



# GAP-FLEX<sup>®</sup>

Total Knee Recovery Made Simple

## -INITIAL SETUP-

### Gap-Flex Device

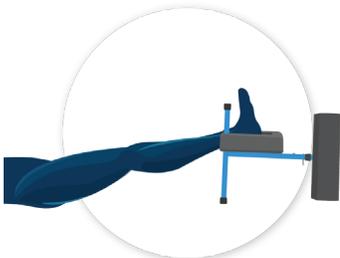


1. Lie flat on your back on a flat surface.
2. Position the Padded T-Bar Frame to ensure the GAP-FLEX<sup>®</sup> label faces towards your feet.
3. Remove three of the foam pads from the Padded T-Bar Frame, leaving only the smallest foam pad.
4. Pull on the adjustment pin ring to temporarily remove the 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 Padded T-Bar Frame 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 Padded T-Bar Frame 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.

### Extension Block



1. Lie flat on your back on a flat surface.
2. Position the extension block to ensure the recessed portion is facing up and towards you.
3. Place your heel well into the recessed portion of the extension pad.
4. Make sure that your injured leg does not roll outward and keep your toes pointed towards the ceiling.

If you have any questions or non-medical concerns, please call **833-GAP-FLEX**.

**GAP-FLEX.com**



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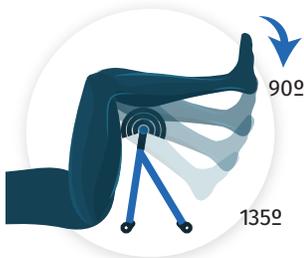
## -THERAPY INSTRUCTIONS-

### Therapy Step 1:



Lie flat on your back on a flat surface.

Flex the hip of the injured leg at a 90 degree angle towards the ceiling.



 **6 min.**

Place the Padded T-Bar Frame under the injured knee with the GAP-FLEX<sup>®</sup> logo facing towards your feet.

The Padded T-Bar Frame 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<sup>®</sup> for 6 minutes up to 6 times per day.

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

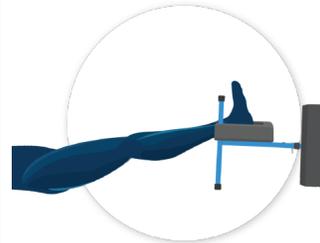
### Therapy Step 2:



 **2 min.**

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

### Therapy Step 3:



 **10 min.**

Lie flat on your back on a flat surface.

Place the 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 Extension Block for 10 minutes following each GAP-FLEX<sup>®</sup> treatment.

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.

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