when the unit display shows a battery symbol with 3 bars that turn on and off. It will take approximately 2-3 hours to fully charge. The battery pack is fully charged when the battery symbol and its 3 bars remain on.

Fig. a



Notes:

- Do not leave your Controller connected to the charger when the battery is fully charged.
- Do not leave your charger plugged into electrical outlet when not in use.

Step 2 - Connect the Controller and switch it on

Connect the Controller to an appropriate conductive garment by plugging it into the garment socket (Fig. b). Switch on the Controller by pressing the On/ Off button for 3 seconds (Fig. c). The Controller display will show the program number selected, the duration of the program and the battery status.

Fig. b



The Kneehab XP is designed for use on the Right leg (R) or Left Leg (L). The garment is marked on the outside, top with the letter R or L. Before starting treatment, confirm the letter printed on your garment is correct per the prescription from your health care professional. You must use correct garment on corresponding leg. When connected to a Left garment the Controller will display 'L' for 3 seconds at start up. When connected to a Right garment the Controller will display 'r'. Please check that your Controller displays the correct code for the garment to which it's connected. If the Controller does not display the expected code, please contact your distributor.

Fig. c



Step 3 - Begin treatment

Begin increasing the intensity (Fig. d). This starts the treatment session and the timer will begin to count down. As you increase the left or right intensity button you will feel the stimulation increasing on the corresponding side of your leg. You will also see the intensity level for that side increasing on the Controller's display. Increase the intensity on both sides of your leg until you feel a firm, comfortable contraction of the quadriceps. The intensity level ranges from 0 - 99.

Fig. d



Important Notes:

- Typically, you should increase the intensity to the inside of your leg first and to optimize contractions, the intensity level for the inner thigh should be set at a higher level than the outer thigh. As you become more experienced using Kneehab XP, you will quickly find the levels which suit you best.
- The treatment is delivered in contraction and relaxation cycles. See your Program Information Card for more details.
- Changing the intensity at any time will trigger the start of a contraction cycle.
- Caution is required when using Kneehab XP because the strong quadriceps contraction it elicits may cause involuntary lower leg movement. If not otherwise directed by your prescribing physician, we recommend using Kneehab XP while sitting with your leg bent at an angle between 0-60 degrees (fig d) and your foot secured firmly to prevent lower leg movement.

Step 4 - Finishing Treatment

The treatment session is completed when the counter reaches zero. The Controller will beep to indicate this. Switch the Controller off by pressing the On/ Off button for 3 seconds. Should you forget to do this, the Controller will switch off automatically after 20 seconds anyway.

Disconnect the Controller from the garment by pressing the buttons on either side of the connector and pulling the two sections apart (Fig. e).

Fig. e



5.1 Problem Solving Guide

Problem	Possible cause	Solution
The display doesn't come on and there's no signal from the Controller	<ul style="list-style-type: none">• Controller not switched on• Battery pack is fully discharged	<ul style="list-style-type: none">• Press and hold the On/Off button for 3 seconds to switch the Controller on• Recharge the battery pack
The battery symbol is flashing/ there's ineffective stimulation	<ul style="list-style-type: none">• The battery charge is low	<ul style="list-style-type: none">• Recharge the battery pack
The contractions are very weak, even when the intensity is high	<ul style="list-style-type: none">• The battery charge is low	<ul style="list-style-type: none">• Recharge the battery pack
The warning symbol appears on the display ⚠	<ul style="list-style-type: none">• Controller is not properly attached to the garment	<ul style="list-style-type: none">• Ensure the Controller and garment are properly connected
ERR has appeared on the display	<ul style="list-style-type: none">• Error message, indicating a problem with the Controller	<ul style="list-style-type: none">• Switch the Controller off and on again. It should now work without problems. If the error message persists, call your distributor

For Troubleshooting issues please call Neurotech directly at 800-901-5667. They will need the serial number off of the device and will attempt to fix it over the phone. If the device cannot be fixed over the phone they will create a replacement order right away.