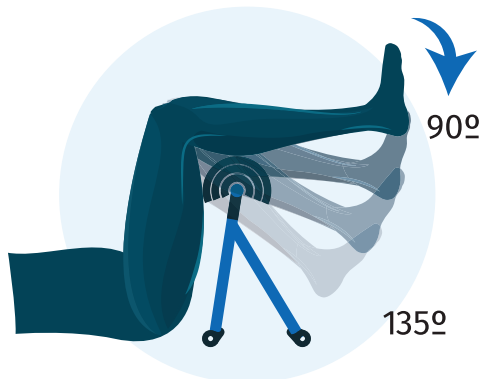
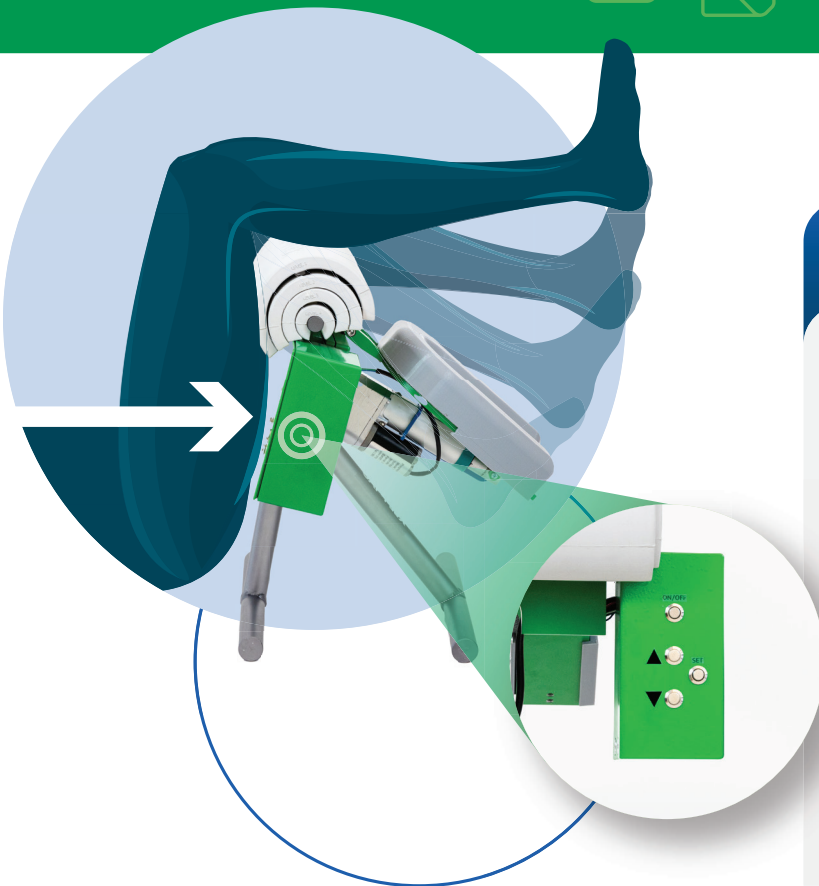


GAP-FLEX®

Total Knee Recovery Made Simple



VIDEO AND ALL
INSTRUCTIONAL
RESOURCES ONLINE



INITIAL SETUP

Gap-Flex Device

1. Lie flat on your back on a flat surface.
2. Position the GAP-FLEX device to ensure the GAP-FLEX label faces towards your feet.
3. Remove three of the foam pads from the T-bar, leaving only the smallest foam pad.
4. Pull on the adjustment pin ring to temporarily remove the height adjustment pin. Then lower the T-bar all the way down.
5. Flex your hip to 90 degrees ensuring your knee is directly above your hip.
6. Place the GAP-FLEX under your injured knee making sure the device is flush against the back of your thigh and your knee is bend over the padded T-Bar.
7. Keeping your hip flexed at 90 degrees, raise the T-bar until the top of the T-bar is approximately 2-3 finger-widths below the bend of your injured knee.
8. Replace the height adjustment pin fully into the hole nearest to the 2-3 finger width measurement.

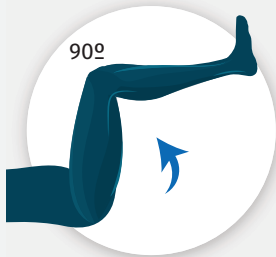
NOTES: Add additional foam pads to the T-bar as needed to restrict the amount of flexion of your knee. In most cases, your goal will be to gradually remove foam pads, one at a time, until you are left with only the smallest foam pad which will allow for the greatest amount of flexion.

If your initial adjustment is occurring immediately after your knee surgery, it may be difficult to determine the exact bend of your knee due to swelling, bandaging or bracing. In those cases, use your NON-SURGICAL knee to set the height adjustment as outlined above.

GAP-FLEX

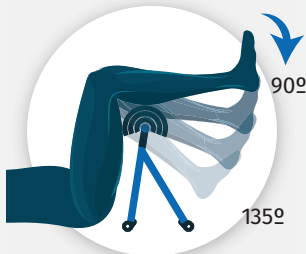
THERAPY INSTRUCTIONS

Therapy Step 1:



Place the GAPFLEX® under the injured knee with the GAP-FLEX® logo facing towards your feet.

 8 min



Place the GAPFLEX® under the injured knee with the GAP-FLEX® logo facing towards your feet.

The GAP-FLEX® should be flush against the back of the thigh and the padded T-Bar should be directly under the back of the knee, allowing the knee to bend over the padded T-Bar.

Allow the knee to rest comfortably over the GAP-FLEX® for 6 minutes up

Note: Stop treatment if you experience any significant pain or increased numbness in the knee, calf or foot.

Therapy Step 2:

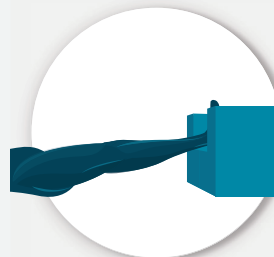


 2 min

Walk at a slow-to-medium pace for approximately 2 minutes.

6 times per day

Therapy Step 3:



 10 min

Lie flat on your back on a flat surface. Place the Foam Extension Block at the end of the bed and place the heel of the injured leg in the cutout area.

Make sure that the leg is completely extended and straight.

Allow the leg to rest comfortably in the Foam Extension Block for 10 minutes following each GAP-FLEX® treatment.

6 times per day

Recommended therapy guidelines (6 minutes on Gap-Flex, 2 minutes walking/stretching, 10-20 minutes on the Extension Block repeated 6 times per day) are provided to help the user achieve optimal effectiveness and safety with the Gap-Flex System. However, based on individual patient needs, the prescribing physician and/or managing physical therapist may elect to modify therapy times for one or both products. Patients should always follow the therapy guidelines recommended by their own physician and/or physical therapist.