



# Kneewell

Let's get it straight!

## User Manual



6024 Blue Circle Drive  
Minnetonka, MN 55343  
www.Kneewell.Com

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## Safety Instructions

Before attempting to treat with the Kneewell™, thoroughly read and understand these safety, setup, placement and use instructions

**This device is to be used only upon the order of a physician. Do not use unless prescribed by your physician.**

Always consult your health care professional regarding the use of the Kneewell™.

The Kneewell™ is always to be used in a sitting or a laying down position. **The Kneewell™ is never to be used as an aid in walking.**

### Quick Release

During use pressure is asserted on the back of the thigh, on the top of the knee and on the heel of the foot. If at any time during use, pain is beyond tolerance or spasticity develops, release the tension by pulling down on the nylon thigh strap. If you wish to continue with therapy, repeat the set-up process using less tension.

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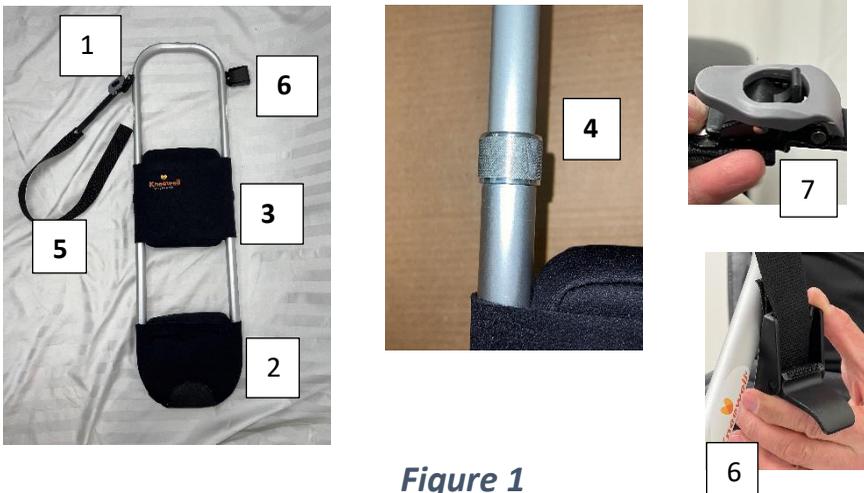
# Packing List

## Kneewell™ Adjustable Frame

- Aluminum Frame
- Heel Placement Pad
- Knee Fulcrum Pad
- Ladder Strap
- User Manual

## Parts of the Kneewell™ (See figure 1)

- (1) Kneewell™ Aluminum Frame
- (2) Heel Placement Pad
- (3) Knee Fulcrum Pad
- (4) Gnarled Frame Adjustment Locks
- (5) Ladder Strap consisting of Thigh Webbing and Ratchet Ladder
- (6) Cam Buckle Closure and Release
- (7) Ratchet Mechanism



**Figure 1**

# Low Load – Prolonged Stretch

## Contractures

Contractures may develop for a number of reasons including times when soft tissues are not used, even for a very short period of time. Sometimes these resolve in the normal course of time and sometimes contractures can persist. The development of contractures is not an unusual occurrence. Your healthcare provider can help you understand the specific nature of your contracture and other methods to treat them, including the Kneewell™.

The nature of contractures is such that they can be stretched out for a time but easily return to the contracted state. The process of repeatedly stretching and holding the stretch can greatly benefit the resolution of a contracture.

One of the frequently used methods of resolving contractures involves a method of applying a low load (or stretch) to the contracted tissue and then sustaining that load over time. Though the contracted tissue likely will return to a contracted state after stretching, repeating this therapy of low load – prolonged stretch a couple of times each day is a tremendous aid to attaining your normal knee extension.

The Kneewell™ allows you to do this therapy at home daily.

# Setting up the Kneewell™

## Kneewell™ Length Adjustment

Measuring the proper Kneewell™ length

The Kneewell™ is designed to be used for either the left or right knee. To use on a particular knee always position the Kneewell with the ratchet mechanism on the outside of the leg being treated.

With the frame in the upright position place the knee pad below the adjustment locks. Turn the gnarled frame adjustment locks to the right (counterclockwise) to loosen the tubing.

**Do not completely unscrew the locks!**

Place the heel pad along side of the user's foot and slide the upper tubing to a position approximately 1 inch or more below (distal to) the Greater Trochanter of the Femur (hip joint - see figure 2). DO NOT separate the tube pieces.

After determining the appropriate length of the Kneewell™, securely tighten the gnarled tubing locks (turning clockwise) to prevent movement of the sliding frame members.



*Figure 2*

## Placement of the Kneewell™

**CAUTION: Always use the Kneewell™ while sitting comfortable on a firm chair or while laying on a flat surface. Never attempt to walk with the Kneewell™ while it is on your leg.**

Follow these procedures in this order:

1. Place the Kneewell™ so that the ratchet mechanism is on the outside of the leg being treated.
2. Place the foot between the knee pad and the heel pad.

3. Rest the heel on top of the pad. (See figure 3).
4. Adjust the knee pad to rest on top of the knee, this will serve as a fulcrum point.
5. Place the ladder strap into the ratchet only far enough to catch the first one or two rungs of the ladder (see figure 4).
6. Bring the nylon webbing under the thigh and through the cam buckle closure (see figure 5 a and b).
7. Apply pressure to the upper bar of the Kneewell™ until the leg is fully extended. Draw the nylon webbing tight and lock webbing into the cam closure.



*Figure 3*



*Figure 4*



*Figure 5 a*



*Figure 5 b*

## Use of the Kneewell™

Start applying a force to the soft tissues of the knee. Begin ratcheting by pulling up on the **GRAY** lever of the ratchet one click at a time until significant extension pressure is felt in the knee. **DO NOT OVER TIGHTEN**. Remember it is called **LOW LOAD** for a reason, more is not always better.

While doing low load-prolonged stretch therapy some discomfort is normal. Stop ratcheting if **pain** is felt the treatment area. Stop ratcheting if a **spasm** is felt. Treatment can be **immediately stopped** by pulling down on the loose end of the nylon webbing. If discomfort is felt, it may subside as the soft tissues of the knee “release” during treatment. Consult with your therapist or doctor about how long each treatment should be.

It is possible that, as your treatment session proceeds, your tissues will release and the force exerted becomes less. You may wish to extend treatment. If this is OK with your treating professional, you may increase the force on your affected soft tissues by pulling up on the gray lever of the ratchet and adjusting to your desired tension.

## MOVEMENT

After the initial adjustment your body position may shift which could result in a decrease in the force exerted on the contracted tissues. If this occurs release the cam lock. Reposition yourself in a comfortable position. Reset the ladder mechanism by pushing the **BLACK** lever on the ratchet mechanism while simultaneously pulling back on the ladder. Reset the ladder to the starting position in the ratchet as described above (Figure 5). Pull the nylon webbing under the thigh and through the cam buckle closure (see figure 6).

Again apply pressure to the upper bar of the Kneewell until the leg is fully extended. Draw the nylon webbing tight and lock into the cam closure. Repeat the ratcheting procedure as described above.

## IF YOU REACH THE END OF YOUR LADDER

If you wish to assert more force on your knee and the ratchet has reached the end of the ladder you should release the strap, adjust the ladder to the starting position and reposition the nylon webbing strap as in the initial set-up. This will re-establish the ratchet position and allow you to again use the ratchet to increase the desired force.

## Trouble Shooting Notes

- Check that the Kneewell™ is adjusted to the proper length
- Make sure that the ratchet mechanism is on the outside of the leg and that the cam lock is located between the legs
- The heel should rest comfortably ON THE HEEL PAD, not on the lower rail of the aluminum frame
- The KNEE PAD should be placed evenly (comfortably) over the knee being treated.
- Start with the LADDER STRAP inserted into the RATCHET MECHANISM so that only one or two (1 or 2) rungs of the LADDER are engaged past the catching mechanism. This allows for the most travel of the ladder during the ratchetting process.
- Fully extend the leg so that tension is applied to the contracted soft tissues before locking the NYLON STRAP into the LOCKING CAM. This ensures maximum leg extension before beginning therapy and allows for the greatest range for the ratchet mechanism to create an extension force.
- If pain occurs or a spasm develops, release tension immediately by pulling down on the NYLON STRAP.
- To continue a therapeutic session, adjust the LADDER within the RATCHET MECHANISM by depressing the BLACK LEVER on the ratchet and sliding the ladder out of ratchet. Re-insert the ladder (as instructed) so that one or two (1 or 2) rungs are engaged and repeat the set-up process.
- If the force diminishes during the treatment session, ratchet until the force is re-established or discontinue the session.
- If force diminishes due to positional change or the ratchet comes to the end of the rungs, repeat the steps above to re-establish a starting point with the ratchet and ladder and tightening the nylon strap.

If additional questions arise consult your healthcare professional.

## Warranty

At Kneewell™, LLC we are very proud of the design and craftsmanship of our product and would like every customer to be completely satisfied. Therefore, we pledge to the original consumer purchaser that should there be any defect in material or workmanship during the first 90 days of ownership we will repair or replace the unit or refund your money at our discretion. This warranty is not transferable. This warranty shall not apply to any product which has been subject to misuse, abuse, negligence or accident or any defect or damage directly or indirectly caused using unauthorized replacement parts and/or service performed by unauthorized personnel.

The foregoing warranty is in lieu of all other expressed or implied warranties, and no person (including any agent, dealer, or representative of Kneewell™, LLC) is authorized to make any representation or warranty concerning products except to refer purchasers to this warranty. Further, any implied warranties (including, without limitation, any implied warranties of merchantability or fitness for a particular purpose) are limited to the duration of this written warranty. Some states do not allow limitations on how long an implied warranty lasts, so this limitation may not apply to you.

Your exclusive remedy with respect to any and all losses or damages resulting from any cause whatsoever shall be as specified above. We shall in no event be liable for any consequential or incidental damages of any kind, however occasioned, whether by negligence or otherwise. No suit or action may be brought against Kneewell™, LLC more than one year after the date of occurrence of any specific incident. Some states do not allow the exclusion or limitation of incidental or consequential damages, so this exclusion may not apply to you.

This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

To obtain performance of this warranty obligation, the original consumer purchaser should return the Kneewell™ to the location where originally purchased where any repairs, returns or refunds will be coordinated. Any Kneewell™ purchased directly from Kneewell™, LLC requires prior return authorization. Please contact our Customer Service Department at 1-800-736-8367. All postage, shipping, transportation, insurance and delivery costs must be pre-paid.



Kneewell™, LLC 6024 Blue Circle Drive, Minnetonka, MN 55343 1-800-736-8367

[www.Kneewell.Com](http://www.Kneewell.Com)

Info@Kneewell.Com

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