

### STANDING STATE

POWER KNEE operates in “standing state” when no activities are detected: the prosthetic knee locks and provides full support whenever stance is detected, and unlocks and moves freely during swing. “Standing state” is the default state of the POWER KNEE.



### WALKING

Start walking. The prosthetic knee provides support whenever ground contact is detected and releases as swing initiates.



### SITTING DOWN

1. Allow the knee to reach the “standing state”.
2. Place your weight on the prosthesis.
3. Lean forward slightly and push the prosthetic knee forward.
4. If you stop the sitting-down movement, the prosthetic knee locks and supports you. To unlock, lift the prosthetic foot from the ground.



### STANDING UP

1. Place your weight on the prosthesis.
2. Lean forward slightly and initiate the standing up movement while applying load to the prosthetic knee.

### EXERCISE MODE

1. Sit down.
2. Fully extend the prosthetic knee out.
3. Pull under the toe of the prosthetic foot for approx. 5 seconds while keeping the prosthetic knee extended out.
4. The knee will indicate that it is in exercise mode by giving one beep and a vibration.
5. To exit the exercise mode, turn the knee OFF. Then ON again.



### DESCENDING STAIRS OR RAMP

1. Start with the prosthesis and transfer your weight onto it, while leaning backwards slightly. Place half of foot onto the lower step.
2. Keep descending stairs or ramp.

### KNEELING

1. Allow the prosthetic knee to reach the “standing state”.
2. Place and maintain load onto the prosthesis.
3. Put your sound leg in front of the prosthesis.
4. Force the prosthesis into flexion by flexing your hip slightly. Feel how the prosthetic knee supports you while kneeling down.

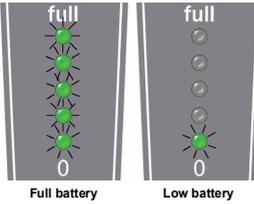


### ASCENDING STAIRS OR RAMP

1. STOP before the first step.
2. Allow the prosthetic knee to reach the “standing state”.
3. Gently lift the prosthesis off the ground. Knee unlocks. Place your foot onto the first step, transfer your weight onto the prosthesis while extending the hip.
5. At the top of the stairs hold prosthesis on the ground shortly.

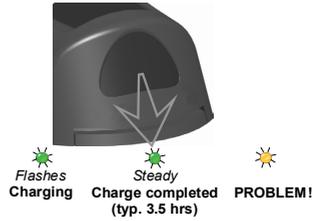
### Battery Status\*

\* Battery status button pressed

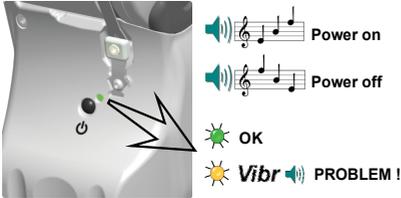


**No LED goes on:**  
Battery is depleted.  
**5 LEDs go on (wave-like):**  
“Self-maintenance” to take place soon.  
**5 LEDs Flash:**  
“Self-maintenance” required, battery needs to be charged.  
“Self-maintenance” occurs every 3 months and may last up to 12 hours!

### Battery Charge



### Power On/Off



Refer to “Power Knee Instructions for Use” for detailed information, user safety instructions and product precautions.

### WARNINGS ERRORS

#### Prosthesis vibrates/beeps and LED flashes orange slowly

1. “Low-batt. warning”: battery nearly depleted. Check battery status and replace the battery.
2. “Overheat warning”: high prosthesis temperature. STOP and feel prosthesis temperature.

**Prosthesis vibrates/beeps repeatedly and LED flashes orange quickly:** STOP and determine whether stance support is present. Prosthesis motor will shut down soon!

1. “Low-batt. error”: critical battery charge. Check battery status and replace the battery.
2. “Overheat error”: critical prosthesis temperature. STOP and feel prosthesis temperature. Let the prosthesis cool. Reset it by powering it off/on. If problem persists, call your Össur representative.