

INSTRUCTIONS

USER: _____ DATE: _____

CPO: _____ KNEE USED: _____



WEIGHT DISTRIBUTION L/R

- Distribute weight evenly on both legs.
- Keep the weight on your prosthetic leg for at least 5 seconds.

ROLL-OVER

- Distribute weight evenly on both legs.
- Shift weight forwards to the toe, moving your whole body forward.
- Shift weight backwards to the heel.
- Repeat in flowing movement.



PUSH-OFF

- Distribute weight evenly on both legs.
- Lean forward, use a wall or sturdy chair for assistance.
- Lean forward, load the toe and bounce.
- Bounce 10 times, then rest.

SITTING DOWN

- Distribute weight evenly on both legs.
- Slowly sit down, moving your behind backwards first.
- Keep pressure on both feet!
- Use the armrests when necessary. When getting up, make sure to put pressure on the buttocks of your prosthetic leg before getting up, loading the prosthesis, and making use of the smart extension.

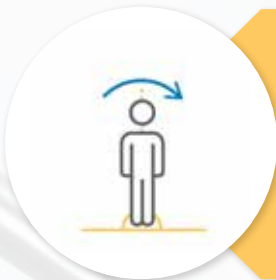


STAIR DESCENT

- Distribute weight evenly on both legs.
- Hold the arm-rail!
- Initiate the step with your prosthetic side first.
- Place your foot on the next step; not on the edge, but in the middle of the step for safety.
- Load the prosthesis and place your sound leg onto the next step (step-over-step movement). Repeat.

ÖSSUR TRAINING PLAN RHEO KNEE® (XC)

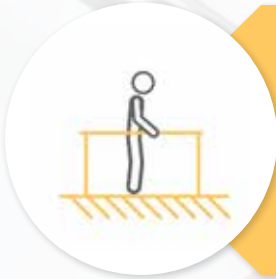
ÖSSUR LOGIC APP



WEIGHT DISTRIBUTION L/R

Notes:

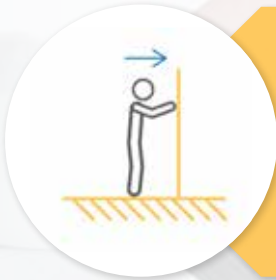
	MON	TUE	WED	THU	FRI	SAT	SUN
Reps							
Done							



ROLL-OVER

Notes:

	MON	TUE	WED	THU	FRI	SAT	SUN
Reps							
Done							



PUSH-OFF

Notes:

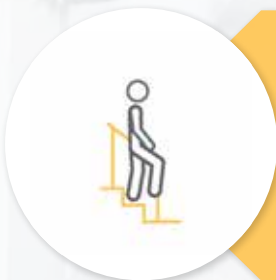
	MON	TUE	WED	THU	FRI	SAT	SUN
Reps							
Done							



SITTING DOWN

Notes:

	MON	TUE	WED	THU	FRI	SAT	SUN
Reps							
Done							



STAIR DESCENT

Notes:

	MON	TUE	WED	THU	FRI	SAT	SUN
Reps							
Done							