

QUICK START GUIDE

PERFORMA

UNPACKING

1. Remove machine from the box and place on a flat surface.
2. Slide the footplate assembly into the machine then tighten the yellow knobs.
3. Assemble the thigh slide (opposite end of machine to the footplate) using the red knobs, the video "Performa unboxing set up" helpfully shows how to do both of these actions.
4. Move the thigh slide to the side of the machine nearest to the leg requiring treatment and tighten the wing nut
5. Plug in the mains cable and switch the machine on.
6. The machine is now ready for operation.
7. A more detailed description of the setup can be found in the user guide (Performa Manual)

SETUP

1. Using the disposable tape measure provided measure the length of the lower leg from the sole of the foot to the centre of the knee joint. Then set this measurement on the machine by releasing the yellow knob and sliding the footplate so the distance between the where the sole rests in the footplate and the central axis (the white module with the cable attached #34 in Fig 1 overleaf) is equal to the measurement.
2. Similarly measure the distance from the centre of the hip joint to the centre of the knee joint and set the machine up accordingly with the use of the red knobs, the measurement is from the white axis module #34 to point #32 which is where the hip will sit when the machine is in use. Either or both red knobs can be used to set this measurement.
3. Observe the video CPM Performa User guide for more detail on this.
4. Turning to the remote control panel use buttons 12 , 13 and 11 set the parameters to control the Extension and the Flexion, typical examples for this might be 5 degrees and 45 degrees but all depending on the current state of movement in the knee. It is recommended that the speed and the force setting are set to a low value until the user becomes accustomed to the movement.
5. Now, press the start button and observe the movement. When ready to proceed set the timer (#19) to desired time and bring the machine to rest in the "flat" position for ease of placing affected leg in machine.
6. Place your foot in the footplate and adjust the angle (using the blue knurled knobs) for comfort.
7. Check that your knee joint is perfectly aligned with the centre joint, see FIGURE 1
8. Start the machine, and when comfortable with the movement you can gradually begin to alter the parameters to increase the flex and speed.

FIGURE 1

IMPORTANT

Adjust the axis of the patient's hip (31) with the axis rotation (32) of the KINETEC Performa machine, and the axis of the patient's knee (33) with the axis rotation (34) of the KINETEC Performa machine.

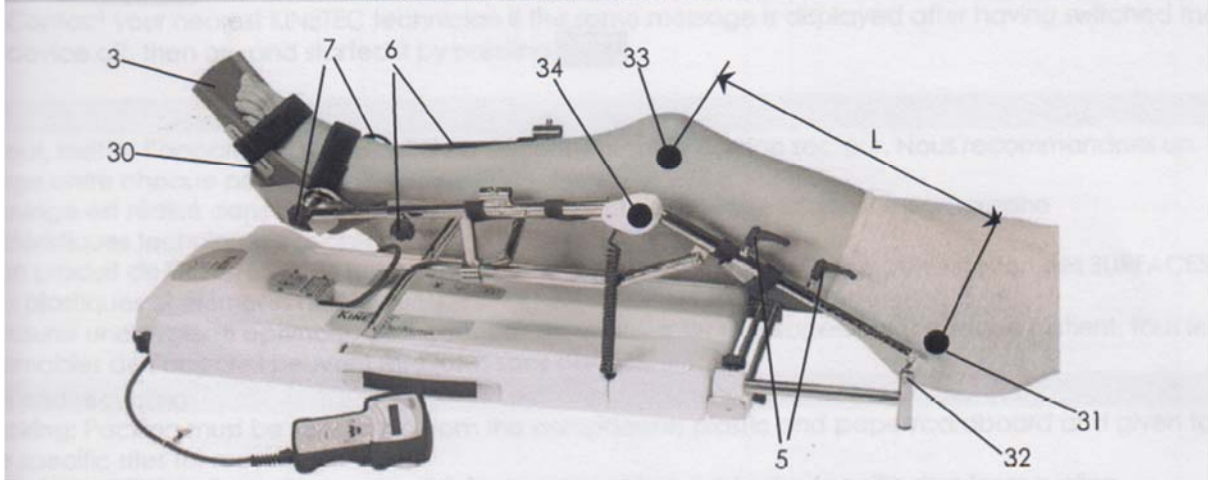
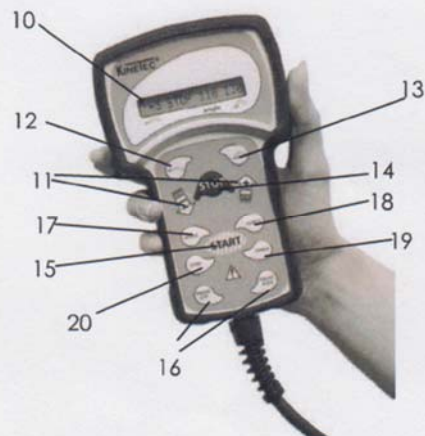


FIGURE 2

- 10 • Liquid-crystal display.
- 11 • Increase / decrease keys.
- 12 • EXTENSION setting key.
- 13 • FLEXION setting key.
- 14 • STOP key.
- 15 • START key.
- 16 • PAUSE key.
- 17 • SPEED key.
- 18 • FORCE key.
- 19 • TIMER key.
- 20 • Reading or selecting SYNCHRO-STIMULATOR (please request the instruction sheet from your KINETEC distributor).



Display Details:

- A • 3-character area showing the extension limit.
- B • 3-character area showing the flexion limit.
- C • 8-character area showing various messages (RUN, STOP, EXT, FLEX, SPEED, FORCE, PAUSE, etc...).
- D • 3-character area showing the real-time angle of the knee; this value changes in line with the movement.

