



# POWER KNEE® FITTING GUIDELINES

Power Knee is a new and unique experience for prosthetists and patients alike. While we are confident that the proven clinical benefits of active power are transformative, it is also important to carefully deliver an experience that puts the patient at the center and sets them up for success. Through learning from over 15 years fitting powered prosthetics, Össur Academy has defined best practices to maximize positive outcomes. This guide will provide a framework for working through the training process and provide key insights to incorporate into your own process.

## GETTING STARTED

---

### Setting the Tone

#### Align on Goals

- Align on goals of the patient for the day of fitting and beyond. *(QR Code and download link on page 4)*

#### Engage Everyone

- Make sure to engage and educate family and caregivers supporting the patient.

#### Positive Energy is Contagious

- Maintain a confident, positive energy throughout. This may be the most critical success factor for new prosthetists fitting Power Knee. Your patients will follow your lead.

#### Allow Space for Change

- Understand that Power feels very different when someone is first walking on it. Don't overwhelm the patient with too many questions or move too quickly through the training protocol.

#### Mind the Pace

- Let them go at their own pace. If they are not getting something right away, sometimes it's better to move on and come back to it.

#### Keep an Open Mind

- Encourage the patient and family/caregivers to keep an open mind about the motor sound if they are concerned, focusing on the potential benefits during the fitting. Many people learn to appreciate the proprioceptive input over time.

#### Just Relax

- It is quite common to see patients with established gait habits try and overwork the knee and fight against it. This is part of the process of restoring normal mechanics. Instruct them to “relax” and try and reduce compensatory motion, specifically overuse of the hip flexors in early swing.

#### Less is more

- Most candidates should not be moving to the advanced training features on day one. Getting through either beginner or intermediate functions is a great success for most people.

## Preparation

Make sure to do the following steps before the fitting begins:

Before Fitting	Check if done
Ensure batteries are charged	
Download or update Össur Logic App ( <i>see page 4</i> )	
Confirm optimal socket fitting	
Bench and static alignment	
Establish Bluetooth connection	
Reset device settings	
Let patient watch “What to Expect” video while leg is prepared	

## First Steps

Start your fitting by asking the user to simply stand with weight on the prosthesis. Repeat this until they feel the powered assist, then progress to basic walking with limited instruction. Complete dynamic alignment followed by auto adjustment in Össur Logic. Now you are ready to proceed to beginner training.

As you work through the protocol, refine the manual settings as needed. Remember to power the knee off and on to save the settings on the device.

## TRAINING CHECKLIST

---

### Basic Training

Getting the basics down first is important for everyone, and for low to moderately active patients it is often sufficient to understand the benefits of power in a demo setting.

Standing up	Able to perform
Equal weight bearing	
Different types/heights of chairs, with/without using their arms	

Sitting down	Able to perform
Equal weight bearing	
Different types/heights of chairs, with/without using their arms	

Level ground walking	Able to perform
Swing initiation practice (parallel bars)	
Walk straight (parallel bars)	
Walk straight outside of the parallel bars (hand on bar)	
Walk straight, normal walking speed and step-length	
Start walking with prosthetic side, with sound side	
Walk straight, stop – start and repeat sequence 5 times	
Walk straight, variable speed and step-length	
Walk and turn towards each side, vary step length (figure 8)	
Outside, uneven terrain (no inclines)	
Walk then quick stop, sound side and prosthetic side	

## Intermediate Training

Before proceeding to intermediate activities, check the patient's capability, energy, and goals for the day. Don't over do it.

Ramp Descent and Ascent	Able to perform
Transition walking to ramp descent	
Descending utilizing the yielding stance flexion	
Descending utilizing spring only (shallow ramp)	
Descending with variable speed/step length	
Transition ramp descent to walking	
Transition walking to ramp ascent	
Ascending with variable speed/step length	
Transition ramp ascent to walking	

Other intermediate techniques	Able to perform
Engaging standing lock, full extension and varied angles	
Navigating confined spaces	
In/out of car	
Sitting down using Power Knee only, sound side only	
Standing up using Power Knee only, sound side only	
Walking/stepping backwards	
Using exercise mode	

## Advanced Training

It is not recommended to begin advanced training on the first day using Power Knee. Many will want to attempt stair ascent before they are ready. Leave this for another day and focus on success with beginner and intermediate functions.

Stair descent	Able to perform
Start top of stairs and descend	
Progress downwards step over step	
Transition stair descent to walking	
Transition walking to stair descent	

Stair ascent	Able to perform
Trigger initiation	
Progression and foot positioning	
Walking up stairs reciprocal	
Exiting stair mode with pause (both swing and stance)	
Exiting stair mode with extension	
Exiting stair mode transition to walking	
Varied stair heights/lengths if available	

Other advanced techniques	Able to perform
Kneeling (using prosthesis, using sound side)	
Getting up from kneeling (using prosthesis, using sound side)	
Getting up from the ground	

## FINISHING UP

---

Before everyone goes home, make sure you have reviewed the following items with the patient.

User Instructions	Able to perform
Checking the battery status	
Removing and replacing the battery	
Charging the battery	
Powering ON/OFF	
Safety precautions – driving, liquids, environments	
Review warning signals	
Walk without power (level ground)	
Proper care and maintenance	
Review Össur Logic App	
Activate exercise mode	

## Comments



Össur Logic App



Patient Questionnaire



Power Knee Training Site