

ottobock.

Quality for life

Kenevo  
Activity mode B



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. We would like to introduce mode B/B+ to you here. The movement pattern in this mode is quite natural. The Kenevo flexes in the so-called swing phase during walking; that is, when you swing your leg forwards into the air. Mode B/B+ is particularly suitable if you walk for short distances at a slow pace and use walking aids. The basic functions are always active, supporting you especially when you sit down and stand up.

### **Your advantages in mode B**

- Advanced technology for a high level of safety
- Prosthesis swings through when you walk, including small steps and with walking aids
- Stumble Recovery Plus: The Kenevo provides high stability as soon as you make an unexpected movement; the joint is damped and offers excellent support
- Three active basic functions: supported sitting down, supported standing up, wheelchair function (optional)

### **Extra in mode B+**

In mode B+ the knee flexes slightly in stance phase – just as the natural knee joint flexes a bit. However, flexion is limited to 10° here to support a high degree of stability.





### **How mode B works**

In mode B, the Kenevo swings forwards into the air (swing phase) when you walk and flexes as it does so. If you roll over the prosthetic leg in the stance phase afterwards, it immediately provides you with high stability again.



## The team behind the training

The following training will help you get to know mode B/B+ 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.

## Make everyday life easier

To ensure a continually high level of safety, the Kenevo features Stumble Recovery Plus. This immediately increases the resistance when you make an unexpected movement and want to stabilise yourself with the prosthetic leg. Three basic functions also make your everyday life easier: supported sitting down, supported standing up and the optional wheelchair function. They are active at all times.

- **Supported sitting down**

The Kenevo automatically detects when you sit down and assists 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.

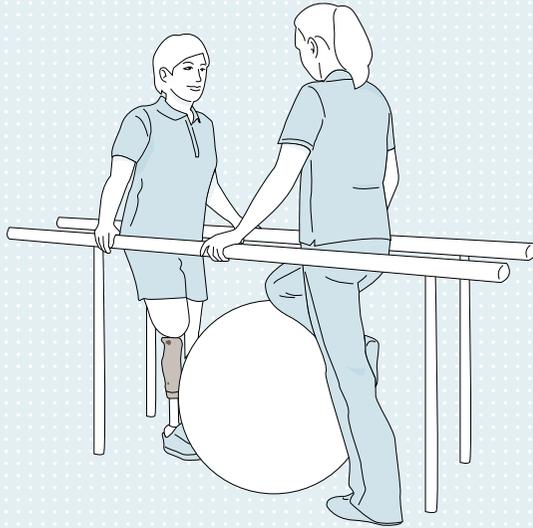
- **Supported standing up**

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.

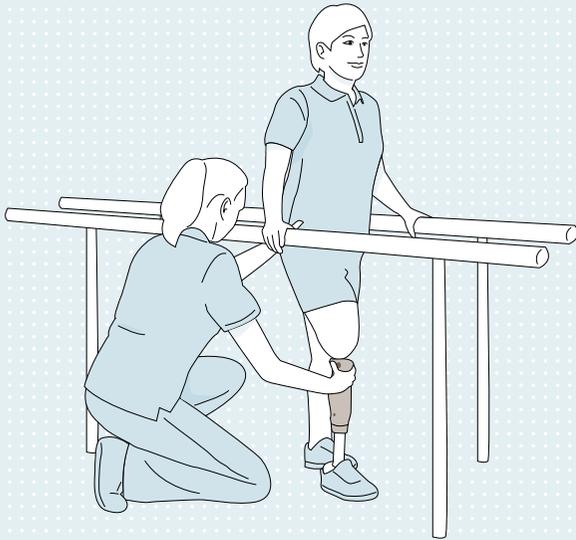
## 1 Activity mode B Initiating the swing phase



- Start** Stand in a walking position in front of an exercise ball. The prosthesis is positioned slightly in front of the other foot.
- Exercise**
- Take a step with the other, rear leg. You will roll over the prosthetic foot as you do so.
  - Then kick forwards against an exercise ball with the prosthetic foot.
  - If this works well, you can perform the exercise outside of the bars and then walk in curves.
- Objective** Walking with the prosthetic leg swinging through.

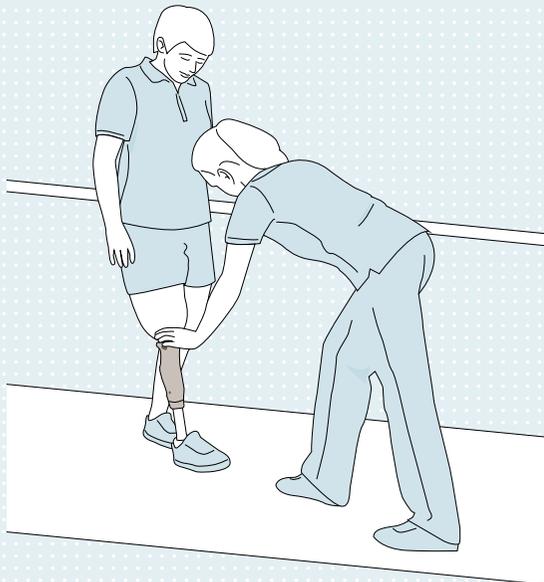


## 2 Activity mode B+ Flex prosthesis while placing weight on it



<b>Start</b>	Stand upright and hold onto the parallel bars. Step into a walking position with the prosthetic leg in front.
<b>Exercise</b>	<ul style="list-style-type: none"><li>• Now flex the knee until the entire foot is in contact with the floor.</li><li>• Roll forwards over the foot so that your body's centre of gravity shifts forwards. The knee and hip extend.</li><li>• If this works well between the bars, use a walking aid.</li></ul>
<b>Objective</b>	You learn to flex the knee slightly while placing weight on it and then extend it again while walking. This initiates your next step.

## 3 Flat ramp / uneven ground



<b>Start</b>	Stand upright and hold onto the handrail.
<b>Exercise</b>	Descending a ramp: <ul style="list-style-type: none"><li>• Start with the prosthetic side. Put the heel down. Place weight on the prosthetic side while the other leg takes a step. Let the prosthetic leg flex.</li><li>• Walk sideways on steeper ramps.</li><li>• Practise standing and stopping on the ramp as well.</li></ul> Uneven ground: <ul style="list-style-type: none"><li>• Use the flexion of the prosthesis to gain contact between the entire foot and the floor more quickly.</li></ul>
<b>Objective</b>	Use prosthesis flexion to master gentle slopes and walk on uneven ground.



#### 4 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.

#### 5 Supported sitting down/standing up

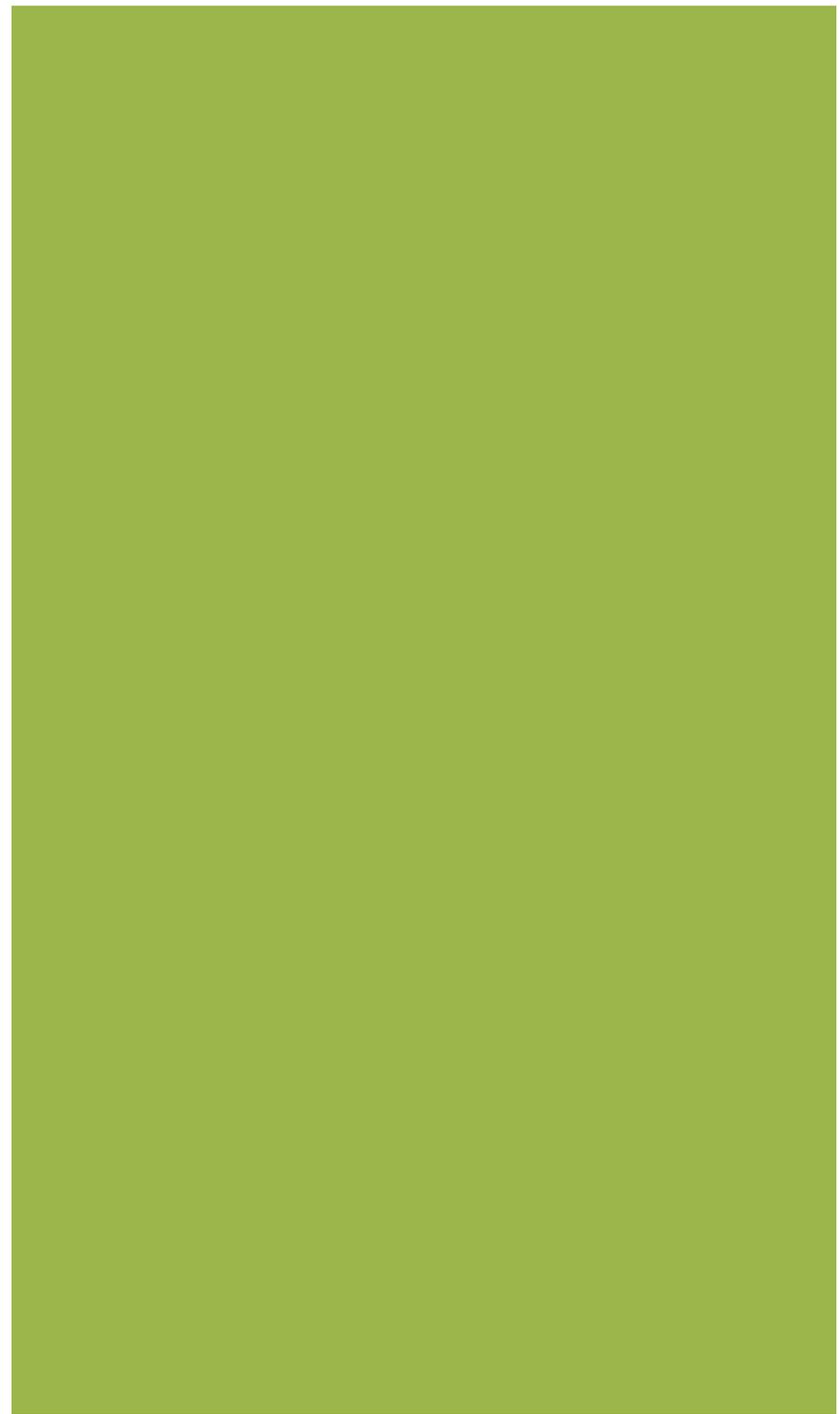


**Start** Stand in front of a chair. The prosthesis is positioned slightly in front of the other foot.

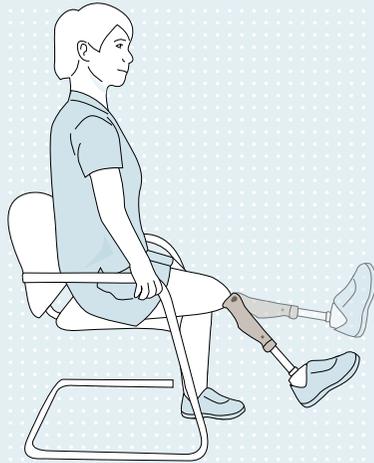
**Exercise**

- 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.



## 6 Flexing the prosthesis while sitting



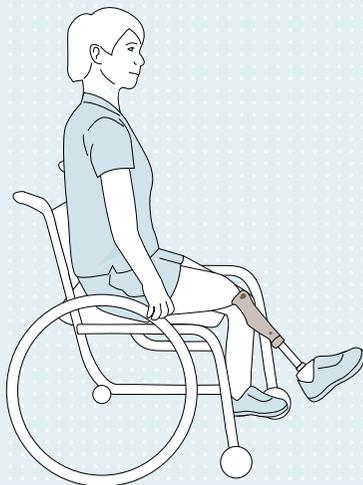
**Start** Stand in front of the chair and place your hands on the armrests.

**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.

## 7 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, the joint 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.