

# Rheo Knee® & Rheo Knee® XC

## Guidelines

This document with guidelines has been created to help the CPO with a Rheo Knee (XC) fitting after completing a certification / training. We are happy to share our clinical experience with you, so please use this document as a reference at your convenience.

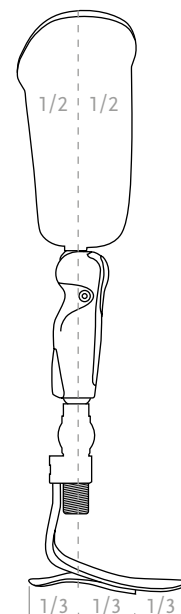
### 1 Fitting sequence

- A** Switch Rheo Knee on
- B** Ensure Bluetooth connection with Össur Logic
- C** Check battery status
- D** Calibrate sensors (before attaching the socket)
- E** Align prosthesis
- F** Conduct gait training to ensure that the user can load the prosthesis properly and use hip extensors (and let the user experience and familiarise with Rheo Knee)
- G** Manually enable Enhanced Stability Control options if necessary
- H** Perform Auto Adjustment
- I** Manually adjust Stance Flexion for stairs and ramps to the user's need
- J** Provide functional gait training

### 2 Alignment

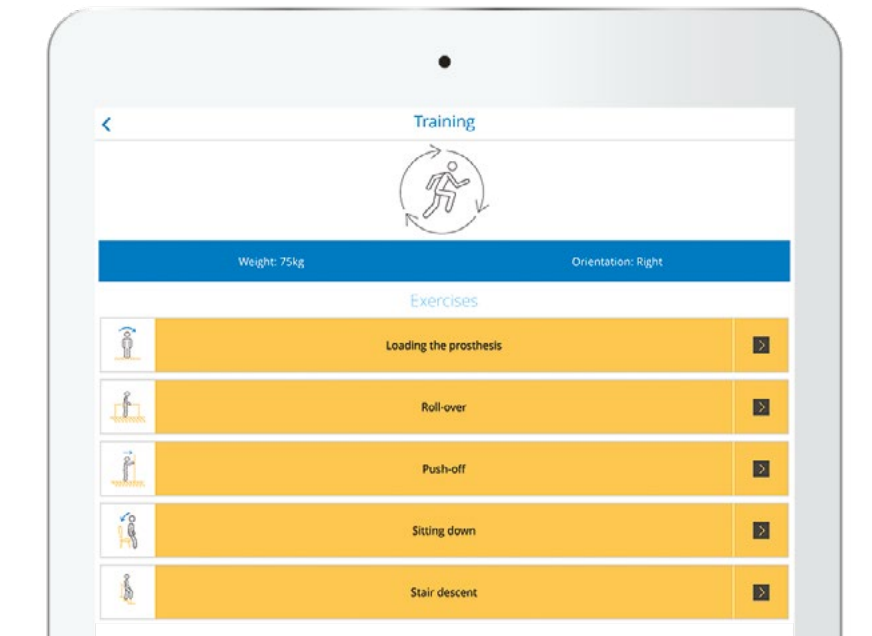
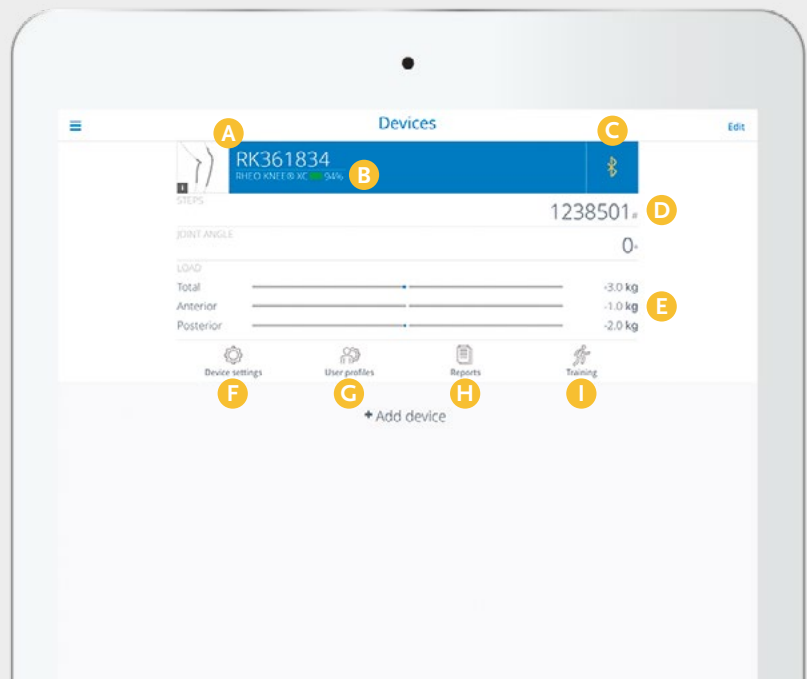
- A Bench alignment**  
The alignment reference line from bisection of socket on ischial level, taking socket angles into account, should pass through the knee center and the posterior 1/3 of the foot (mark in footcover)
- B Static alignment**  
Check: weight bearing, rotation, flexion/extension, abduction/adduction
- C Dynamic alignment**  
Check: weight bearing, roll-over, rotation, flexion/extension, abduction/adduction

**Note:** Make sure to check the alignment reference line at the end of dynamic alignment to ensure correct functioning of the knee and successful Auto Adjustment.



### 3 Össur Logic app

- A** Device details
- B** Battery level
- C** Connection
- D** Step count
- E** Loading
- F** Calibration
  - Auto-Adjustment
  - Manual Adjustment
- G** Store / restore settings
- H** Reports
- I** In-app exercises



### 4 Exercises

Encourage the user to use the functions available within Össur Logic, which enable them to continue with their functional training at home. The Össur Logic app gives the user access to specially adapted exercises with instant feedback on aspects such as symmetrical weight bearing.