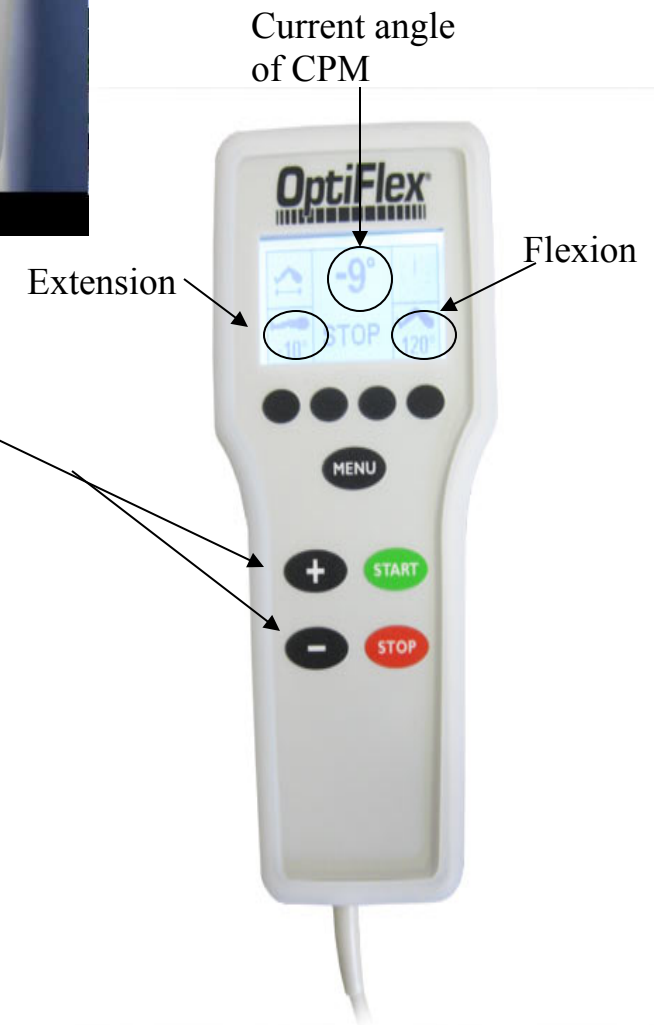
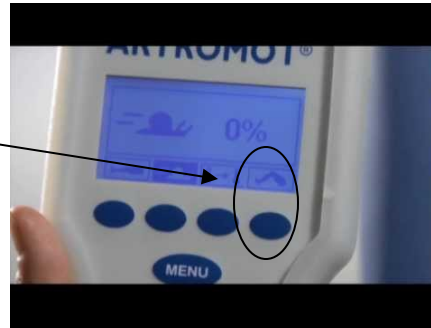


K1 OPTIFLEX

To change the **FLEXION**:

1. Press the **MENU** button.
2. Press the black button underneath the flexion option (looks like a bent leg and will be to the far right of the screen).
3. Hold the + or – button down until the machine reaches your desired angle. The biggest number toward the middle of the screen will indicate the new flexion limit.
4. Press the **START** button to save the settings and start the machine.



When getting into the machine:

- Your knee must line up with the hinges.
- The strap wraps snug above your knee, not tight.
- Your toes can touch the footplate, but not your heel. Have enough space to fit your fingers in between.
- 2hrs x 3 times a day. Increase ___degrees a day up to ___ degrees