



Power Knee™

Fitting Guidelines

Power Knee is a new and unique experience for patients, prosthetists and physiotherapists. 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 centre and sets them up for success. Through learning from over 15 years fitting powered prosthetics, Össur Academy has defined best practices to maximise positive outcomes. This guide will provide a framework for working through the training process.

- 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.
- Encourage the patient and family/caregivers to keep an open mind about the motor sound, focusing on the potential benefits during the fitting. Many people learn to appreciate the proprioceptive input over time.
- It is quite common to see patients with established gait habits try to 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.

Getting started

- Set goals with the patient for the day of fitting and beyond.
- Explain that Power Knee 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.

Preparation

Before Fitting	Check if done
Ensure battery is 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	

Training Checklist



Begin in a safe environment, such as the parallel bars, and think about using a therapy plinth at different heights to assist with initial standing up and sitting down training.

First Steps

Start your fitting by asking the user to simply stand with weight in the parallel bars. Then progress to basic walking with limited instruction, so that the user can begin to feel the added power. Complete **dynamic alignment** followed by **auto adjustment** in Össur Logic.

As you go through the fitting, refine the manual settings as needed. Remember to power the knee off and on to save the settings on the device, before the user leaves the clinic.

Standing up	Able to perform
Equal weight bearing and forwards trunk movement, add more load to the toes	
Different types/heights of chairs, with/without using their arms	

Sitting down	Able to perform
Equal weight bearing and forwards trunk movement, add more load to the heels	
Different types/heights of chairs, with/without using their arms	

Level ground walking	Able to perform
Swing initiation practice	
Walk straight	
Walk straight outside of the parallel bars (with support if necessary)	
Walk straight, normal walking speed and step-length	
Initiation of walking with prosthetic side, then with sound side	
Walk straight, stop – start and repeat	
Walk straight, variable speed and step-length	
Figure of 8 walking	
Outside, uneven terrain	
Walk then quick stop, sound side and prosthetic side	
Navigating confined spaces	
Walking/stepping backwards	

Next steps

Stair ascent and descent	Able to perform
Stair ascent - step by step	
Stair descent - step by step	
Start on bottom step and descend step over step	
Progress up another step and descend step over step	
Progress to top of stairs and descend step over step.	
Transition from stair descent to walking	
Transition from walking to stair descent	

Ramp descent and ascent	Able to perform
Transition to walking ramp ascent	
Descending utilising the spring only (shallow ramp)	
Descending utilising the yielding stance flexion	
Transition from ramp descent to walking	
Transition from walking to ramp ascent	
Ascending + descending with variable speed/step length	
Transition from ramp ascent to walking	

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	

Extra features to consider alongside patient goals	Able to perform
Engaging standing lock, full extension and varied angles	
Transfer practice in/out of car, also with turning the Power Knee off and on	
Using exercise mode	
Sitting down using Power Knee only, then sound side only (in parallel bars)	
Standing up using Power Knee only, then sound side only (in parallel bars)	

Advanced steps

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	

Finishing up

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

Comments



Össur Logic App



Power Knee Training



Power Knee PT Webinar
with Dr. Bob Gailey

FOLLOW ÖSSUR ON



TEL 03450 065 065
ukinfo@ossur.com

WWW.OSSUR.COM

