

ottobock.

Quality for life

Kenevo
Activity mode C



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 C. With this mode, you can very closely approximate the natural movement pattern. You can even walk down stairs and ramps step-over-step. Mode C is especially suitable if you can already manage a wide range of everyday situations and walk medium distances outdoors. The basic functions are always active, supporting you especially when you sit down and stand up.

Your advantages in mode C

- Advanced technology for a high level of safety
- Movement dynamics based on the natural model
- Descend stairs step-over-step
- The knee can be flexed slightly while standing for a more natural and comfortable posture (Intuitive Stance function)
- Stumble Recovery Plus: The Kenevo offers high stability as soon as you make an unexpected movement; the joint is damped and supports you
- Three active basic functions
 - Supported sitting down
 - Supported standing up
 - Wheelchair function (optional)





How mode C works

Transitions between movements are fluid in mode C. When walking, you reach the swing phase relatively quickly in which you swing the flexed prosthesis forwards into the air. If you roll over the prosthetic leg or place weight on it while standing it flexes gently. This supports you when walking on uneven ground, on ramps and stairs as well as when standing in a relaxed position.



The team behind the training

The following training will help you get to know mode C 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 high level of safety while maintaining its dynamism, the Kenevo offers 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 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.

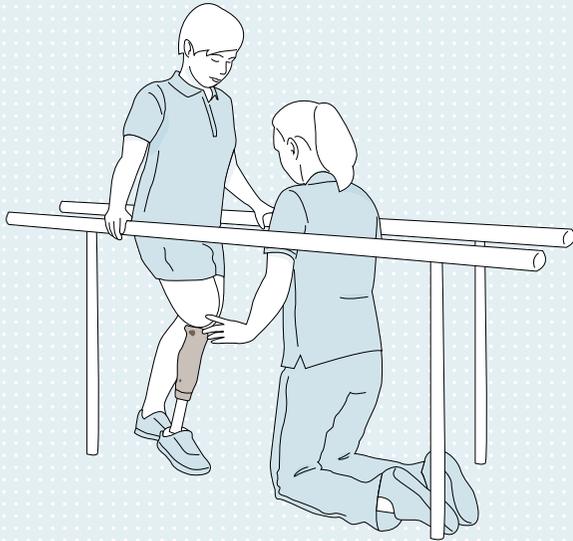
- **Supported standing up**

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 Flex prosthesis while placing weight on it



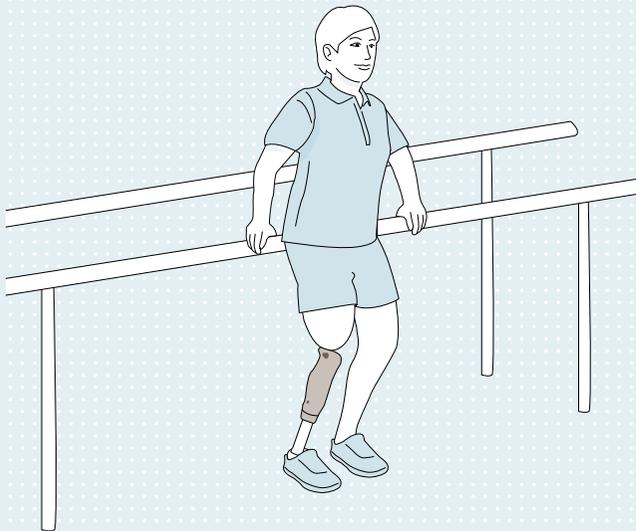
Start Stand upright in the walking position with the prosthesis in front. Hold onto the bars.

Exercise

- Place weight on the prosthesis and push slightly into a flexed knee position. This flexion is unlimited and thus greater than in mode B+.
- Feel the resistance as the knee flexes.
- Continue the movement only as far as you can stabilise your upper body.

Objective You will get a feeling for the flexion of the prosthesis. Build up confidence to the point of placing weight on the prosthesis in the direction of flexion.

2 Intuitive Stance function



Start Stand holding onto the parallel bars.

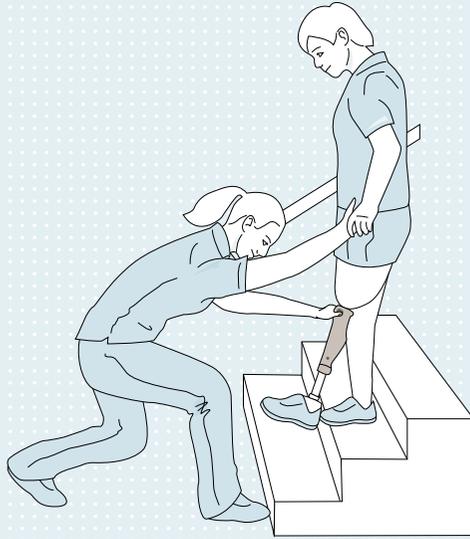
Exercise

- Lean against the bars and bend both knees slightly.
- Activation: Hold the knee still. The prosthesis locks in the flexion direction. You can now place your full weight on it.
- Deactivation: Move the knee forwards or backwards or extend the leg.
- If this works well, practise the Intuitive Stance function at the wall. Lean against it. If the knee locks, shift your weight to the prosthesis side. Your other leg is relieved.
- Finally, practise standing on slopes.

Objective Relieve your healthy leg in everyday life.



3 Descending stairs

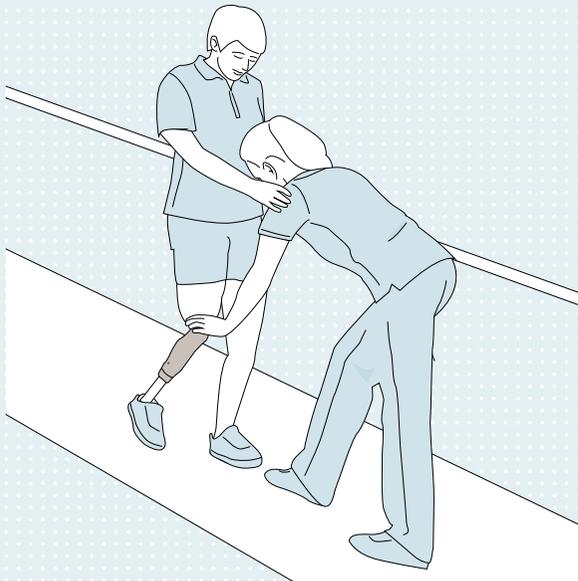


Start First stand on a step trainer between parallel bars. Later, you can stand on the first step of a set of stairs and hold onto the handrail.

- Exercise**
- Only the heel of the prosthetic leg is in contact with the step trainer. The knee is extended.
 - Step down with the other side. Allow the knee of the prosthesis to flex as you do so.
 - Repeat this exercise on the stairs. Start on the lowest step and pay attention to the placement of your foot (only the back part of the foot should be in contact with the step).
 - If this works well, practise going down stairs step by step. When you feel confident try taking the stairs step-over-step; that is, without continually placing both feet on a step. Always make sure that your foot is properly positioned at the beginning of the step.

Objective Position the foot correctly. Go down a set of stairs step-over-step.

4 Walking on ramps



Start Stand upright and hold onto the handrail.

- Exercise**
- Down:
- Flat ramps -> equivalent to walking on even ground.
 - Steeper ramps -> place weight on prosthetic knee and flex it.
- Up:
- Start the step with the prosthetic leg. Swing this leg through to the front in the direction of movement. Avoid twisting and lifting the hip as you do so.

Objective Walking step-over-step on ramps. Distribute your weight evenly.



5 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.

6 Supported sitting down/standing up

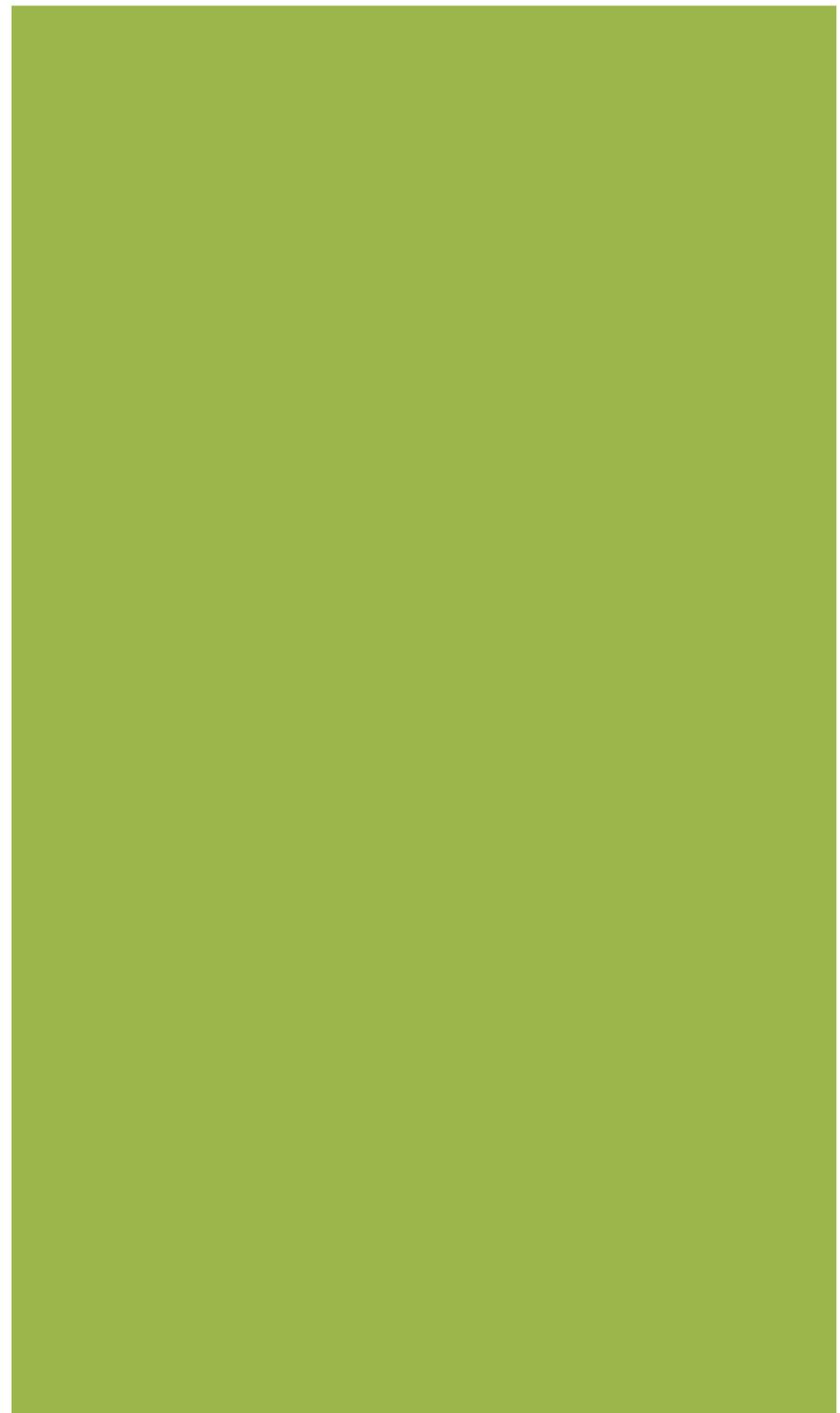


Start Stand in front of a chair. The prosthesis is positioned slightly in front of the other foot.

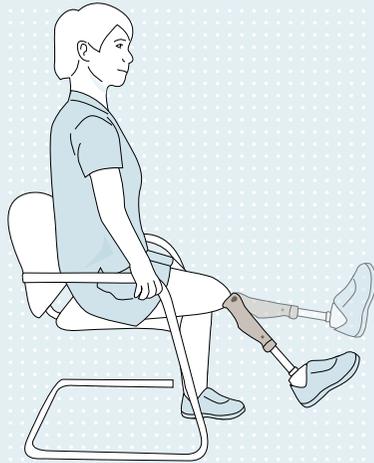
Exercise

- 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.



7 Flexing the prosthesis while sitting



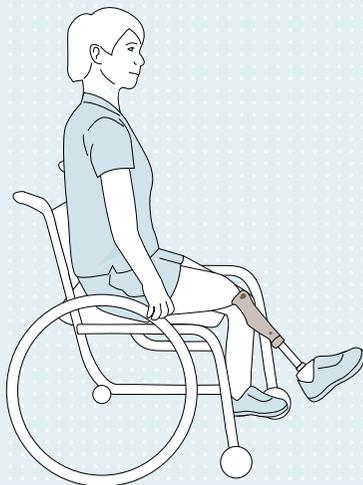
Start Stand in front of the chair and place your hands on the armrests.

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.

8 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.



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.