

REHAB SOLUTIONS 813-662-9269

1351 Oakfield Dr., Brandon, FL 33511

Knee Works 200 Home Use Instructions

Passive Knee Stretching Protocol

Purpose of the Knee Works 200

The Knee Works 200 device is designed to help you safely stretch your knee to improve flexibility, restore range of motion, and support your recovery. Follow these instructions carefully for the best results.

General Setup

Set Up the Device

- Place the Knee Works 200 directly in front of a stable chair with back support.
- Fully extend the stabilizer bars on the base.
- Use the leveling knobs to ensure the device sits flat; check that the bubble is centered on the level indicator.

Position Yourself

- Sit comfortably in the chair with your back supported.
- Place your thigh into the saddle.
- Secure belt over thigh snuggly.
- For **Flexion** (bending the knee), make sure there is **at least 3 fingers of space between the back of your knee and the start of the saddle**.
- For **Extension**, position the Knee Works forward, so the strap falls just behind the knee.
- Use the height adjustment knobs to raise or lower the saddle so your foot **does not touch or drag on the floor**.

Using the Device

For Flexion (Bending the Knee)

1. Insert the crank handle and turn it to elevate the arm until you can place your foot **behind the black roller**.
2. Adjust the roller if needed so it sits comfortably **at ankle height**.
3. Confirm your foot is fully supported and clears the floor.

4. Slowly turn the crank to bend your knee until you feel a **strong stretch but no more than 3 out of 10 pain**.
5. Hold the stretch:
 - Start with **30 seconds**.
 - Gradually work up to **1–2 minutes** as you tolerate.
6. Repeat **3 to 5 times per day**.

For Extension (Straightening the Knee)

1. Turn the crank to lower the arm, allowing your ankle to rest **in front of the roller**.
2. Slowly turn the crank to extend your knee until you feel a **strong stretch but no more than 3 out of 10 pain**.
3. Hold the stretch:
 - Start with **30 seconds**.
 - Gradually work up to **1–2 minutes** as you tolerate.
4. Repeat **3 to 5 times per day**.

Safety Guidelines

- **Never force the stretch** or work through sharp pain.
- Stop immediately if you feel numbness, tingling, unusual discomfort, or swelling.
- Use on a flat, safe surface with no obstructions.
- Discuss any concerns or changes in symptoms with your healthcare provider.

Recommended Frequency

- Use the Knee Works 200 **3–5 times daily** for both flexion and extension exercises.
- Follow your therapist or physician's specific recommendations.

I acknowledge that I was instructed on the use and function of the Knee Works 200 device and my questions have been answered. If I have any further questions, I know I can call 813-662-9269 for information or reach out to the Rehab Solutions representative listed on the business card provided.

Print name: _____

Signed: _____

Date: _____