

Instructions

1. Place the elite seat on a flat, firm surface.
2. Fully open the elite seat by unfastening both buckles, unfolding the frame and cushions, and moving the heel prop to its upright and locked position.
3. Remove the crank handle from the pouch.
4. Sit on the elite seat and put the heel of your affected leg in the heel prop. Make sure your leg is in line with the frame- your hips should be square to the heel prop.
5. Lift the lower leg strap over your shin and fasten it to its buckle. The strap should rest a few inches below your knee. Tighten the strap as much as possible without causing extreme discomfort. Repeat with the strap above the knee. The knee should be centered between the two straps.
6. Hold down the gray quick release button on the crank device to release the strap, and then pull the strap down and fasten it to the buckle. Be sure to pull the strap to the buckle, not the buckle to the strap.
7. Pick up the handle and lay all the way back.
8. Fit the handle to the crank device and turn toward your foot to tighten the straps. Begin timing your session when you have reached the point at which you can feel a significant stretch in your knee.
9. Tighten the straps about one crank every 2-3 minutes for the duration of the session.
10. When you are finished, press the quick release button. Be aware that the release will be very abrupt. Remain reclining for a few seconds to let your knee adjust.
11. Sit up and release the straps on your legs by unfastening the buckles. Remain sitting with your leg propped up for several seconds. If possible, take your leg down using your own leg muscles. Stay seated for another few seconds before standing and walking.
12. To disassemble: remove the crank handle and place it in the pouch. To release the heel prop, press and hold the small silver buttons at the base. Fold the elite seat and fasten the two leg straps to secure.

Troubleshooting:

- If the heel prop is uncomfortable, place a small towel over the cushion.
- To loosen the straps, push the plastic casing on the buckle down toward the metal section.
- If you get to the point where you cannot further tighten the straps during your exercise, hit the release button and unlatch the crank buckle. Tighten the leg straps as much as possible and refasten the crank strap by *pulling the strap to the buckle*.
- More questions or problems? Contact your physical therapist.