

KINETEC SIMPLE REMOTE

To Increase the flexion (bend):

1. press button **A** to make the number on the **far right side** blink.
2. While it is blinking, you can push button **B** to increase the angle by 1 degree every time the button is pushed until you get to your desired angle. If you need to decrease the angle, you can push button **A** followed by button **C**.

To increase the speed, press the speed button on the bottom left. The speed ranges from 1-5 with 5 being the fastest

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.

