

ottobock.

Kenevo

Activity mode A

Quality for life



Dear Kenevo user,

You have chosen the Kenevo together with your prosthetist. In the Kenevo, we use our latest technology for a high level of safety. The knee joint will therefore support you in everyday life and during rehabilitation particularly if safety and stability are very important for you.

Three activity modes are available. In this brochure, we'd like to introduce you to mode A. It is the safest of the three modes. Mode A is especially suitable for taking your first steps with a prosthesis or if you walk short distances, sit a great deal and mostly stay indoors in your everyday life.

The Kenevo offers you a high degree of stability in mode A. The knee joint is locked but still supports you during sitting down and standing up thanks to its basic functions.

Your advantages in mode A

- High stability
- Advanced technology for a high level of safety
- Excellent control over your movements
- Three active basic functions
 - Supported sitting down
 - Supported standing up
 - Wheelchair function (optional)





How mode A works

In mode A, the knee joint does not flex during walking but rather remains rigid. This enables you to walk with a very stable prosthesis which you can easily control and which does not permit any unexpected movements. You can also use three basic functions which make typical everyday situations easier: supported sitting down, supported standing up and the optional wheelchair function.



The team behind the training

The following training will help you get to know mode A and familiarise yourself with it. Please speak with your physician, physiotherapist and prosthetist before starting. They know you personally and will provide you with individual advice.

Discuss together which exercises will help you and how often you can train. Your fitting team will also explain to you how to perform the respective exercise. You can of course then continue the training at home following consultation with your team.

We wish you every success – step by step. Please take your time. What you learn now will become habit and will make your everyday life easier.

- **Supported sitting down**

The Kenevo automatically detects when you sit down and supports you. You can place weight on the joint and still sit down in a slow, controlled manner. Your hands are free as you do not have to stabilise yourself. The Kenevo supports you.

- **Supported standing up**

You can also place your full weight on the Kenevo when standing up and pause while doing so. The prosthesis detects your movement towards the standing position and prevents you from falling backwards.

- **Wheelchair function**

If you use a wheelchair now and then, you do not need to remove the prosthesis to be able to sit comfortably. In just one step you can position the Kenevo where it feels comfortable for you: with the leg between a slightly flexed and nearly extended position. This means it will not be in your way as you drive forwards.

1 Unlocking the knee joint to sit down



Start

Stand in front of a chair. The prosthesis is positioned slightly in front of the other foot.

Exercise

Place weight on the prosthesis. Bend your upper body far forwards. Move your hands to the armrests. Shift your pelvis to the back and sit down.

Objective

Unlocking and sitting down. Building up confidence in the function.

2 Supported sitting down/standing up



Start

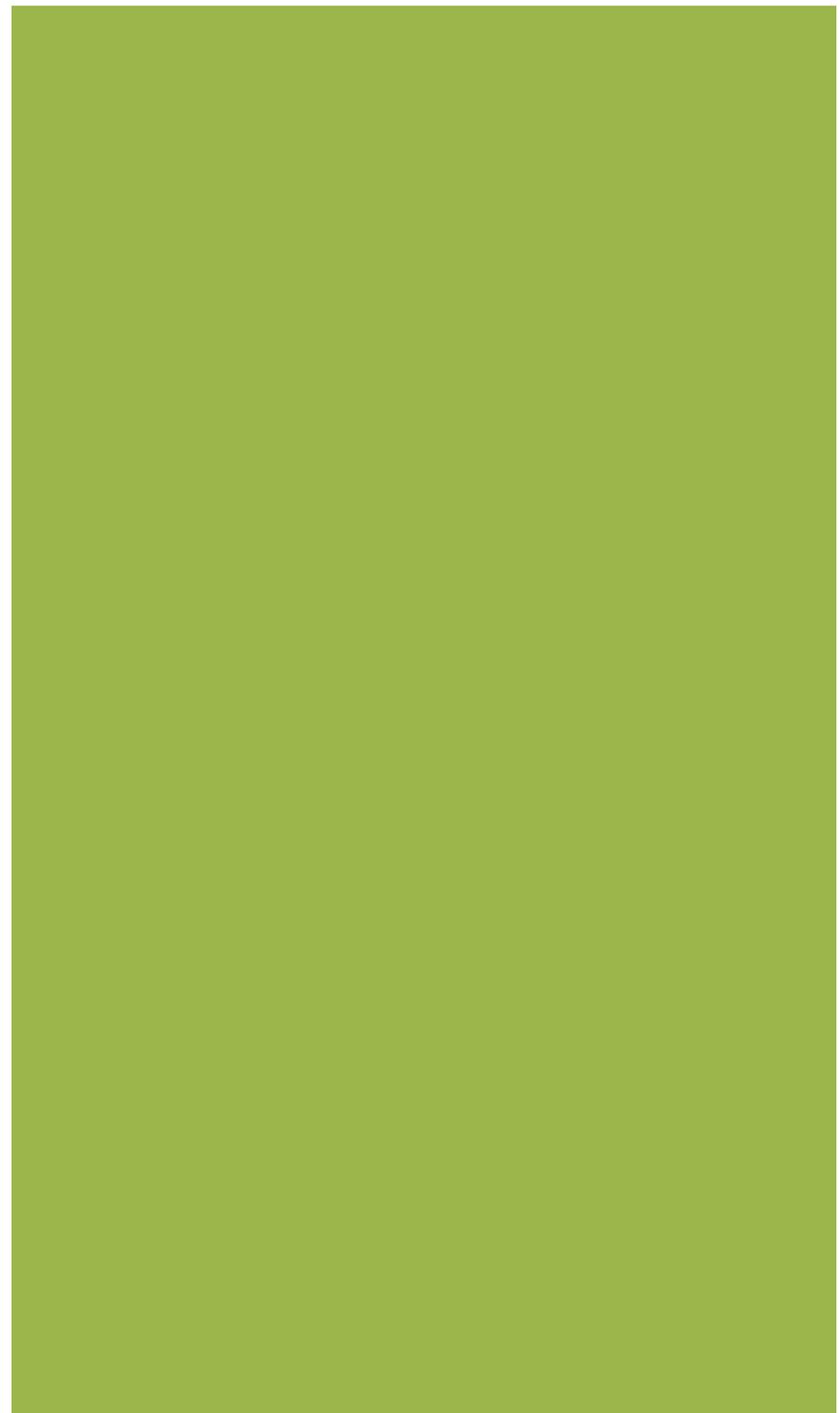
Stand in front of a chair. The prosthesis is positioned slightly in front of the other foot.

Exercise

- Start sitting down. Stop during this movement: You will feel the Kenevo locking and supporting you. Continue moving backwards: The Kenevo flexes when it recognises the sitting down pattern once again.
- Start standing up. Stop during this movement: You will feel the Kenevo locking and supporting you. Continue moving upwards.

Objective

Place weight on the prosthesis while sitting down and standing up. This enables you to switch your grasp from your walking aid to the armrests or vice versa.



3 Flexing the prosthesis while sitting

**Start**

Stand in front of the chair and place your hands on the armrests.

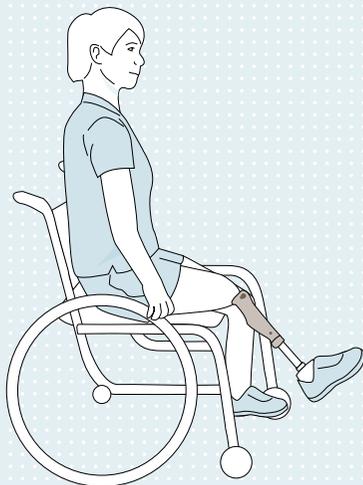
Exercise

- Sit down without placing weight on the prosthetic side. The leg thereby remains extended. The knee joint flexes automatically after you have been sitting for one second.
- If the knee does not flex automatically, the angle between the prosthesis and your hip is too large. In this case simply lift the prosthesis slightly.

Objective

Flex the knee while sitting without manually unlocking it. An alternative to supported sitting down.

4 Positioning the prosthesis with the wheelchair function

**Start**

Sit in the wheelchair.

Exercise

Activation:

- Move your lower leg vertically to the desired position.

Deactivation:

- Use your hand or other foot to move the leg upwards until the Kenevo is extended. Let go of it again.
- Alternatively, you can put light pressure on the toes, for example by pressing the foot against a wall.

Objective

Increase distance between the prosthesis and the floor when using a wheelchair.

i**Battery charge level**

- Please remember to charge the Kenevo overnight. This is necessary for its functionality.
- Make charging a habit! In the packaging you will find a sticker which you can put on your bathroom mirror, for example. This way you will always be reminded to connect the Kenevo to the outlet.
- You can easily check the Kenevo's charge level by rotating it 180°. The sole of the foot then faces up. Briefly hold the joint still and wait until you hear beeping signals. One beep means that the rechargeable battery is nearly empty; five beeps means it is fully charged. If it beeps continually, it is not working properly. In this case please contact your prosthetist.
- You can continue using the Kenevo if the battery is empty. Certain functions will no longer work, of course, but it is still safe and provides stability.

Moisture protection

- The Kenevo is protected against dripping water. This means it is not a problem if the joint comes into contact with a few droplets of water.
- However, the Kenevo is not waterproof. The joint will be damaged if you shower or bathe while wearing it.
- If water does somehow penetrate into the prosthesis, dry the joint and contact your prosthetist.

Please refer to the provided patient information for further, detailed operating instructions.
Your prosthetist will provide you with these.