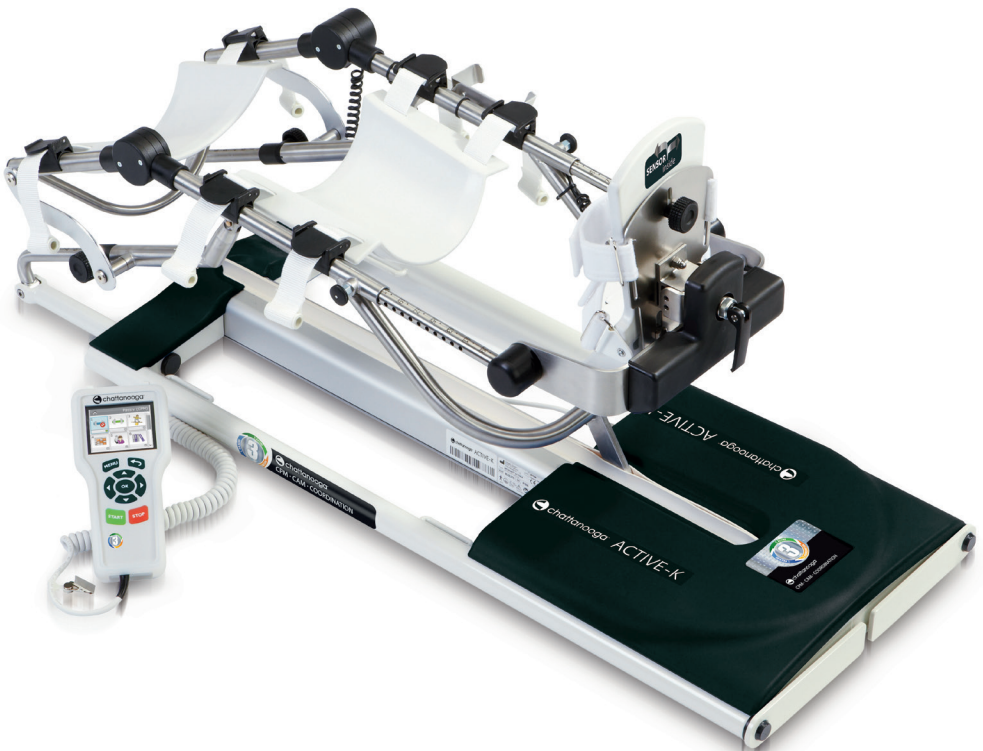




Active-K

US/GB • Operating Instructions SW2.x



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# 1. How to use the physiotherapy unit (Intended Use)

## 1.1 Fields of application

The **ACTIVE-K** is a motorized physiotherapy unit. It combines the benefits of **CPM** therapy (= Continuous Passive Motion), post-operative mobilization, and **CAM** therapy (= Controlled Active Motion), neuromuscular training to reduce functional instability. With these features, it promotes rehabilitation by allowing both, continuous passive motion and, after initial therapy, controlled active motion of the knee and hip joints.

The ACTIVE-K physiotherapy unit should not be considered as an exercise machine, but as a therapy unit for early mobilization, offering active exercising to promote coordination and preservation of functional strength at an early stage.

The ACTIVE-K physiotherapy unit is an important supplement to medical and therapeutic treatment for use in hospitals, clinics, general practices and rental services.

## 1.2 Therapy objectives

CPM therapy with the ACTIVE-K is mainly used to prevent the negative effects of immobilization, to allow patients to regain painless mobility of joints at an early stage, and to promote healing and achieve a positive functional result. Furthermore, the active component of the therapy unit is intended to enhance proprioception at an early stage and thus improve coordination following joint surgery.

Other objectives of therapy include:

- improvement of joint metabolism
- prevention of joint stiffness
- promotion of the regeneration and healing of cartilage and damaged ligaments
- faster hematoma/fluid resorption
- improved lymph and blood circulation
- thrombosis and embolism prophylaxis
- bridging the gap between passive motion and active training with exercise machines during rehabilitation
- enhancing coordination/sensory perception after surgery

## 1.3 Indications

The physiotherapy unit is indicated in the treatment of most injuries and diseases of the knee and hip joints as well as in postoperative treatment after knee and hip joint surgery. Examples:

- joint distortion and contusion
- arthrotomy and arthroscopy procedures in combination with synovectomy, arthrolisis, or other intra-articular interventions
- mobilization of joints in anesthetized patients
- operative treatment of fractures, pseudoarthrosis, and osteotomy
- cruciate ligament replacement or reconstruction
- endoprosthetic implants

## 1.4 Contraindications

**Do NOT use ACTIVE-K** on patients with:

- acute inflammatory processes in the joints, unless on the order of a physician
- spastic paralysis
- unstable osteosynthesis

## 1.5 Secondary effects

Currently, there is no evidence of desired or undesired secondary effects of CPM or CAM units.

## 2. Description of the ACTIVE-K

The motorized physiotherapy unit permits active and passive motion of the knee joint in the form of

**extension / flexion in the range of  
–10 – 0 – 120 degrees**

and of the hip joint in the form of

**extension / flexion in the range of  
0 – 10 – 115 degrees**

The range of motion can be set very precisely in steps of 1 degree.

Additionally, in the active mode, a resistance in the direction of motion or in the opposite direction can be set individually in the range from 1 kg to 30 kg in steps of 1 kg.

Furthermore, the physiotherapy unit comes with special protocols to enhance proprioception, i.e., coordination, and functional stability at an early stage.

These are some of the **ACTIVE-K** features:

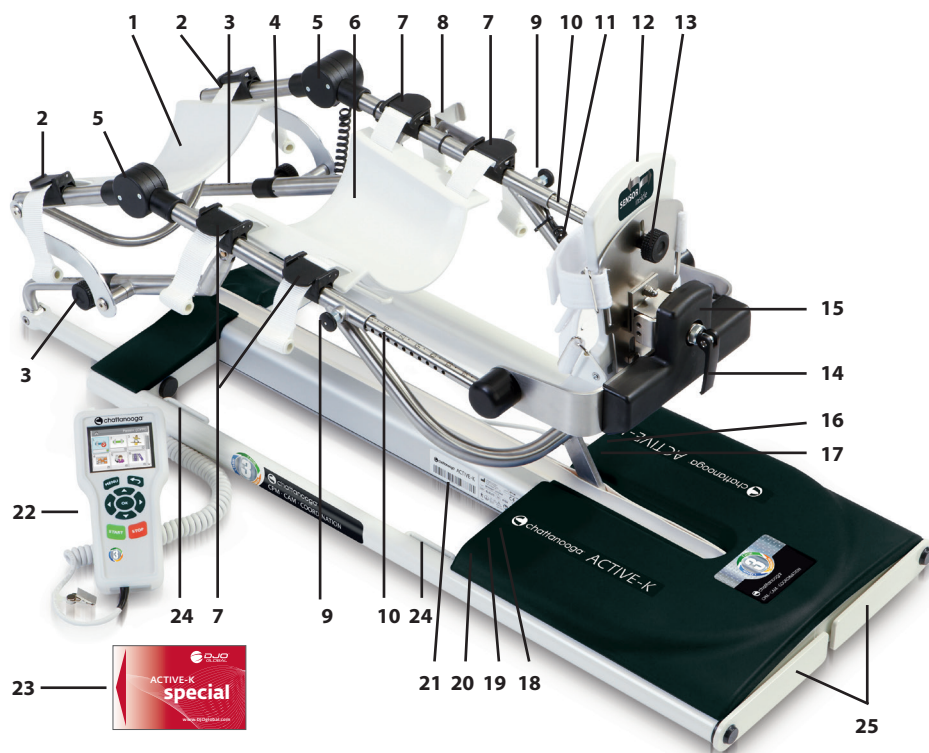
- anatomically correct setup
- physiological movements
- control pendant for precise adjustment of patient-specific therapy values
- symbols for easy operation of the control pendant
- chip card for storage of the programmed therapy parameters

### **Biocompatibility**

Those parts of the **ACTIVE-K** that come into contact with the patient when the device is used as intended, are designed to fulfil the biocompatibility requirements of the applicable standards.



## 2.1 Description of the device components



- |  |   |
|--|---|
| 1. Thigh support assembly  | 14. Clamping lever to adjust the footplate rotation         |
| 2. Clamping lever to adjust the height of the thigh support assembly | 15. Sensor for measurement of the exerted force             |
| 3. Thigh length scale (femur length scale)                           | 16. Connection for ARTROSTIM®-FOCUSplus control cable       |
| 4. Thigh length fixation screws (femur length)                       | 17. Connection for control pendant                          |
| 5. Knee hinge with LED indicating the force exerted in active mode   | 18. Connection for power cord                               |
| 6. Calf support assembly   | 19. Instrument fuse   |
| 7. Clamping levers to adjust the height of the calf support assembly | 20. Power switch (ON/OFF)                                   |
| 8. Support for storage of control pendant                            | 21. Rating plate  |
| 9. Calf length locking catch (tibia length)                          | 22. Control pendant   |
| 10. Calf length scale (tibia length scale)                           | 23. Patient chip card                                       |
| 11. Straps to secure the foot to the footplate                       | 24. Grommets for attachment of fastening straps             |
| 12. Footplate  | 25. Supports to secure the unit at the end of the bed/couch |
| 13. Locking screw for adjustment of the footplate height             |   |

## 2.2 Description of the control pendant

### 2.2.1 Buttons on the control pendant



### Note

During operation of the unit, ALL buttons double as EMERGENCY STOP buttons.

## 2.2.2 Control pendant with main menu

**Header** showing:

**Current display/function**  
Here: symbol for Main Menu

**Currently highlighted function**  
Here: passive (CPM)

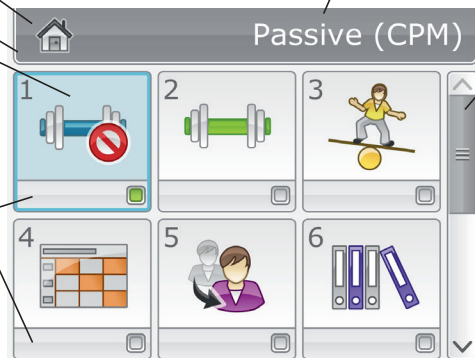
**Focus**

(field with blue background) highlights the currently selectable function

**Status lines**

indicate the current status of each function:

- green indicator, function active
- value of the selected function



**Scroll bar**

indicates whether or not additional functions are available above or below the function currently displayed

## 2.2.3 Control pendant in parameter programming mode

**Selected operating mode**

here: passive (CPM) and operating mode reference number, here: 1.1

**Selected parameter**

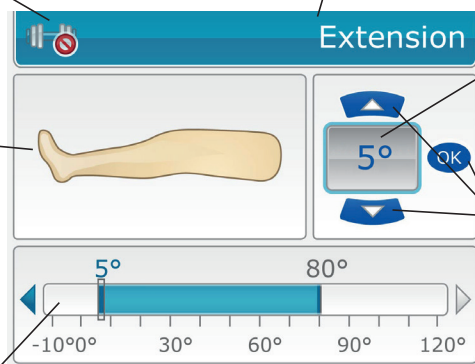
here: setting for passive extension

**Symbol for selected parameter**  
here: setting for passive extension

**Status of the selected function**  
here: extension angle

**Control buttons for changing the current setting** here:

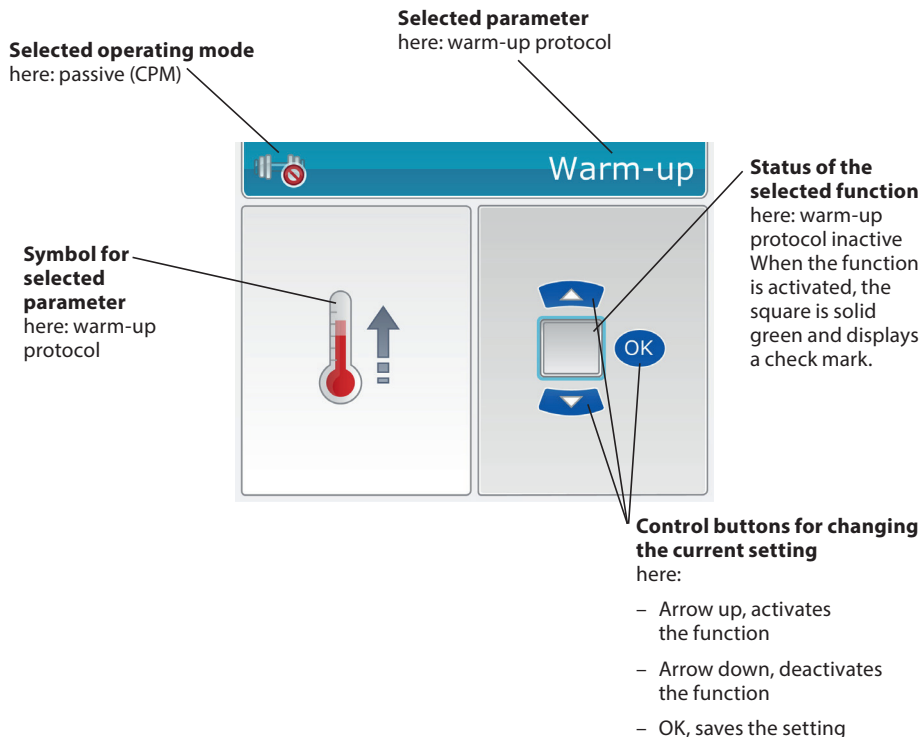
- arrow up, increases the value
- arrow down, decreases the value
- OK, saves the setting



**Additional information**

Appears only when needed  
here: current ROM limits  
blue = adjustable value (here: extension)  
grey = status of the second, corresponding value (here: flexion)  
and current position of the carriage (small bar)

## 2.2.4 Control pendant in programming mode for functions that can be activated



## 2.3 Explanation of symbols

### 2.3.1 General treatment parameters

#### Operating modes



Passive (CPM)



Active (CAM)



Coordination



Therapy protocols

#### Protocols available for selection under "operating mode"

##### Coordination:



Maintain force,  
static



Maintain force,  
dynamic



Find angle, passive



Find angle, active



Free training

##### Therapy protocols:



Cruciate ligament  
(ACL/PCL)



Cartilage



Total knee/hip  
replacement (TEP)



Level selection



Demo

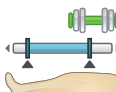
#### Adjustable parameters



Passive extension  
(stretching)  
adjustment



Passive flexion  
(bending)  
adjustment



Active adjustment  
(range of motion  
- ROM)



Timer  
(therapy timer)



Speed



Warm-up protocol  
(passive)



Extension pause



Flexion pause



Muscle stimulation



Load reversal



Extension force



Flexion force



Active zone










Extension force  
range



Flexion force range

## 2.3.2 Other symbols

Parameter	Available functions/adjustments			
 New Patient				
 Documentation	 Total patient therapy time	 Therapy documentation		
 Settings	 Language selection	 Brightness	 Volume	 Time/date
	 Transport	 Total unit run time	 Service menu	
 Lock-out function	 Lock-out function disabled			
	 Lock-out function enabled Level 1	 Lock-out function enabled Level 2	 Lock-out function enabled Level 3	 Lock-out function enabled Level 4

## 2.4 Explanation of symbols (connections and rating plate)



Alternating current



Protection class II equipment. The medical device has a double or reinforced insulation.



Type B applied part



Power switch OFF



Power switch ON



The number next to this factory symbol is the year of manufacture



The name next to this factory symbol is the manufacturer



The number next to this symbol is the article reference number

**CE-0297**

Device complies with Council Directive 93/42/EEC about medical devices, tested and approved by DQS Medizinprodukte GmbH



The number next to this symbol is the serial number



Caution! Observe warnings set forth in operation manual!



Observe Operation Manual



Do not dispose with unsorted municipal waste



Protect from moisture

## IP21

The IP rating indicates the level of protection and thus the suitability of the device for use under different ambient conditions.

The rating IP21 means:

2 is the level of protection against contact and solid objects

The digit 2 means:

- Protection from contact: protected from contact with a finger
- Protection against foreign object: protected against solid foreign object (diameter of 12.5 mm and greater)

1 indicates the degree of protection against water

The digit 1 means: protection against vertically falling water drops



3V type CR2032 (Not user-replaceable! Contact Technical Service)



Warning symbol pinch point hazard!

Warning! Depending on the device settings, the moving parts of the device present pinch points!

Pay particular attention to small children and babies!



### 3. Safety information

#### Definitions

Read the safety statements before use of the physiotherapy unit. The safety statements are classified as follows:

#### **Danger!**

indicates an imminent hazard. If not avoided, this hazard will result in death or serious injury.

#### **Warning!**

indicates a hazard. If not avoided, the hazard can result in death or serious injury.

#### **Caution!**

indicates a potential hazard. If not avoided, the hazard may result in minor injury and/or product/property damage.

#### Safety information

#### **Danger!**

**Explosion hazard** — The ACTIVE-K is not designed for use in areas of rooms used for medical purposes where an explosion hazard may occur. An explosion hazard may result from the use of flammable anesthetics, skin cleansing agents, and disinfectants.

#### **Warning!**

**Patient hazard** —

- Only authorized individuals are allowed to operate the ACTIVE-K. Individuals are authorized after receiving training in the operation of the unit and reading this operation manual.
- Before using the device, the operator must ascertain that it is in correct working order and operating condition.

The cables and connectors, in particular, must be checked for signs of damage. Damaged parts must be replaced immediately, before use.

- Before therapy, a test run consisting of several exercise cycles must be completed, first without and then with the patient. Check that all setting screws are tightened.
- Stop therapy immediately when you have doubts about the device settings and/or the therapy protocol.
- It is important that the patient's position is anatomically correct. Therefore, carefully verify the following settings/positions:
  1. femur length
  2. knee joint axis
  3. tibia length and leg rotation
  4. leg support assemblies
- Movements must not cause pain or irritation.
- Patients must be fully conscious while being instructed in the use of the physiotherapy unit and during therapy.
- Only the responsible physician or therapist is able and allowed to choose the therapy parameters and protocols to use. It is the physician's or therapist's decision whether or not to use the unit on a specific patient.
- The patient must be familiar with the functions of the ACTIVE-K control pendant and the pendant must always be within easy reach of the patient, allowing him or her to stop treatment if needed. Patients unable to operate the control pendant, e.g. paralytic patients, must always be supervised by specially trained staff during therapy.
- After data storage, write the patient's name on the patient chip card. The card should only be used for this particular patient. If the patient chip card is used for another patient, be sure to delete the previous patient's data from the card first (see: "New Patient", section 5.3.2).  
Use original chip cards only.
- Any accessories used with the ACTIVE-K must first be approved by DJO Global.
- Modifications to the medical device described in this document without the manufacturer's written consent is prohibited.

- Do not allow parts of the body or objects (such as blankets, cushions, or cables) to get caught in the moving parts of the physiotherapy unit.
- The simultaneous treatment of both legs by simultaneous use of two CPM devices is not permitted because the motion elements might interfere with each other.
- If the physiotherapy unit is used in the active mode or in the coordination mode, the side supports (25) must be folded down to stabilize the unit and protect it against moving at the end of the mattress.
- The sole purpose of the side supports is to prevent that the unit moves while in use. Do not use them to adjust the angle setting of the unit. The supports are not designed for this purpose.
- For transporting the ACTIVE-K, the side supports must be folded in to prevent pinching fingers.
- Stability of the physiotherapy unit must always be ensured while it is in use. The ACTIVE-K must only be setup of surfaces that guarantee its stability. Very soft or instable surfaces (such as waterbeds) are NOT suitable.
- The utmost caution is advised under the following conditions. Depending on the judgement of the responsible physician, the unit may only be applied under supervision and with the parameters defined by the responsible physician. Otherwise the exercise may be too strenuous for the patient:
  1. hypertension (> stage 2), ischemic heart disease and cerebrovascular diseases
  2. cardiovascular diseases
  3. pregnancy
  4. age: under 16 years

### **Warning!**

- Extreme caution should be taken when in use around small children and babies! Sufficient distance to the device is mandatory for their safety!
- Never leave the device unattended when it is switched on! Switch the device off and disconnect the power line from the wall outlet!

- After use, store the device in a safe place! Ensure device stability also during storage!
- **This device is not a toy!**

### **Warning!**

Shock hazard — Strictly observe the following warnings. Failure to do so endangers the lives of the patient, the user, and other persons involved.

- Allow the ACTIVE-K to reach room temperature **before use**. If the device has been transported at temperatures below 0°C (32°F), leave it to dry at room temperature for about 2 hours, until any condensation has disappeared.
- The ACTIVE-K must only be operated in **dry rooms**.
- When disconnecting the unit from the power line, remove the plug from the wall outlet first, before disconnecting the cable from the device.
- When connecting the unit to other equipment or when creating a medical system, check that the sum of leakage currents will not cause any hazard. Please contact DJO Global if you have questions in this matter.
- Do not use multiple portable socket outlets (MPSO) to connect the unit to the power line. The ACTIVE-K must be connected to a **properly installed wall outlet with a non-fused earthed wire**. Before connecting the power cord, it must be completely unrolled and placed such that it will not get caught in the moving parts of the unit.
- Before cleaning and service interventions, **disconnect the unit from the power line** by removing the power cord from the wall outlet.
- **Liquids must not be allowed** to enter the physiotherapy unit or the control pendant. If liquids have entered into the units, ACTIVE-K must be immediately checked by a service technician, before it can be reused.

## **Warning!**

Equipment malfunction —

- Magnetic and electrical fields are capable of interfering with the proper performance of the unit. For this reason make sure that all external devices operated in the vicinity of the unit comply with the relevant EMC requirements. X-ray equipment, MRI devices, radio systems, cell phones, etc. are possible sources of interference as they may emit higher levels of electromagnetic radiation.

Keep the unit away from such equipment and verify its performance before use.

- Refer **repair** and **maintenance** to authorized persons.  
Persons are authorized after training by a specialist trained and commissioned by the manufacturer.
- **Route all cables below the device frame to either side**, ensuring that they cannot get caught by the moving parts during operation.
- Inspect the ACTIVE-K for damage and loose connections at least **once a year**. Damaged and worn parts must immediately be replaced with original spare parts by authorized staff.

## **Caution!**

Preventing chafing and pressure sores —

When your patient is **adipose**, very **tall** or **very short**, be sure to prevent chafing and pressure sores. Place the leg concerned in a moderate abductive position if deemed appropriate.

## **Caution!**

Equipment damage —

- Check that the voltage and frequency ratings of your local power line are those indicated on the rating plate.
- The leg support element withstands a **maximum continuous load of 30 kg on both axes (horizontal and vertical)**.
- Do not allow **any objects** (such as blankets, cushions, or cables) to get caught in the **moving parts** of the unit.
- Do not expose the ACTIVE-K to direct sunlight, because some of the components may reach inadmissibly high temperatures. Furthermore, the device must be set up at a safe distance from radiators to prevent excessive temperature rises.
- The presence of children, pets and rodents does not normally impair the functioning of the device. However, avoid contamination of the device by children or animals, from dust and lint, and keep them at a safe distance from the device. The safety statements set forth apply.

## 4. Device setup

**Note:** For an illustration of the individual device components, see page 5.


### 4.1 Connecting the unit, performance check, Equipment supplied

The equipment supplied includes these items: base unit, programming unit (control pendant, 22), patient chip card (23), power cord (not shown), footplate (12), clamping lever to adjust the footplate rotation and to fasten the footplate (14), operating instructions

1. Mount the footplate (12) by slipping the pin through the sensor housing (15) at the foot bracket, screwing the clamping lever (14) onto the end of the pin and locking the clamping lever.
2. Connect the programming unit (22) to the provided socket (17) by plugging it in and screwing it tight.
3. Connect the **power cord** to socket (18) of the unit and connect the **mains plug** to a wall outlet with a non-fused earthed wire (100 to 240 Volt, 50/60 Hz).
4. Turn the **power switch** (20) on.
5. Follow these steps to set the carriage to the **home position**.

- **Initial setup for new patients** Insert the original patient chip card (23) into the control pendant (22).



Press the **MENU** button  on the control pendant until you see the **main menu** (for selection of the operating mode).

Using the arrow buttons, move the focus (blue field) for selection of a function (field displayed with a blue frame) to highlight the New Patient function .

Select the function with **OK**, then activate the function by pressing the arrow up button .

Confirm the selection with **OK**. The initial screen for setting the unit to the home position will be displayed.

Press **START** .

The unit automatically enters the home position allowing you to perform the mechanical adjustment (40° flexion). On the display, you will see the main menu.

#### – Adjustment with programmed chip card

Insert the original patient chip card (23) into the control pendant (22).



Press **START** .

The unit automatically enters the mounting position (set extension + 10°).

#### Performance check

If the control pendant can be operated as described above and the **ACTIVE-K** enters the home position, the therapy unit has passed the performance check.

The home position is:

- if a programmed chip card is used:  
**set extension angle + 10°**
- after programming for New Patient:  
**stop position = 40°**

The device also runs performance checks regularly during operation. This is what happens, if a problem is identified:

- an audio signal sounds
- the unit switches off immediately
- the message ERROR and an error code (e.g. ERROR 5) appear on the display.

In this situation, you may attempt to restart the unit by turning it briefly off and on again with the power switch. With the unit switched off, check that all plugs are correctly connected. If the error message persists when the unit is switched on again.

## 4.2 Connecting the external muscle stimulator

### ⚠ Caution!

Patient hazard, equipment malfunction — Only the **ARTROSTIM® FOCUS®plus** muscle stimulator with EN 60601-1 approval, from ORMED GmbH (manufacturer: Empi, Inc., USA) may be connected to the **ACTIVE-K** physiotherapy unit.

Use the "muscle stimulation" cable (part no. 2.0037.024) to connect the muscle stimulator. Other cables are not approved. The cable can be ordered separately from DJO Global.

1. Plug the jack into the **ARTROSTIM® FOCUS®plus** muscle stimulator.



2. Connect the round plug to connector (16) of the ACTIVE-K and turn it a little clockwise to lock.
3. Turn on the ACTIVE-K first, then turn on the muscle stimulator.

### Note

- For information on connecting and programming the muscle stimulator, refer to the operation manual that comes with the **ARTROSTIM® FOCUS®plus**.
- The EMS control function is only available in the "passive" operating mode.
- The **ACTIVE-K** only synchronizes motion therapy and electrotherapy; the therapy parameters must be programmed at each device.

## 4.3 Adjusting the unit to the femur length

1. Measure the **length of the patient's thigh (femur)** from the greater trochanter to the outer knee joint gap (Fig. A).



Fig. A

2. Set the carriage to the home position (see 4.1).
3. Adjust the measured value at the **femur scale** (3) of the carriage (Fig. B):



Fig. B

- Loosen the two fixation screws (4). (Open the screws as far as necessary to enable adjusting the slide without any resistance.)
- Extend the scale (3) to the required length.
- Tighten the fixation screws (4) to set the scale to the new length.

### ⚠ Caution!

Equipment damage — Do not attempt to extend the femur scale beyond the stop.

## 4.4 Adapting the leg support assemblies/footplate

1. Set the **leg support assemblies** and the footplate (1, 6, 12) to the expected positions before accommodating the patient.
  - Loosen locking catch (9) to adjust the **footplate** (12) to the length of the patient's lower leg (Fig. C). The locking catches can be secured in the open position for this purpose.



Fig. C  
Loosen clamping lever (14) to adapt the footplate's rotation and loosen locking screw (13) to adjust the height to the patient (Figs. D and E).



Fig. D



Fig. E

- To adjust the height of the **support assemblies for calf** (6) and **thigh** (1), loosen clamping levers (2 and 7) (Figs. F and G).



Fig. F



Fig. G

2. Place the patient's leg on the carriage and repeat the steps outlined under 1 above to adjust the unit to the patient.

### ⚠ Caution!

Equipment damage—Cover the leg support assemblies with disposable tissues when using ACTIVE-K immediately after surgery. This helps prevent discoloration.

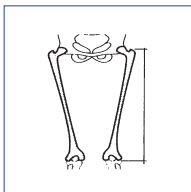
### ⚠ Caution!

Patient hazard—Ensure that the rotational axes of the physiotherapy unit and of the knee joint coincide both in the vertical and in the horizontal plane (Fig. H).

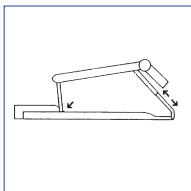


Fig. H

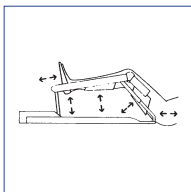
**Symbol 1:**  
Measure the length of the patient's thigh (femur) from the greater trochanter to the outer knee joint gap



**Symbol 2:**  
Set the carriage to the home position (see 4.1) and adjust it to the measured femur length.



**Symbol 3:**  
Adjust the height of calf and thigh support assemblies; adjust the footplate to the height and length of the lower leg.



## Note

To optimize the stability of the ACTIVE-K while it is in use, it can be secured to the therapy couch by means of straps. The straps can be fastened at the four grommets (24) on the unit.

Furthermore, two adjustable side supports (25) are fitted at the end of the carriage. The supports can be folded out to secure the carriage at the end of a therapy couch or bed. For this purpose, fold the supports down. If used in a bed, the supports are best placed between the mattress and the bed frame so as to optimally absorb movements of pulling and pushing.

## ⚠ Caution!

**Patient hazard**—The sole purpose of the supports is to secure the unit in the patient's bed. Do not use them to adjust the angle setting. The supports are not designed for this purpose.

When transferring the unit with the supports folded out, be careful not to pinch your fingers.

Ensure the stability of the physiotherapy unit. This is only guaranteed on solid surfaces. Do not use the unit in waterbeds, for example, or on other unstable surfaces.

## 5. Setting the treatment values

### **Warning!**

Patient hazard — **Before therapy, a test run** consisting of several exercise cycles must be completed without the patient. Then repeat the test run with the patient and check that the movements do not cause any pain.


**Note:** See also 2.2 and 2.3!

### 5.1 General information on programming ACTIVE-K

#### Initial adjustment with chip card "Special" (red)

Turn on the unit's power switch (20).

The display will show the main menu for selection of an operating mode (passive, active, coordination), the therapy protocols, the documentation function, the New Patient function, or the Settings function. The active setting is indicated with a green dot in the box below the symbol.

The header displays the  symbol, which represents the main menu. Next to it, you see the current selection (here: passive (CPM)).

The scroll bar in the margin on the right shows whether or not additional functions can be selected. You select the options that are currently out of sight by moving the focus (blue field) past the top or bottom line of symbols.

The focus highlights the "passive" operating mode.

You shift the focus by pressing the appropriate arrow button.

Select one of the fields and activate the corresponding setup menu with the MENU button.

The display will show the available therapy parameters or sub-functions and the current selections below the corresponding symbol.

You select a treatment parameter or function by pressing the OK button while the focus is on that particular field.

This is what happens when you press the OK button to select a parameter:

- The corresponding symbol appears enlarged on the display.
- The set value is displayed.

With the **arrow up/arrow down** buttons you change the displayed value. When you press and hold the button, the value will change at a faster rate.

Some of the (special) functions can only be enabled and disabled. This is done with the arrow up/arrow down buttons. Active parameters are identified with a green square next to the symbol and a check mark.

To confirm a selection, press the OK button.

Then the display returns to the higher-level menu and you can continue making selections.

Next, press the **START** button: ACTIVE-K automatically verifies the set values and the sessions starts.



## Note

- Refer to sections 5.2, 5.3 and 6 for a description of the parameters.
- To **view the set parameters and the currently selected values**, press the MENU button. However, this is only possible when you press the STOP button first.
- To prevent accidental changes of the parameter settings, you can **lock the buttons**. To do so, simultaneously press the **arrow left/arrow right buttons for approx. 4 seconds** while the carriage is stopped (all menus closed): You will see the lockout menu that allows you to disable to specific menu levels (for details, see: section 5.3.2). Press both buttons again for approx. 4 seconds to unlock and disable the lockout function in the lockout menu.
- Selecting the New Patient (Reset) function will automatically delete the data on the patient chip card. When you have finished programming the unit and press the **STOP** button, the settings will automatically also be saved to the patient chip card.
- **Emergency stop function:** The ACTIVE-K will stop immediately, when any of the buttons is pressed during therapy. Patient treatment can be resumed by pressing the START button. The unit will automatically change the direction of movement.
- **Chip cards:** The explanations given for the initial adjustment with a new patient are based on the chip card "Special". With this chip card, all available operating modes and functions can be selected. To simplify the use of the device, the display and choice of operating modes and functions can be limited. This is done by inserting different pre-programmed patient chip cards on which certain functions are locked.

You can choose among the following chip cards:



Limited to CPM functions




Limited to CAM functions



Limited to therapy plans



Free programming, no limitations











































































































If you use limited chip cards with locked functions, the basic functions such as "Settings", "Load reversal" or "Documentation" are accessed via the icon "More" .

### Patients with a programmed chip card

- Insert the chip card (the patient is not yet positioned on the carriage).
- Press the **START** button: the carriage will move to the middle position of the parameters stored on the chip card and stops.
- Perform the mechanical adjustments of the unit (femur length, etc.).
- Position the patient on the carriage and press the **START** button to initiate therapy.

## 5.2 Therapy parameter details

### 5.2.1 Overview of the parameters available in each operating mode

Operating mode / Parameter	Coordination 						
	Passive	Active	Maintain force, static	Maintain force, dynamic	Find angle, passive	Find angle, active	Free training
Passive extension (stretching) adjustment							
Passive flexion (bending) adjustment							
Timer (therapy timer)							
Speed							
Warm-up protocol (passive)							
Extension pause							
Flexion pause							
Active adjustment (ROM - range of motion)							
Muscle stimulation							
Load reversal							
Extension force							
Flexion force							
Active zone							
Extension force range							
Flexion force range							

## 5.2.2 Overview of the parameters available in each operating mode



### Passive extension (stretching) adjustment

- maximum **knee extension: -10 degrees**
- maximum **hip extension: 10 degrees**



### Passive flexion (bending) adjustment

- maximum **knee flexion: 120 degrees**
- maximum **hip flexion: 115 degrees**

### Note

- **During passive adjustment of the extension/flexion values**, the carriage moves to the set positions and the display indicates the movement in steps of 1 degree. This allows you to easily and quickly determine the ROM where the patient does not experience pain.
- The programmed value and the value measured at the patient's knee or hip may differ slightly.
- The difference between the set extension and flexion values must be 10° minimum. Therefore, it is not possible to select values with which this difference would be less.



### Speed

The speed can be adjusted between 5 % and 100 % in steps of 5 % and depends on the operating mode (passive or active).

**Default: 50 %**



### Therapy timer

The default setting for the carriage is **continuous operation** (= ∞ min).

A clock symbol 🕒 in the upper right-hand corner of the display (header) identifies the continuous mode of operation. The clock indicates the elapsed therapy time.

In the **continuous mode**, the device must be stopped with the **STOP** button.

However, you can also select therapy durations of **1 to 59 minutes in steps of 1 minute** and of **1 to 24 hours in steps of 30 minutes**.

When the time has elapsed, the unit switches **automatically** off and stops in the position equivalent to the set extension value + 10°.

In this case, a stopwatch ⌚ replaces the standard clock symbol. Next to the stopwatch, the remaining therapy time is indicated in numeric form by a count-down timer.

### Note

In the "Therapy plans" mode, the default therapy timer setting is 20 minutes.

The timer can be set to any interval from 20 minutes to 2 hours. The duration of the individual steps within the therapy plan adapt automatically. The duration of the warm-up step, however, is fixed, as indicated in the table.



### Warm-up protocol

The warm-up protocol allows the patient to slowly become used to the set maximum values for extension and flexion. Once activated, the carriage first moves to the programmed maximum values minus 10° in each direction. Then both the flexion and extension range of motion is increased by 2° per cycle until the maximum range of motion is reached after 5 cycles.

The warm-up protocol can be selected to precede any function in any operating mode. Warm-up protocols, however, are always passive.

**Default: disabled**



### Extension pause

Pauses occur at the set extension limit, just before the bending movement starts. Pauses can be set to any value between 0 and 59 seconds in steps of 1 second, and to values between 1 and 59 minutes in steps of 1 minute.

**Default: no pause**



### Flexion pause

Pauses occur at the set flexion limit, just before the stretching movement starts. Pauses can be set to any value between 0 and 59 seconds in steps of 1 second, and to values between 1 and 59 minutes in steps of 1 minute.

**Default: no pause**



### Load reversal (reverse on load feature for patient safety/spasm protection)

The device automatically starts moving in the opposite direction of the last movement when the patient's resistance (load) exceeds the set force.

Load reversal is automatically active in the passive operating mode of the unit, e.g., during the warm-up phase or when a movement is to be performed passively in the active mode. Therefore, it can be selected in all operating modes.

Adjustable forces for reverse on load feature: 10 kg to 60 kg, in steps of 5 kg.

The force setting determines the trigger threshold for load reversal in kg.

The smaller the force, the lower is the trigger threshold.

**Default: 60 kg**

### **⚠ Caution!**

Patient hazard—The reverse on load feature is a safety measure to protect the patient in the event of cramps, spasms, locked joints and similar conditions. The manufacturer cannot be held liable for misuse of this feature.



### Muscle stimulation (EMS control)

This special function allows the **ACTIVE-K** unit to be operated in conjunction with the electrical muscle stimulator **ARTROSTIM® FOCUS®plus**, for which it is ideally suited.

For this modality, first plug the "muscle stimulation" connection cable (part no. 2.0037.024) into the ARTROSTIM®-FOCUSplus device (see ARTROSTIM®-FOCUSplus operation manual) and then into the ACTIVE-K unit (see 4.2).

Then activate the EMS control program at the ACTIVE-K. Select the function: the display will show the corresponding symbol and indicates "0 sec" (the function is disabled). Press the arrow up button to activate the function.

The readout automatically changes to 20 seconds which ensures the optimal combination with the three preset protocols of the ARTROSTIM®-FOCUS®plus. At this point, you can change the stimulation period if a special setting was selected at the EMS device or if you wish to use a longer or shorter stimulation period.

Confirm the selection with the OK button.

Start therapy by pressing the **START** button. Starting from the middle position, the carriage will move to the programmed flexion angle, then to the programmed extension setting. At this point, the carriage will stop and simultaneously send a trigger pulse to the ARTROSTIM® FOCUS®plus device. For the duration of the stimulation period/pause set at the carriage (**default: 20 seconds**), the muscle stimulation protocol that you programmed at the **ARTROSTIM® FOCUS®plus** unit will be completed with the selected intensity (for programming of the EMS device, see: **ARTROSTIM® FOCUS®plus** operation manual). After the pause, the **ACTIVE-K** will turn off the EMS device and the carriage moves to the programmed maximum flexion angle.

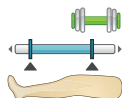
The electrical muscle stimulation will be repeated in the next extension pause.

### Note

- **In addition** to activating the special function "EMS control" you can adjust the extension and flexion pauses separately and independently of the stimulation period.
- Electrical muscle stimulation can **only** take place during **extension pauses**.
- If an additional extension pause has been programmed, it will take place after each stimulation phase.
- During the set pause/stimulation period, the **ARTROSTIM® FOCUS®plus** electrotherapy unit operates independently of this setting. If a setting different from the default setting of the carriage or of the stimulation parameters of the electrotherapy unit is desired, the desired therapy parameters must be set at the **ARTROSTIM® FOCUS®plus**.

### ⚠ Caution!

Patient hazard—The only approved device for electrical muscle stimulation is the ARTROSTIM®-FOCUSplus® muscle stimulator with EN 60601-1 approval, manufactured by ORMED GmbH (manufacturer: Empi, Inc. USA).



### Active ROM adjustment

With this function, the patient is able to actively set the range of motion. Select the function with the OK button and activate it with the START button. The patient will then be prompted to bend and extend the knee. The carriage automatically saves the maximum extension and flexion values attained as the new range of motion. Confirm the setting with the OK button.

### Note

The "active ROM adjustment" function is primarily intended for use of the active operating modes of the carriage because with most patients the passive ROM is greater than the active ROM. If used in the passive mode, patients would therefore most likely exercise in a much narrower range than actually possible.



### Extension force

This function allows you to set the magnitude and direction of the force for extension movements in the active mode.

The force can be adjusted between -30 kg and +30 kg in steps of 1 kg.

### Adjustable forces:

- |                |  |
|----------------|--|
| 0 kg =         | passive mode, extension  |
| 1 to 30 kg =   | force that the patient is required to exert actively in the direction of motion (push) so as to move the carriage in the extension direction.          |
| -1 to -30 kg = | force that the patient is required to exert actively in the opposite direction of motion (pull) so as to move the carriage in the extension direction. |

### Note

- A positive value between 1 kg and 30 kg always means that the patient is required to press down onto the footplate, irrespective of the carriage's current direction of motion.
- A negative value between 1 kg and 30 kg always means that the patient is required to pull, irrespective of the carriage's current direction of motion.
- A value of 0 kg always means a passive movement executed by the carriage in the current direction of motion.
- During programming of the desired force, the current direction of the force will be indicated by an arrow in the field of the corresponding function and in addition to the +/- indication.



### Flexion force

This function allows you to set the magnitude and direction of the force for flexion movements in the active mode.

The force can be adjusted between -30 kg and +30 kg in steps of 1 kg.

#### Adjustable forces:

- 0 kg = passive mode, flexion
- 1 to 30 kg = force that the patient is required to exert actively in the opposite direction of motion (push) so as to move the carriage in the direction of flexion.
- 1 to -30 kg = force that the patient is required to exert actively in the direction of motion (pull) so as to move the carriage in the direction of flexion.

### Note

- A positive value between 1 kg and 30 kg always means that the patient is required to press down onto the footplate, irrespective of the carriage's current direction of motion.
- A negative value between 1 kg and 30 kg always means that the patient is required to pull, irrespective of the carriage's current direction of motion.
- A value of 0 kg always means a passive movement executed by the carriage in the current direction of motion.
- During programming of the desired force, the current direction of the force will be indicated by an arrow in the field of the corresponding function and in addition to the +/- indication.



### Active zone

The active zone determines the extension and flexion range in which the patient can exercise in the active mode.

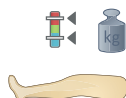
During operation this range is always at least 5° less than the current extension and flexion ROMs.

These 5° in extension and flexion are executed in the passive mode.

Maximum adjustable active zone: 0°- 90°

### Note

- The maximum settings for the active zone are 0° for extension and 90° for flexion. If the current ROM is below these values, the active movement will be limited to this range -5° for extension and flexion. The range of motion (ROM) thus limits the active zone.
- The limitation of the active zone is only possible with the functions "active operating mode" and "maintain force". No limitation is possible for the "free training" function. In this mode, the patient is free to exercise over the entire ACTIVE-K range of motion (from -10 to 120°), even against resistance. In the "Find angle, active" function, the active zone corresponds to the current range of motion.
- If the range of motion exceeds the active zone, the movement outside the active zone will be performed in the passive mode.



### Extension force range

The force range can only be set for the functions "Maintain force, static" and "Maintain force, dynamic".

With these functions, the patient is prompted to maintain a random force for 3 seconds while the carriage is moving in the extension direction.

The range from which the force will be selected, is set under Extension Force Range. The parameters to define are the intensity and direction of the force. The force range can be adjusted between -30 kg and +30 kg in steps of 1 kg.

#### Adjustable values:

- |                |  |
|----------------|--|
| 0 kg =         | passive mode, extension The patient is not required to exercise actively.  |
| 1 to 30 kg =   | limits of the force range from which a random resistance is selected that the patient is required to overcome actively in the direction of motion (push) so as to move the carriage in the extension direction.          |
| -1 to -30 kg = | limits of the force range from which a random resistance is selected that the patient is required to overcome actively opposite to the direction of motion (pull) so as to move the carriage in the extension direction. |

### Note

- The option "Hi limit = Lo limit" means that the same force setting is permanently set and that the requested force will not alternate.
- It is not possible to select a setting beyond 0 (one positive and one negative value). During extension, the patient is always required either to push in the direction of motion or to pull opposite to the direction of motion.





### Flexion force range

The force range can only be set for the functions "Maintain force, static" and "Maintain force, dynamic".

With these functions, the patient is prompted to maintain a random force for 3 seconds while the carriage is moving in the flexion direction.

The range from which the force will be selected, is set under Flexion Force Range.

The parameters to define are the intensity and direction of the force.

The force range can be adjusted between -30 kg and +30 kg in steps of 1 kg.

#### Adjustable values:

- |                |  |
|----------------|--|
| 0 kg =         | passive mode, flexion The patient is not required to exercise actively.  |
| 1 to 30 kg =   | limits of the force range from which a random resistance is selected that the patient is required to overcome actively opposite to the direction of motion (push) so as to move the carriage in the flexion direction. |
| -1 to -30 kg = | limits of the force range from which a random resistance is selected that the patient is required to overcome actively in the direction of motion (pull) so as to move the carriage in the flexion direction.          |

### Note

- The option "Hi limit = Lo limit" means that the same force setting is permanently set and that the requested force will not alternate.
- It is not possible to select a setting beyond 0 (one positive and one negative value). During flexion, the patient is always required either to push in the opposite direction of motion or to pull in the direction of motion.

## 5.3 Other functions/settings

### 5.3.1 Therapy protocols

This is the symbol for selection of therapy protocols:



The therapy protocols allow you to run preprogrammed combinations of operating modes and specific functions in one session.

Therapy protocols exist for the three most frequent indications.

For rehabilitation after:

- ruptured cruciate ligament
- cartilage injuries
- prosthesis implantation





Each therapy protocol comprises six consecutive levels. Each level roughly corresponds to one week of therapy, but the responsible physician can define the appropriate periods for any level. Additionally, the responsible physician can define how often patients should repeat a level each day (sessions/day) and whether they should exercise at different levels.

The **default therapy duration** at each level is **20 minutes** (minimum setting). The maximum duration is 2 hours. The duration of the individual steps adapts automatically. The duration of the passive warm-up step, however, is fixed, as indicated in the table.

The patient is informed of each change of the operating mode during the session.

After the therapy session, the carriage switches automatically off, enters the mounting/dismounting position – set extension value + 10° – and stops.

These are the parameters you can define for each therapy plan:

	Passive extension (stretching) adjustment
	Passive flexion (bending) adjustment
	Level selection
	Timer (therapy duration for a level)



Demo, for teaching the patient quickly what happens at the different levels of a therapy plan



More, direct access to basic functions, such as "Settings", "Load reversal" or "Documentation"

## **Caution!**

**Patient hazard** — To ensure patient safety, the reverse on load feature is always active in the passive operating mode of the carriage. To avoid misuse, the trigger threshold for load reversal is set from the Passive (CPM) menu. The value is applied automatically.



### **Demo**

With the demo function, the therapist can give patients a quick rundown of each level of the therapy protocol, so that patients learn quickly what the therapy session involves.


#### **Default: disabled**

To use the function:

1. Set the range of motion
2. Select the level
3. Activate the demo function
4. Press the START button

Subsequently, the following sequences of the respective levels are represented in tabular form.

Initiate the demo mode with START.

During the demo mode and when the patient has learned the current function, press  to advance to the next function of the level.

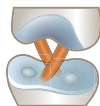
After the demonstration, the therapy session can be started with START as usual.

The therapy session will then proceed for the set period of time.

The demo function ends automatically.

### 5.3.1.1 Cruciate ligament (ACL/PCL) therapy protocol

This is the symbol for the cruciate ligament (ACL) protocol:



With the default therapy duration of 20 minutes, the session proceeds as follows:

Levels	Duration in minutes	Function/sequence	Default parameters
--------	---------------------	-------------------	--------------------

Level 1	5	PASSIVE WARM-UP	
	15	PASSIVE	

Level 2	5	PASSIVE WARM-UP	Speed: 75 %
	5	ACTIVE	ACTIVE ZONE: 0°/10°/60° Extension: Push - 5 kg Flexion: Passive
	3	PASSIVE	Speed: 75 %
	5	ACTIVE	See above
	2	PASSIVE COOL - DOWN	

Level 3	3	PASSIVE WARM-UP	Speed: 75 %
	5	ACTIVE	ACTIVE ZONE: 0°/0°/60° Extension: Push - 7 kg Flexion: Pull - 7 kg
	5	PASSIVE	Speed: 75 %
	5	MAINTAIN FORCE, STATIC	Extension: Push - 5 kg to 8 kg Flexion: Pull - 5 kg to 8 kg
	2	PASSIVE COOL - DOWN	

Levels	Duration in minutes	Function/sequence	Default parameters
Level 4	2	FREE TRAINING	Extension: Push - 3 kg Flexion: Pull - 3 kg
	5	ACTIVE	Extension: Push - 10 kg Flexion: Passive
	5	MAINTAIN FORCE, STATIC	Extension: Push - 5 kg to 10 kg Flexion: Pull - 5 kg to 10 kg
	5	ACTIVE	Extension: Push - 7 kg Flexion: Pull - 7 kg
	3	PASSIVE COOL - DOWN	
Level 5	2	FREE TRAINING	Extension: Push - 3 kg Flexion: Pull - 3 kg
	5	ACTIVE	Speed: 75 % Extension: Push - 10 kg Flexion: Push - 8 kg
	3	MAINTAIN FORCE, STATIC	Extension: Push - 10 kg to 14 kg Flexion: Pull - 10 kg to 14 kg
	5	ACTIVE	See above
	2	FIND ANGLE ACTIVE	Extension: Push - 3 kg Flexion: Pull - 3 kg
	3	PASSIVE COOL - DOWN	
Level 6	5	FREE TRAINING	Extension: Push - 8 kg Flexion: Pull - 5 kg
	3	PASSIVE	
	5	FREE TRAINING	Extension: Push - 12 kg Flexion: Pull - 8 kg
	2	FIND ANGLE ACTIVE	Extension: Push - 3 kg Flexion: Pull - 3 kg
	3	ACTIVE	Speed: 75 % Extension: Push - 15 kg Flexion: passive
	2	PASSIVE COOL - DOWN	

## Note

- Preset parameters for all functions, unless otherwise stated:
  - speed: 50 %
  - active zone: 0° / 0° / 90° (for maximum setting, see 5.2.2).
- The "cool-down" function is the opposite of the "warm-up" function. After the session, the carriage stops in the position equivalent to the set extension value + 10°.
- The indicated minutes are approximate values. Depending on the programmed maximum range of motion and the set femur length, the times may vary.
- Normally the range of motion is set by means of the extension and flexion settings, outside the therapy plans. If a session starts with the "free training" function, the final extension and flexion values of this phase automatically become the ROM for the rest of the session.
- The operating modes and functions are described in detail in chapter: 6.
- The response threshold of the load reversal for the passive mode is set under "More" – "Load Reversal".
- During operation, the symbol representing the selected therapy plan and the actual level are indicated in the header.

### 5.3.1.2 Cartilage therapy protocol

This is the symbol for the cartilage protocol:



With the default therapy duration of 20 minutes, the session proceeds as follows:

Levels	Duration in minutes	Function/sequence	Default parameters
--------	---------------------	-------------------	--------------------

Level 1	5	PASSIVE WARM-UP	
	15	PASSIVE	

Level 2	5	PASSIVE WARM-UP	
	5	ACTIVE	ACTIVE ZONE limited: 0°/10°/60° Extension: Push - 5 kg Flexion: passive
	3	PASSIVE	
	5	ACTIVE	ACTIVE ZONE limited: 0°/10°/60° Extension: passive Flexion: Pull - 5 kg
	2	PASSIVE COOL-DOWN	

Level 3	3	PASSIVE WARM-UP	
	5	ACTIVE	Extension: Push - 5 kg Flexion: Pull - 4 kg
	5	PASSIVE	
	5	ACTIVE	Extension: Push - 8 kg Flexion: Pull - 4 kg
	2	PASSIVE COOL-DOWN	

Levels	Duration in minutes	Function/sequence	Default parameters
--------	---------------------	-------------------	--------------------

Level 4	3	PASSIVE WARM-UP	
	5	ACTIVE	Extension: Push - 6 kg Flexion: Pull - 4 kg
	5	MAINTAIN FORCE, STATIC	Extension: Push - 5 kg to 8 kg Flexion: passive
	5	ACTIVE	Extension: Push - 8 kg Flexion: Pull - 8 kg
	2	PASSIVE COOL - DOWN	

Level 5	3	PASSIVE WARM-UP	
	5	ACTIVE	Extension: Push - 7 kg Flexion: Pull - 7 kg
	5	MAINTAIN FORCE, STATIC	Extension: Push - 7 to 10 kg Flexion: Pull - 7 to 10 kg
	5	ACTIVE	Extension: Push - 10 kg Flexion: Pull - 10 kg
	2	PASSIVE COOL - DOWN	

Level 6	3	FREE TRAINING	Extension: Push - 3 kg Flexion: Pull - 3 kg
	2	FIND ANGLE ACTIVE	Extension: Push - 5 kg Flexion: Pull - 5 kg
	5	ACTIVE	Extension: Push - 10 kg Flexion: Pull - 10 kg
	3	PASSIVE	
	5	ACTIVE	See above
	2	PASSIVE COOL - DOWN	



## Note

- Preset parameters for all functions, unless otherwise stated:
  - speed: 50 %
  - active zone: 0° / 0° / 90° (for maximum setting, see 5.2.2).
- The "cool-down" function is the opposite of the "warm-up" function. After the session, the carriage stops in the position equivalent to the set extension value + 10°.
- The indicated minutes are approximate values. Depending on the programmed maximum range of motion and the set femur length, the times may vary.
- Normally the range of motion is set by means of the extension and flexion settings, outside the therapy plans. If a session starts with the "free training" function, the final extension and flexion values of this phase automatically become the ROM for the rest of the session.
- The operating modes and functions are described in detail in chapter: 6.
- The response threshold of the load reversal for the passive mode is set under "More" – "Load Reversal".
- During operation, the symbol representing the selected therapy plan and the actual level are indicated in the header.

### 5.3.1.3 Total knee/hip replacement (TEP) therapy protocol

This is the symbol for the total knee/hip replacement (TEP) protocol:



With the default therapy duration of 20 minutes, the session proceeds as follows:

Levels	Duration in minutes	Function/sequence	Default parameters
--------	---------------------	-------------------	--------------------

Level 1	5	PASSIVE WARM-UP	
	15	PASSIVE	

Level 2	5	PASSIVE WARM-UP	
	5	ACTIVE	Extension: Push - 4 kg Flexion: Pull - 4 kg
	3	PASSIVE	
	5	ACTIVE	See above
	2	PASSIVE COOL - DOWN	

Level 3	3	PASSIVE WARM-UP	
	5	ACTIVE	Extension: Push - 6 kg Flexion: Pull - 6 kg
	5	MAINTAIN FORCE, STATIC	Extension: Push - 4 to 7 kg Flexion: PASSIVE
	5	ACTIVE	See above
	2	PASSIVE COOL - DOWN	

Levels	Duration in minutes	Function/sequence	Default parameters
Level 4	3	PASSIVE WARM-UP	
	5	ACTIVE	Extension: Push - 8 kg Flexion: Pull - 8 kg
	5	MAINTAIN FORCE, STATIC	Extension: Push - 6 – 10 kg Flexion: Pull - 5 – 8 kg
	5	ACTIVE	See above
	2	PASSIVE COOL - DOWN	
Level 5	2	FREE TRAINING	Extension: Push - 3 kg Flexion: Pull - 3 kg
	5	ACTIVE	Speed: 75 % Extension: Push - 10 kg Flexion: Pull - 8 kg
	5	MAINTAIN FORCE, STATIC	Extension: Push - 6 – 10 kg Flexion: Pull - 6 – 10 kg
	5	ACTIVE	See above
	3	PASSIVE COOL - DOWN	
Level 6	5	FREE TRAINING	Extension: Push - 5 kg Flexion: Pull - 5 kg
	5	ACTIVE	Speed: 75 % Extension: Push - 10 kg Flexion: Pull - 8 kg
	2	FIND ANGLE ACTIVE	Extension: Push - 5 kg Flexion: Pull - 5 kg
	5	ACTIVE	See above
	3	PASSIVE COOL - DOWN	

## Note

- Preset parameters for all functions, unless otherwise stated:
  - speed: 50 %
  - active zone: 0° / 0° / 90° (for maximum setting, see 5.2.2).
- The "cool-down" function is the opposite of the "warm-up" function. After the session, the carriage stops in the position equivalent to the set extension value + 10°.
- The indicated minutes are approximate values. Depending on the programmed maximum range of motion and the set femur length, the times may vary.
- Normally the range of motion is set by means of the extension and flexion settings, outside the therapy plans. If a session starts with the "free training" function, the final extension and flexion values of this phase automatically become the ROM for the rest of the session.
- The operating modes and functions are described in detail in chapter: 6.
- The response threshold of the load reversal for the passive mode is set under "More" – "Load Reversal".
- During operation, the symbol representing the selected therapy plan and the actual level are indicated in the header.

### 5.3.2 General functions



#### New Patient

With this function, the carriage will move to the home position (at 40° flexion), allowing the mechanical settings to be performed. All values stored on the chip card will be deleted.

Press the OK button to select the function, press the arrow up button to activate the function and then press the OK button to confirm your selection. The main menu will be displayed again. Then press the START button: the carriage enters the home position and existing therapy parameters will be deleted. Next, you will see the main menu where you can select the operating mode.

The "new patient" function (home position) selects the following settings:

– extension:	10°
– flexion:	60°
– speed:	50 %
– extension pause:	0
– flexion pause:	0
– timer:	disabled
– reverse on load:	60 kg
– active zone:	0° to 90°
– extension force:	+ 5 kg
– flexion force:	- 5 kg
– extension force range:	+ 1 kg to + 5 kg
– flexion force range:	- 1 kg to - 5 kg
– therapy protocols:	Level 1
– special functions:	disabled
– operating mode:	no operating mode (CPM/CAM) selected



## Documentation

The Documentation function allows you to reproduce the therapy data saved by the carriage.

The following documented data can be reviewed:



### Total patient therapy time

The total patient therapy time is the added sum of operating hours stored **on the chip card**.

(added sum of all therapy sessions stored on the chip card)

### Deleting the stored therapy time on the chip card:

Select the function with the OK button: the stored period of time will be displayed with large digits. To delete the graph, press the arrow down button and confirm with OK or activate the New Patient function.



### Therapy documentation

This is a special function of ACTIVE-K which allows the entire therapy documentation to be reviewed on the display. The recorded data are the carriage run times, the range of motion of the sessions, the selected mode of operation as well as the forces set at the therapy unit.

The collected data of the ROM trend are presented graphically in a coordinate system (X-axis = range of motion / Y-axis = time) where the upper curve illustrates the trend of the flexion movement and the lower curve the trend of the extension movement.

For the active operating mode, an additional axis on the graph indicates the intensity of the force exerted.

### Deleting the stored therapy documentation:

Select the function with the OK button: the stored graph will be displayed enlarged. To delete the graph, press the arrow down button and confirm with OK or activate the New Patient function.



## Settings

With Settings you access the setup menu. From this menu, a number of basic settings for the carriage can be performed.

Adjustable parameters:



### Language selection

You can choose the following languages:

- Danish
- German
- English
- French
- Italian
- Dutch
- Portuguese
- Polish
- Russian
- Spanish
- Swedish
- Czech
- Turkish
- Hungarian
- Chinese
- Japanese
- Korean



### Brightness

Adjustment of the display brightness.

Default: 100 %



### Volume

Adjustment of the volume of audio signals.

0 = no audio signal

Default: 100 %



### Time/date

Adjustment of the carriage's internal clock.

Adjustable parameters:

- time in: hh/mm
- date in dd/mm/yy



### Transport setting

With this function, the carriage will automatically move to a position optimally suited for packing the therapy unit.

Press the OK button to select the function, press the arrow up button to activate the function and then press the OK button to confirm your selection. Next, press START and the carriage will automatically move to the transport setting.

**Total unit run time**

The total unit run time is the overall number of carriage operating hours stored in the unit.  
(added sum of all stored therapy sessions)

**Deleting the stored therapy time:**

Select the function with the OK button: the stored period of time will be displayed with large digits. To delete the value, press the arrow down button and confirm with OK. The "total unit run time" cannot be deleted with the New Patient function.

**Service menu**

For service purposes only, refer to Service Manual.










### Lock-out function

With the lock-out function, access to individual operating modes or functions can be blocked. This reduces the scope of programming options and makes operation easier.

To activate the lock-out feature, simultaneously press the arrow left and arrow right buttons for approx. 4 seconds. The carriage must be in the stop mode of the operating mode concerned (no active menu). The display automatically shows the lock-out menu.

Five different lock-out levels are available:

Lock-out level	Symbol	Description
0		The lock-out feature is deactivated. All features are available and can be selected.
1		Level 1 of the lock-out feature is enabled. This means that the selected operating mode is fixed and no other operating mode can be selected. However, all parameters of this operating mode can be selected and modified..
2		Level 2 of the lock-out feature is enabled. Same as lock-out level 1. Additionally, it is not possible to switch between the different protocols of the coordination and therapy protocol modes, such as between "ACL" and "Cartilage" or between "Find angle, active" and "Find angle, passive". However, all parameters of the operating mode/protocol can be selected and modified.
3		Level 3 of the lock-out feature is enabled. Same as lock-out level 2. Additionally, all programming features are locked and only the range of motion can be modified.
4		Level 4 of the lock-out feature is enabled. The menu for modification of the treatment parameters cannot be accessed. Only the START and STOP buttons can be used. All other buttons are locked. The treatment parameters cannot be modified. However, in the passive mode all buttons can be used as "Emergency stop" buttons.

If the lock-out function is activated, the lock-out status and the locked level are indicated in the header during operation.

## 6. Operating mode details

The ACTIVE-K offers three operating modes for early functional rehabilitation therapy:

- Passive (CPM) mode
- Active (CAM) mode
- Coordination

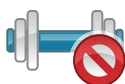
In the "coordination" mode, you can choose from five specialized protocols to further enhance the patient's coordination capabilities. These are the coordination protocols:

- maintain force, static
- maintain force, dynamic
- find angle, passive
- find angle, active
- free training

### 6.1 Passive operating mode (CPM)

The passive operating mode is intended for early mobilization of the knee and hip joints by CPM therapy (Continuous Passive Motion).

This is the symbol for the CPM mode:



### 6.1.1 Adjustable CPM parameters



Passive extension  
(stretching) adjustment



Passive flexion  
(bending) adjustment



Therapy timer



Speed



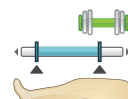
Warm-up protocol  
(passive)



Extension pause



Flexion pause



Active adjustment  
(ROM - range of motion)

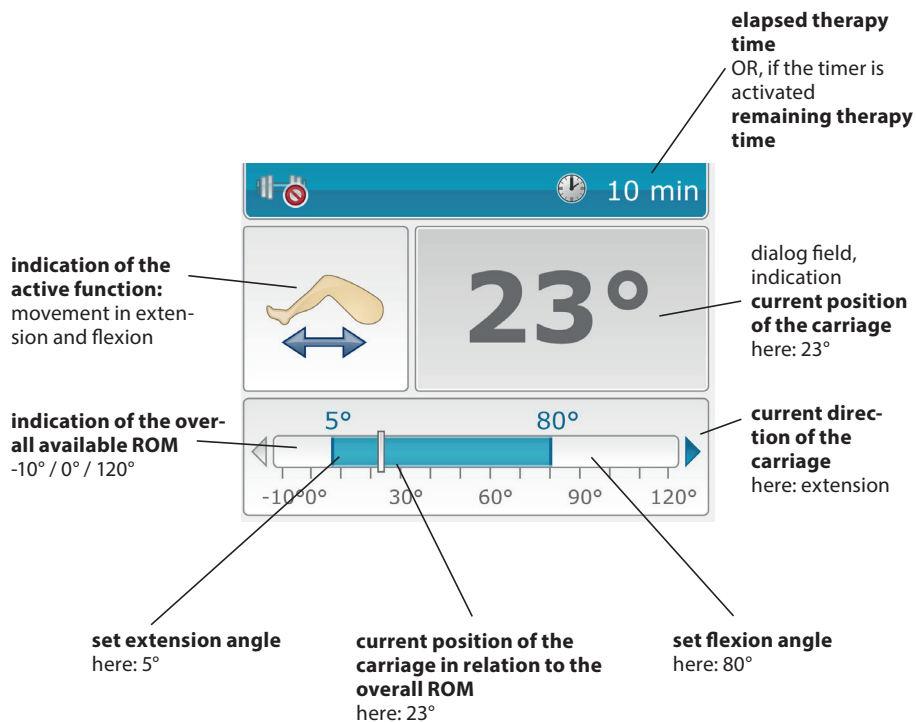


Muscle stimulation



Load reversal

## 6.1.2 Display in CPM mode



## 6.2 Active operating mode (CAM)

The active operating mode (CAM – Controlled Active Motion) allows the patient to actively exercise with a preset resistance between -30 kg / 0 kg / +30 kg. Negative values between -30 kg and -1 kg always mean that the patient is required to pull against the set resistance, while positive values between +1 kg and +30 kg mean that the patient is required to push. If no resistance is set, the carriage will operate in the passive mode, moving in the direction of extension or flexion. The resistance values (force) can be set separately for extension and flexion. The tolerance is 20 % of the set force. If the patient is not capable of exerting the required force, the carriage will not move.

For functions that require the active cooperation of the patient, the range of motion in which the patient exercises actively, the so-called active zone, can be preset.

The maximum settings for the active zone are:  
**0° / 0° / 90°.**

This range can be reduced as desired and the extension and flexion range is always 5° less than the current ROM to allow for a smooth transition between the directions of movement.

If the range of motion exceeds the active zone, the movement of the joint outside the active zone will always be performed in the passive mode.

### Example of a range of motion smaller than the preset active zone:

Set range of motion: 0° / 10° / 60°

Set active zone: 0° / 0° / 90° (maximum setting)

True active zone: 0° / 15° / 55°

Extension force: 10 kg

Flexion force: -5 kg

This is what the settings mean:

Although the active zone is larger than the current range of motion, the patient will only be able to actively exercise within the set range of motion. This is meant to protect the patient.

Within the active zone of 0° / 15° / 55°, the patient in order to initiate a movement is required to push in the extension direction against an additional 10 kg (+/-20%). In the flexion direction, in order to initiate a movement, the patient is required to pull a weight of 5 kg (+/- 20%).

### Example of a range of motion greater than the preset active zone:

Set range of motion: 5° / 0° / 110°

Set active zone: 0° / 0° / 90° (maximum setting)

True active zone: 0° / 0° / 90°

Extension force: 10 kg

Flexion force: -5 kg

This is what the settings mean:

Active exercising is only possible in the range between 0° and 90°. Outside this range, the joint is moved in the passive mode.

Within the active zone of 0° / 0° / 90°, the patient in order to initiate a movement is required to push in the extension direction against an additional 10 kg (+/-20%). In the flexion direction, in order to initiate a movement, the patient is required to pull a weight of 5 kg (+/- 20%).

This is the symbol for the CAM mode:



## 6.2.1 Adjustable CAM parameters

In the CAM mode, the following treatment parameters can be adjusted:



Passive extension  
(stretching) adjustment



Passive flexion  
(bending) adjustment



Therapy timer



Speed



Warm-up protocol  
(passive)



Extension pause



Flexion pause



Active adjustment  
(ROM - range of motion)



Extension force



Flexion force



Active zone



Load reversal (passive)

## 6.2.2 Display in CAM mode

### zone/range of force

indication of the currently exerted and requested force:

- red: too much force
- green: tolerance range for force to be exerted
- blue: insufficient force

### currently requested force

here: 15 kg

### currently exerted force, shown graphically and as a numeric value

here: 12 kg

### elapsed therapy time

OR, if the timer is activated  
**remaining therapy time**

dialog field  
**indication of the direction in which the requested force**

**indication of the overall available ROM**  
-10° / 0° / 120°

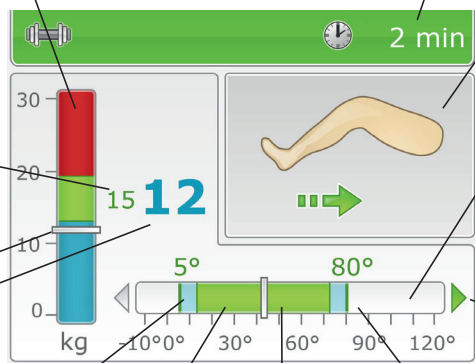
**current direction of the carriage**  
here: extension

**set extension angle**  
here: 5°

**current active zone:**  
here: 11° bis 71°

**current position of the carriage in relation to the overall ROM**  
here: 41°

**set flexion angle**  
here: 80°



## Note

In addition to the data on the display, the force exerted in the active mode is indicated by an LED at the knee hinge. The color coding is the same as on the display:

- Blue LED: insufficient force is exerted
- Green LED: the exerted force is within the tolerance range
- Red LED: too much force is exerted

## 6.3 Coordination mode

The coordination mode offers five different protocols that help improve the coordination skills.

This is the symbol for the coordination mode:



These are the protocols available in the coordination mode:



Maintain force, static



Maintain force, dynamic



Find angle, passive



Find angle, active



Free training

### 6.3.1 Information about the "maintain force" coordination protocols

The "maintain force" coordination protocols require the patient in regular intervals to maintain a random force either in the direction of the carriage movement or in the opposite direction for 4 seconds.

The range from which the force is randomly selected can be preset.

The ranges for minimum and maximum force can be set separately for extension and flexion movements.

The forces for extension and flexion can be set in the following ranges:

0 kg to +30 kg or -30 kg to 0 kg.

#### Note

- Negative values (resistances) between -30 kg and -1 kg mean that the patient is required to pull to overcome the set resistance, irrespective of the current direction of motion.
- Positive values (resistances) between +1 kg and +30 kg mean that the patient is required to push to overcome the set resistance, irrespective of the set direction of motion.
- If no resistance is set, the carriage will operate in the passive mode, moving in the direction of extension or flexion.
- When you adjust the force range, the minimum value is shown on the left of the display and the maximum value is shown in the right. The random values are selected from this range only.
- It is not possible to define a range that spans the value of 0 kg. The forces can be set to values either greater than/equal to 0 or less than/equal to 0 in the respective direction of motion.
- If the set maximum value of a range equals the set minimum value, the patient always has to exert this force; no random selection will be made.
- The random force value is only selected from the active range (see also: 5.3.2) and is only requested for the duration of 4 seconds. Outside this range, the movement is always passive.

### Maintain force, static

If the "Maintain force, static" function is activated, the patient is required to maintain the requested force for 4 seconds. The carriage will not move during this period, it stands still (static).

A progress bar in the dialog window indicates the elapsed time. The progress bar fills only as long as the patient exerts the required force. When the progress bar is filled (after a total of 4 seconds of exerted force), the passive movement of the joint is continued in the current direction of motion.

This is the symbol for the "Maintain force, static" function:



### Maintain force, dynamic

If the "Maintain force, dynamic" function is activated, the patient is required to maintain the requested force for 4 seconds.

Contrary to the "Maintain force, static" function, however, the patient will continue to move the carriage actively (dynamic).

A progress bar in the dialog window indicates the elapsed time. The progress bar fills only as long as the patient exerts the required force. When the progress bar is filled (after a total of 4 seconds of exerted force), the passive movement of the joint is continued in the current direction of motion.

This is the symbol for the "Maintain force, dynamic" function:



#### 6.3.1.1 Adjustable parameters in the "maintain force" protocols

The following treatment parameters can be adjusted in the "hold force" coordination protocols:



Passive extension  
(stretching) adjustment



Passive flexion  
(bending) adjustment



Therapy timer



Speed



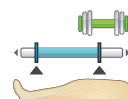
Warm-up protocol  
(passive)



Extension pause



Flexion pause



Active adjustment  
(ROM - range of motion)



Active zone



Extension force range



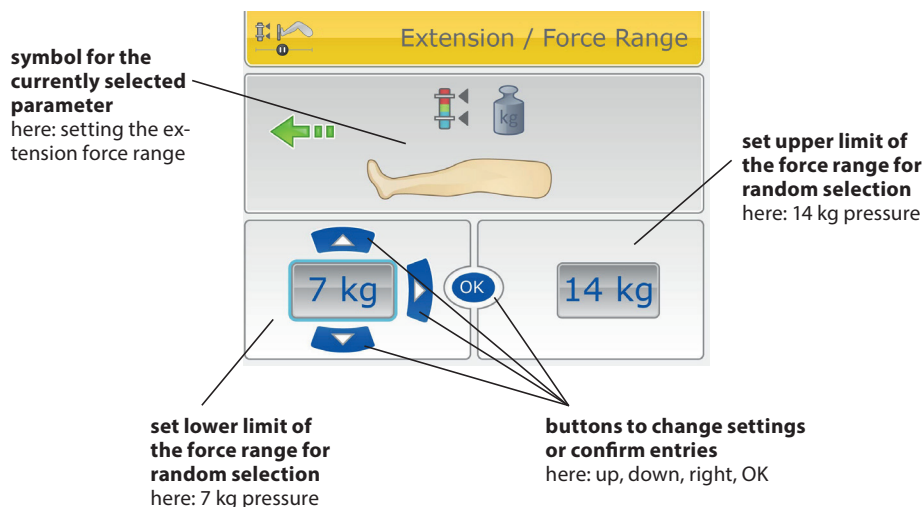
Flexion force range



Load reversal (passive)



### 6.3.1.2 Display in the force range setting mode

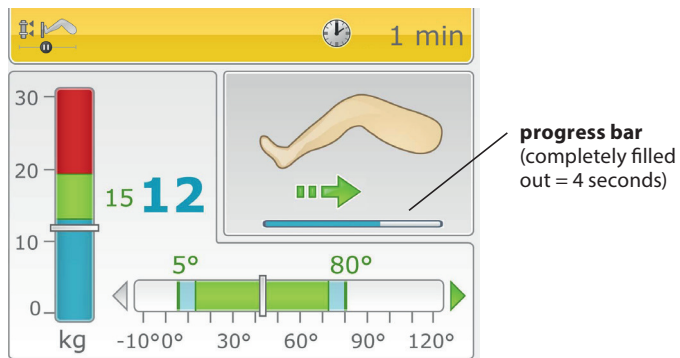


## Note

- Negative values (resistances) between -30 kg and -1 kg mean that the patient is required to pull to overcome the set resistance, irrespective of the current direction of motion.
- Positive values (resistances) between +1 kg and +30 kg mean that the patient is required to push to overcome the set resistance, irrespective of the set direction of motion.
- If no resistance is set, the carriage will operate in the passive mode, moving in the direction of extension or flexion.
- When you adjust the force range, the minimum value is shown on the left of the display and the maximum value is shown on the right. The random values are selected from this range only.
- It is not possible to define a range that spans the value of 0 kg. The forces can be set to values either greater than/equal to 0 or less than/equal to 0 in the respective direction of motion.
- If the set maximum value of a range equals the set minimum value, the patient always has to exert this force; no random selection will be made.
- The random force value is only selected from the active range (see also: 5.3.2 ) and is only requested for the duration of 4 seconds. Outside this range, the movement is always passive.

### 6.3.1.3 Display in the "maintain force, active" mode

The display is essentially the same as in the "active" mode. In addition, a progress indicator is shown in the dialog window below the arrow indicating the direction of the requested force.



### 6.3.2 Information about the "Find angle, passive" coordination protocols

This is the symbol for the "Find angle, passive" protocol:



The "Find angle" protocol is based on the so-called angle reproduction test. With this protocol, the patient is prompted to press the OK button when the knee reaches a number of preset angles. The current carriage position is not indicated on the display in this case. This exercise is meant to improve the patient's capabilities to perceive the current knee joint angle.

This is a passive operating mode. In all cycles between extension and flexion, the patient is prompted to indicate the angle. If the patient believes that the knee angle has been attained, he is prompted to confirm this with the OK button. The angle to find is indicated until the OK button is pressed. When OK is pressed, the carriage displays the angle attained and assesses the result in relation to the angle wanted. If the deviation is within the tolerance of 10°, the attempt was successful and a positive feedback icon is displayed:



If the deviation is outside the tolerance of 10°, the attempt failed and a negative feedback icon is displayed:



The number of successful and failed attempts is permanently displayed for reference. At the end of the session, the patient can assess his success and compare it with the previous session.

If the carriage is stopped with OK, the requested angle as well as the actual angle are displayed. Patient treatment can be resumed by pressing the OK button. Subsequently, the patient will be prompted for the next angle.

The carriage indicates the following angles which must be identified in this order.

30°

15°

60°

45°

0°

90°

The patient will only be prompted for angles from the current range of motion set at the carriage. After all possible angle settings have been displayed, the cycle starts over with the first angle.

Example:

The currently set range of motion is: 0° / 10° / 60°

The patient is prompted for the following angles in this order:

30°

15°

45°

### 6.3.2.1 Adjustable parameters in the "Find angle, passive" protocol

The following treatment parameters can be adjusted in the "Find angle, passive" coordination protocols:



Passive extension  
(stretching) adjustment



Passive flexion  
(bending) adjustment



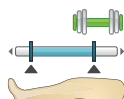
Therapy timer



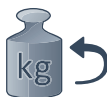
Speed



Warm-up protocol  
(passive)



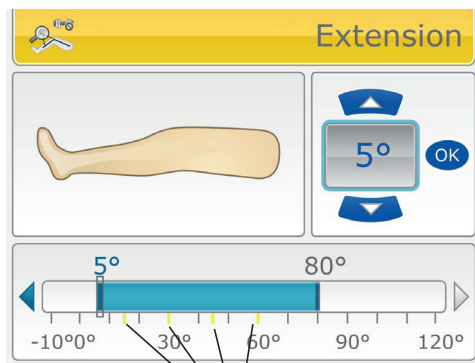
Active adjustment  
(ROM - range of motion)



Load reversal (passive)

### 6.3.2.2 Display in the "Find angle, passive" programming mode

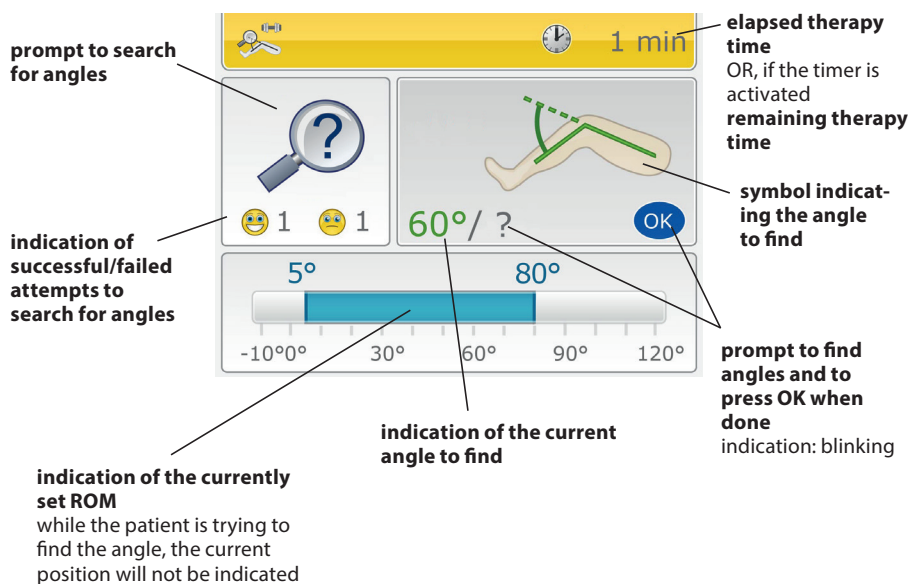
The programming mode display is essentially the same as for adjustment of the passive ROM. Additionally, during adjustment of the maximum extension and flexion angles, the angles to attain within the ROM are marked yellow on the ROM bar indicator.



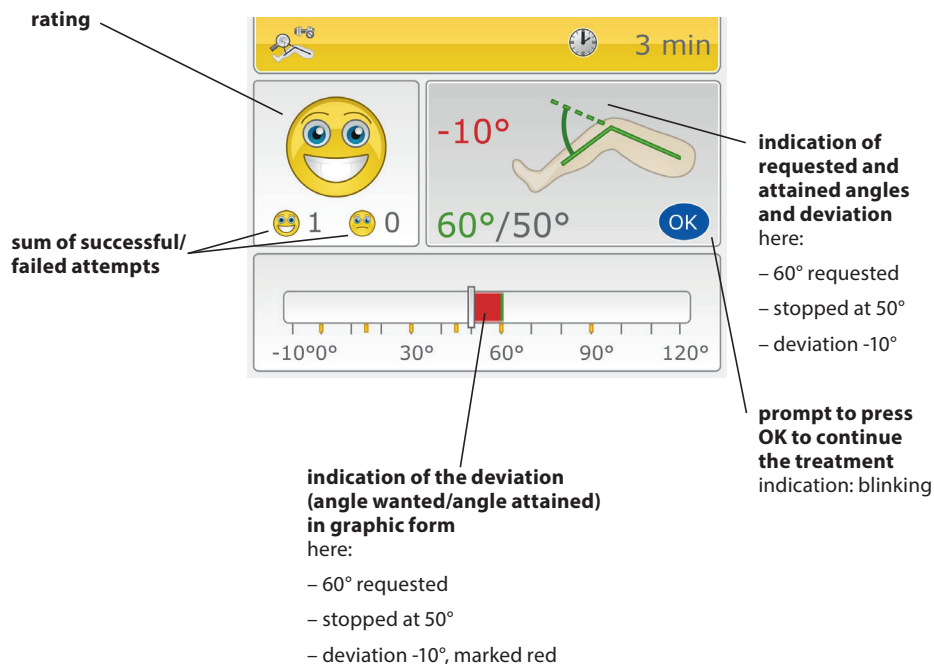
**indication of the angles to find within the current ROM during adjustment of the extension angle**

here: 15° / 30° / 45° / 60° with an increasing ROM, further angles will be displayed as soon as they come to lie within the range

### 6.3.2.3 Display in the "Find angle" mode



### 6.3.2.4 Feedback display with deviation between set and actual angle



### 6.3.3 Information about the "Find angle, active" coordination protocol

This is the symbol for the "Find angle, active" protocol:



The workflow of the "Find angle, active" protocol is similar to that of the "Find angle, passive" protocol.

The only difference is the operating mode, which in this case is "active".

This means that patients are required to actively bend and extend their knee until they believe that the requested angle has been reached. Then they press the OK button.

In addition, a resistance can be set and the carriage requests an angle with each movement. With this protocol, the active zone is the entire range of motion. Further limitations do not apply.

#### 6.3.3.1 Adjustable parameters in the "Find angle, active" protocol

The following treatment parameters can be adjusted in the "Find angle, active" coordination protocols:



Passive extension  
(stretching) adjustment



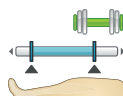
Passive flexion  
(bending) adjustment



Therapy timer



Warm-up protocol  
(passive)



Active adjustment  
(ROM - range of motion)



Extension force



Flexion force



Load reversal (passive)

#### 6.3.3.2 Display in the "Find angle, active" mode

The display is similar to those shown in 6.3.2.3 and 6.3.2.4 (Find angle, passive).



### 6.3.4 Information about the "free training" coordination protocol

The "free training" coordination protocol allows the patient to actively exercise over the entire range of motion of  $10^\circ / 0^\circ / 120^\circ$  of the ACTIVE-K.

As soon as you enable the function and press the START button, the patient will be prompted to actively bend and extend the knee.

The maximum extension and flexion angles attained will be displayed.

The purpose of the exercises is to expand the range of motion.

In addition, a resistance can be set which the patient must overcome. The resistance is effective in the direction of motion (flexion = pull, extension = push).

This is the symbol for the "free training" protocol:



#### 6.3.4.1 Adjustable parameters in the "free training" protocol



Therapy timer



Extension force

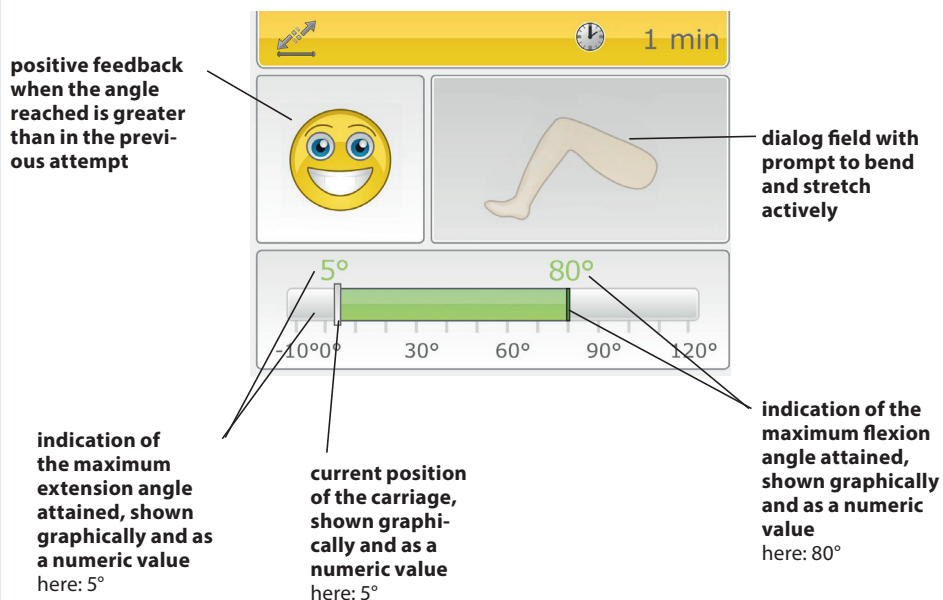


Flexion force



### 6.3.4.2 Display in the "free training" mode

The display is essentially the same as in the active setting of the range of motion. In addition, patients are given a positive feedback when they attain a greater extension and flexion angle.



## 7. Care, Maintenance, Transport

### 7.1 Care

#### **Warning!**

Shock hazard — Unplug the device from the power line before cleaning.

Shock hazard, equipment damage—Liquids must not enter the device or the control pendant. If liquids have entered into the units, ACTIVE-K must be immediately checked by a service technician, before it can be reused.

- ACTIVE-K can be disinfected by **wiping down** with a disinfectant. Thus, it complies with the special hygiene standards for medical technical equipment.
- **The enclosure** and removable **leg support assemblies** can be cleaned with commonly used disinfectants and **mild household detergents**.
- Only use a **damp cloth** to wipe the therapy unit down.

#### **Warning!**

Patient hazard, patient contamination

Before using the device on another patient, be sure to clean and disinfect it according to the instructions given here.

#### **Caution!**

Equipment damage —

- The plastic material used is not resistant to mineral acids, formic acid, phenols, cresols, oxidants and strong organic or inorganic acids with a pH value below 4.
- Use only clear disinfectants to prevent discoloration of the device.
- Do not expose the therapy unit to strong ultraviolet radiation (sunlight) and fire.

### 7.2 Maintenance (fuse replacement)

#### – **Check before each use**

Visually inspect the device for signs of mechanical damage before each use.

If you detect damage or malfunctions that may impair the safety of the patient or of the operator, have the device repaired before using it.

#### – **Technical inspections**

For safety, the devices require regular maintenance. To maintain the functional and operational safety, check all components for damage and loose connections at least once a year.

These checks should be performed by persons with adequate training and experience. Damaged and worn parts must immediately be replaced with original spare parts by authorized staff.

#### **Warning!**

Patient hazard, equipment malfunction and damage

Refer repair and maintenance to authorized persons. Persons are authorized after training by a specialist trained and commissioned by the manufacturer.

ORMED GmbH will make all documents required for servicing, such as circuit diagrams, parts lists, descriptions or calibration instructions, available to authorized experts.

The inspections can be carried out by DJO Global Technical Service within the framework of a service agreement.

**The device does not require additional regular maintenance.**

## – Fuse replacement

### **⚠ Warning!**

Patient hazard, equipment malfunction and damage —

The replacement of fuses must be referred to specialists as defined in IEC 60364 or other applicable standards (e.g. biomedical technicians, electricians, electronics installers).

**Fuses used must be T2A fuses.**

Before replacing fuses, turn off the ACTIVE-K and disconnect the device from the power line.

Use an appropriate tool to remove the fuse holder situated between the power switch and the power connector (Fig. 1). Replace the fuses and reinsert the fuse holder (Fig. 2). Ensure that the fuse holder properly locks into place.



Fig. 1

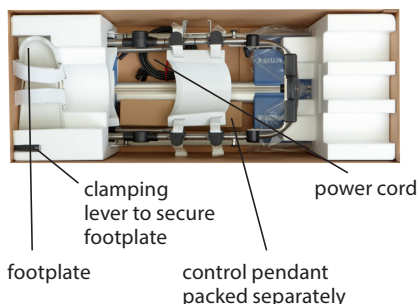


Fig. 2

## 7.3 Transport

The following operating steps must be completed before transporting the ACTIVE-K :

1. Adjust the carriage to a femur length of 49 cm and a tibia length of 42 cm.
2. Activate the "transport setting" function in the menu (see also 5.3) by selecting the function, activating it with the arrow up button and confirming the selection with OK.
3. The initial screen will automatically be displayed, allowing the carriage to be moved to the transport position. Press START and the carriage will automatically move to the transport setting.
4. Turn off the ACTIVE-K power switch (20).
5. Disconnect the power cord and the control pendant.
6. Remove the footplate by fully opening and unscrewing the clamping lever (14) for adjustment of the footplate rotation.
7. Only use the original shipping box for transporting the device. Ormed GmbH cannot be held liable for transport damage if the device is not packed in its original shipping box.
8. Push the molded polystyrene blocks onto the ACTIVE-K.
9. Place the clamping lever and the footplate in their designated cut-outs in the lower polystyrene board.
10. Store the power cord at the bottom of the box, then place the ACTIVE-K with attached polystyrene blocks in the box as well.
11. Put the control pendant (22) in the supplied cardboard container and store it in the box of the ACTIVE-K.



## 8. Environmental Protection Statement

The product described in this operation manual must not be disposed of with unsorted household or municipal waste. It requires separate disposal. Please contact DJO Global for information about the possible recycling of the product.

The service life of the product as well as of the supplied parts and accessories is 6 years minimum.

## 9. Specifications

Model:	ACTIVE-K	
Part no.	80.00.070	
Input ratings:	100 – 240 V <sub>AC</sub> / 50 – 60 Hz tolerance -15% to +10%	
Current consumption:	100V	240V
standby (ON):	5VA	5VA
operation (maximum):	85VA	90VA
	850mA	370mA
Fuses:	2x T2A L250Vac interrupting rating 35A, according to IEC 60127-2/3, UL 248-14, CSA C22.2 no. 248.14	
Battery:	type CR2032, 3V, 230 mAh, cannot be replaced by the user!	
Battery life:	approx. 5 years	
Protection class:	II	
IP class:	IP21	
Applied part:	type B	
Max. load on carriage:	30 kg	
Physical:		
length:	96 cm	
width:	38 cm	
height:	57 cm max.	
Adjustment ranges (min./max.):		
femur range:	approx. 31 to 49 cm	
lower leg range:	approx. 38 to 58 cm	

<b>Accuracy of measured values:</b>	
goniometer in the measuring range:	from -10° to +120°
accuracy:	+/- 3°
force gauge in the measuring range:	from -30 kg to +30 kg
accuracy:	+/-1 kg
<b>Weight:</b>	17 kg
<b>Materials used:</b>	ABS, POM, PUR, PA, FR4, aluminum, stainless steel, brass
<b>MDD:</b>	class II a
<b>Standards compliance</b>	93/42/EEC (2007/47/EC) IEC 60601-1:2005 IEC 60601-1-6:2006 IEC 60601-1-9:2007 IEC 60601-1-11:2010 IEC 62366:2007 IEC 62304:2006 EN ISO 14971:2007 ANSI AAMI ES 60601-1 1st Edition CAN CSA 22.2 No. 60601-1-08
<b>EMC</b> (electromagnetic compatibility)	EN 60601-1-2:2007
<b>Manufactured in compliance with:</b>	EN ISO 13485:2003+AC:2009
<b>Ambient conditions (storage, transport)</b>	
temperature:	-25 °C to +70 °C
relative humidity:	at 70 °C up to 93%, no condensation
atmospheric pressure:	500 hPa to 1060 hPa
<b>Ambient conditions (operation)</b>	
temperature:	+5 °C to +40 °C
relative humidity:	15 % to 93 %
atmospheric pressure:	700 hPa to 1060 hPa

Subject to change without notice (03/2012)

## 10. IEC 60601-1-2:2007 and IEC 60601-1-11:2010

The ACTIVE-K device is subject to particular precautions regarding electromagnetic compatibility (EMC). The device must be installed and put into service strictly in compliance with the EMC directives set forth in the accompanying documents.

Portable and mobile RF communication systems may affect the ACTIVE-K.

The ACTIVE-K should not be used adjacent to or stacked with other equipment. If adjacent or stacked use is necessary, ACTIVE-K should be observed to verify normal operation in the configuration in which it will be used.

If you detect damage or malfunctions that may impair the safety of the patient or of the operator, have the device repaired before using it.

If it is necessary to replace assemblies or cables, only the manufacturer's original parts must be used to ensure continued compliance with EMC requirements after repair. This requirement applies to the power supply unit, cables and cable lengths, drive unit consisting of the motor and the control system, the programming unit incl. the coiled cable and the connector.

The product designation ACTIVE-K used in the text below includes all product variants.

### 10.1 Electromagnetic emissions

#### Guidance and Manufacturer's Declaration – Electromagnetic Emissions

**ACTIVE-K** is intended for use in the electromagnetic environment specified below. It is the responsibility of the customer or user to ensure that the **ACTIVE-K** unit is used in such an environment.

Emissions test	Compliance	Electromagnetic environment - guidance
RF emissions to CISPR 11	Group 1	ACTIVE-K uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions to CISPRH 11	Class B	ACTIVE-K is suitable for use in all establishments, including domestic and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions to IEC 61000-3-2	complies with class A requirements	
Voltage fluctuations/flicker emissions to IEC 61 000-3-3	complies	

## 10.2 Electromagnetic immunity

### Guidance and Manufacturer's Declaration – Electromagnetic Immunity

**ACTIVE-K** is intended for use in the electromagnetic environment specified below. It is the responsibility of the customer or user to ensure that the **ACTIVE-K** unit is used in such an environment.


Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Electrostatic discharge (ESD) to IEC 61 000-4-2	± 6 kV contact ± 8 kV air	± 6 kV contact ± 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30%.
Electrical fast transient/bursts to IEC 61 000-4-4	± 2 kV for power supply lines ± 1 kV for input/output lines	± 2 kV for power supply lines ± 1 kV for input and output lines	Mains power should be that of a typical commercial or hospital environment.
Surges to IEC 61 000-4-5	± 1 kV line-to-line voltage ± 2 kV line-to-earth voltage	± 1 kV line-to-line voltage ± 2 kV line-to-earth voltage	Mains power should be that of a typical commercial or hospital environment.
Voltage dips, short interruptions and voltage variations on power supply input lines to IEC 61 000-4-11	< 5 % $U_T$ (> 95 % dip in $U_T$ ) for ½ cycle 40 % $U_T$ (60 % dip in $U_T$ ) for 5 cycles 70 % $U_T$ (30 % dip in $U_T$ ) for 25 cycles < 5 % $U_T$ (> 95 % dip in $U_T$ ) for 5 s	< 5 % $U_T$ (> 95 % dip in $U_T$ ) for ½ cycle 40 % $U_T$ (60 % dip in $U_T$ ) for 5 cycles 70 % $U_T$ (30 % dip in $U_T$ ) for 25 cycles < 5 % $U_T$ (> 95 % dip in $U_T$ ) for 5 s	Mains power should be that of a typical commercial or hospital environment. If the user of the ACTIVE-K unit requires continued operation during power mains interruptions, it is recommended that the ACTIVE-K unit be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field to IEC 61 000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristics of a typical location in a typical commercial or hospital environment.

**NOTE:**  $U_T$  is the a.c. mains voltage prior to application of the test level.



## Guidance and Manufacturer's Declaration – Electromagnetic Immunity

**ACTIVE-K** is intended for use in the electromagnetic environment specified below. It is the responsibility of the customer or user to ensure that the **ACTIVE-K** unit is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment - guidance
Conducted RF to IEC 61000-4-6	3 V <sub>rms</sub> 150 kHz to 80 MHz	3 V <sub>rms</sub>	<p>Portable and mobile RF communications equipment should be used no closer to any part of the <b>ACTIVE-K</b> unit, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter.</p> <p>Recommended separation distance:</p> $d = 1.2 \sqrt{P}$ <p><math>d = 1.2 \sqrt{P}</math> at 80 MHz to 800 MHz  <math>d = 2.3 \sqrt{P}</math> at 800 MHz to 2.5 GHz</p> <p>where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m).</p>
Radiated RF to IEC 61000-4-3	3 V/m 80 MHz to 2.5 GHz	3 V/m	<p>Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey <sup>a)</sup>, should be less than the compliance level in each frequency range <sup>b)</sup>. Interference may occur in the vicinity of equipment marked with the following symbol</p> 

NOTE 1: At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

a) Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the **ACTIVE-K** exceeds the applicable **ACTIVE-K** unit should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as reorienting or relocating the **ACTIVE-K** unit.

b) Over the frequency range of 150 kHz to 80 MHz, field strengths should be less than 3 V/m.

## 10.3 Recommended separation distances

### Recommended separation distances between portable and mobile RF telecommunications equipment and the ACTIVE-K

The **ACTIVE-K** is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the **ACTIVE-K** can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF telecommunications equipment (transmitters) and the **ACTIVE-K** as recommended below, according to the maximum output power of the communications equipment.

rated maximum output power of transmitter W	separation distance in dependence of transmitter frequency m		
	150 kHz to 80 MHz $d = 1.2 \sqrt{P}$	80 MHz to 800 MHz $d = 1.2 \sqrt{P}$	800 MHz to 2.5 GHz $d = 2.3 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance  $d$  in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where  $P$  is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1: At 80 MHz and 2.5 GHz, the higher frequency range applies.

NOTE 2: These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects, and people.

### Notice

(for home use)

Portable and mobile RF communication systems may affect the ACTIVE-K device.

For this reason, make sure that wireless communication equipment, such as wireless home network devices, cell phones, cordless telephones and their base stations and walkie-talkies operate at a minimum distance of 3.3 m from the device. (Calculated on the basis of the maximum power output of a typical cell phone of 2 W).

## 11. Contact

We would be happy to answer any questions you may have about our products and services.

### **Chattanooga™ International:**

Please contact your local dealer, the DJO Global Headquarters in the USA, the DJO Global International Headquarters in England or DJO Global in Germany.

### **DJO Global International**

Headquarters: DJO UK Ltd.  
1a Guildford Business Park  
Guildford  
Surrey, GU2 8XG  
United Kingdom  
Phone: +44 (0)1483 459659  
Fax: +44 (0)1483 459470  
e-mail: [info@DJOglobal.eu](mailto:info@DJOglobal.eu)  
Web: [www.DJOglobal.eu](http://www.DJOglobal.eu)

### **DJO Global Headquarters**

DJO, LLC  
1430 Decision Street  
92081 Vista – California / USA  
Phone: +1 760 727 1280  
Fax: +1 800 936 6569  
e-mail: [webmaster@DJOglobal.com](mailto:webmaster@DJOglobal.com)  
Web: [www.DJOglobal.com](http://www.DJOglobal.com)

### **Manufacturer / Headquarters Germany:**

DJO Global  
ORMED GmbH  
Merzhauser Strasse 112  
79100 Freiburg, Germany  
Phone: +49 (0) 761 4566 01  
Fax: +49 (0) 761 456655-01  
e-mail: [medizintechnik@DJOglobal.com](mailto:medizintechnik@DJOglobal.com)  
Web: [www.DJOglobal.de](http://www.DJOglobal.de)

### **Warranty:**

2 years (mechanical parts)  
2 years (electronics)

## 12. Technical service

### 12.1 Technical hotline

Do you have any technical questions?  
Do you need technical service?

Phone: +49-180-5-1 ormed de  
+49-180-5-1 67 63 33

Fax: +49-180-5-3 ormed de  
+49-180-5-3 67 63 33

### 12.2 Shipment

To prevent damage during transport, only use the original shipping box. These boxes can be obtained from DJO Global.

Before packing the therapy unit, set it to the transport position (see chapter 7).

### 12.3 Spare parts

Refer to the Service Manual for the most recent list of spare parts.

When ordering spare parts, always specify:

- Item
- Description
- Part number
- Qty
- Serial number of the device

#### Note

Refer repairs to authorized, specially trained staff.

ORMED GmbH offers service training for your personnel.

## 13. Accessories and Parts for Use with the Device

Item	Description	Part no.	Qty
1.	Patient chip cards ACTIVE-K		
	Passive – blue (CPM functions only)	0.0040.210	<input type="checkbox"/>
	Active – green (CAM functions only)	0.0040.211	<input type="checkbox"/>
	Protocol – orange (therapy plans only)	0.0040.212	<input type="checkbox"/>
	Special – red (free programming)	0.0040.213	<input type="checkbox"/>
2.	Marker pen for patient chip card	0.0031.006	<input type="checkbox"/>
3.	Connection cable for muscle stimulator	2.0037.024	<input type="checkbox"/>
4.	Strap fixation set	0.0040.100	<input type="checkbox"/>



DIN EN 13485 ORMED No. 018 829-01



**Hersteller**

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