



# 3x10=0 Full Extension Knee Devices



*Product Application*

The 3x10=0 Full Extension Knee Device is for the patient who lacks full extension of their knee following ACL reconstruction, total knee replacement, and/or trauma. Upon first observation of knee extension lag, this knee extension board helps patients to regain full extension through a safe, effective and passive rehabilitation routine.

It is easier to use than the alternative day and night devices, therefore patient compliance is high. This device can also be advantageous in overcoming long-standing extension problems by simply lengthening the application time.

#### *Indication*

The patient who lacks passive extension of their knee following ACL reconstruction, total knee replacement, and/or trauma.

#### *Patient Compliance*

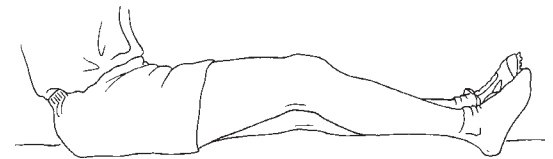
It is high because the 3x10=0 Full Extension Knee Device is easier to use than the alternative day and night devices.

#### *When to Use*

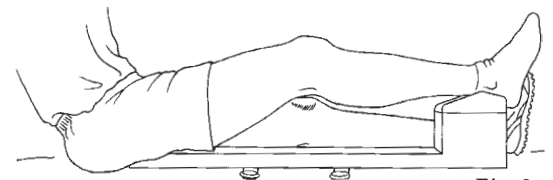
Upon first observation of knee extension lag, this prophylactic appliance allows patients to regain full extension through a safe and effective rehabilitation routine. This device can also be advantageous in overcoming long standing extension problems by simply lengthening the application time.

#### *Product Application Instructions*

1. Upon first observation of passive loss of extension, even of the smallest degree, use of the 3x10=0 Full Extension Knee Device is indicated.
2. The lack of extension is demonstrated to the patient, comparing to normal knee extension of the other extremity. Emphasize the importance of gaining full extension.
3. The patient is placed in a sitting position on the examination table with both lower extremities resting on the table. Notice the flexion contracture (*Fig. 1*).



*Fig. 1*



*Fig. 2*

4. The 3x10=0 Full Extension Knee Device is placed under the affected extremity. The patient leans to the opposite side, placing the small rigid end under the buttock. The heel or Achilles' tendon rests on the white capped dome which is made of a soft material for patient comfort (Fig. 2).

5. The passive pressure straps are applied; one above and one below the contracted knee. They are placed in an area of comfort, not over scars or inflamed tissue. The ring loop is placed near the level of the table, vertical to the 3x10=0 Full Extension Knee Device. The end of the strap is placed through the loops (Fig. 3). The initial tightening pressure is minimal with only slight contact (Fig. 4).

6. The patient is instructed on intermittent tightening of both straps over the next ten minutes. The patient is left alone to use the 3x10=0 Full Extension Knee Device. This assures the healthcare provider that in the future, the patient can handle this device on their own.

7. After ten minutes, the healthcare provider returns for inspection of the progress. Remove the 3x10=0 Full Extension Knee Device and place the affected extremity on the table to observe improvement (Fig. 5). When extension is achieved, the patient is encouraged to do isometric quadriceps contractions in this mechanically advantageous position.

8. The patient is discharged with instruction to repeat this process Three times a day for Ten minutes each session, so that their knee will regain full extension or Zero.

Three x Ten = Zero

9. The patient is reexamined at the healthcare provider's discretion.

*The 3x10=0 Full Extension Knee Device may also be used in conjunction with physical therapy. The passive extension is overcome prior to electrical stimulation or active muscle contractions.*

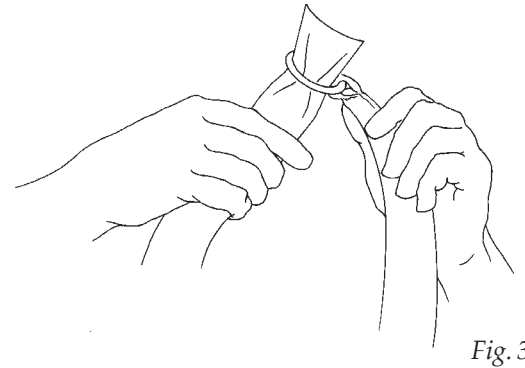


Fig. 3

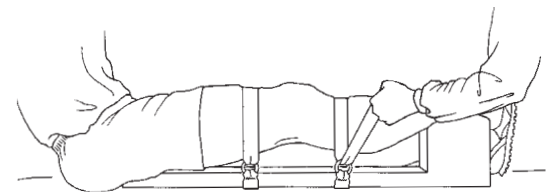


Fig. 4

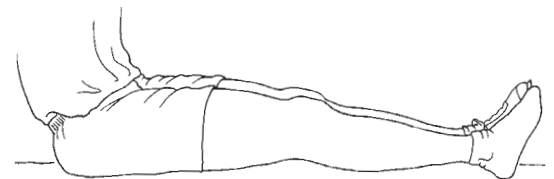


Fig. 5

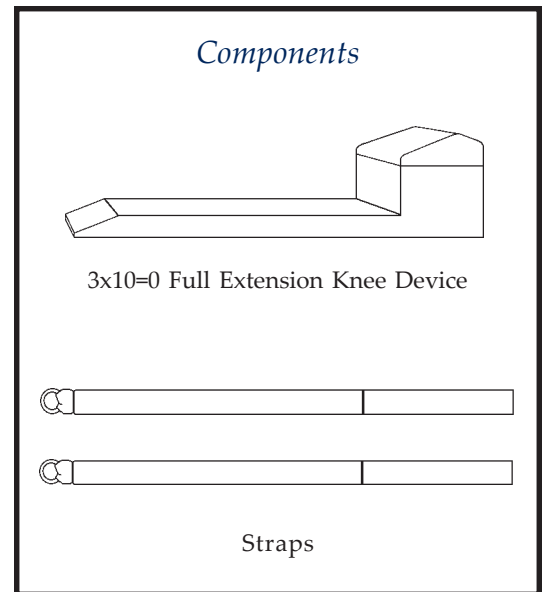
### Information

Product Application instruction sheets are available for members of your office, hospital, surgical staff, and your patients through IHN, Inc. If you have additional questions or require further information concerning the 3x10=0 Full Extension Knee Devices or other IHN products, please call our Customer Service Center:

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### Guarantee

Every IHN product is guaranteed to be free from defects in materials and workmanship for one year from its date of purchase. If you receive a product that does not meet these standards, you may return it for a full refund or exchange by contacting your Customer Service Representative for a Return Authorization (RA) Number.



PRODUCT	ITEM #
3x10=0 Full Extension Knee Device*	40015
3x10=0 Full Extension, Ankle Supporting, Knee Device*	40019
Straps	40017

\* Device includes 2 each of the Straps (Item # 40017)



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