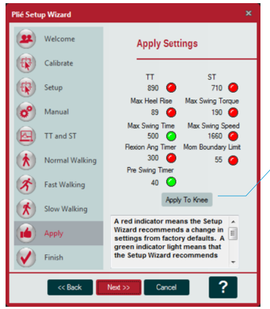


B1



B10

B. Optimize Stumble Recovery Parameters

1. In the *Record Normal Walking* window, select the **Start Recording** icon. Instruct the user to take at least five and up to 20 steps at their normal walking speed. Once complete, select the **Stop Recording** icon.
2. Select the **Save Data** icon. The normal walk recorded data file will be transferred wirelessly to the computer.
3. Select the **Next** icon to proceed to the *Record Fast Walk* window.
4. In the *Record Fast Walking* window, select the **Start Recording** icon. Instruct the user to take at least five and up to 20 steps at their fastest walking speed. Once complete, select the **Stop Recording** icon.
5. Select the **Save Data** icon. The fast walk recorded data file will be transferred wirelessly to the computer.
6. Select the **Next** icon to proceed to the *Record Slow Walking* window.
7. In the *Record Slow Walk* window, select the **Start Recording** icon. Instruct the user to take at least five and up to 20 steps at their slowest walking speed. Once complete, select the **Stop Recording** icon.
8. Select the **Save Data** icon. The slow walk recorded data file will be transferred wirelessly to the computer.
9. Click **Next** to proceed to the *Apply Settings window*.
10. In the *Apply Settings* window, select Apply to Knee to set the recommended values to the Plié 3 as well as to take to take the Plié 3 out of Setup Mode. If excessive heel rise is observed during normal to fast walking, an adjustment may need to be made to decrease the "Maximum Heel Rise Angle" value (Figure 1).
11. Click **Next** to proceed to **Save Knee Settings** and to generate a Cadence Report.

5

Document

1. Cadence Report

a. Click the **Cadence Report** button
b. Fill out the form, including the patient information and your facility information.
c. Click Create PDF. You now have a complete report of the rates at which the user walked while setting up the Plié 3. A copy is automatically saved by serial number and date in the Plié Wizard Folder in My Documents, but you can manually save it in the patient's records.

2. Save Knee Settings

a. Click **Save Knee Settings** to keep a copy of the parameters on your computer for future servicing. These settings can be quickly saved to the "Loaner" knee prior to the appointment to save precious time.
b. Document the serial number, and manual settings in the user's chart for future reference when the knee needs serviced.

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PROTEOR



PLIÉ 3
MICROPROCESSOR KNEE

Prosthetist Setup Guide

The Plié Control 6 software is required to program a Plié 3 MPC Knee. To download software please visit the website: https://www.pliesupport.com/download
If you are unable to access the website, please contact your Sales Representative for assistance.

Before you begin programming, verify that the Plié 3 is positioned in the proper alignment. The weight line of the patient should fall 0-5mm anterior to the axis of the knee as indicated by the integrated alignment guide. If the knee flexes during initial loading during gait, increase knee stability by sliding the socket anteriorly or shorten or soften the heel lever of the foot.



PROTEOR

1

Establish Wireless Connection

To set-up or program the knee, communication must first be established between the programming computer and the user's Plié® 3 MPC Knee:

a. Open the Plié 3 Control software.
c. Turn the Bluetooth radio on in the knee by removing and reinserting the battery. The radio will remain on for five minutes or until it is connected to a computer.
d. Select the **Search** icon.
e. After the knee is found, select the **Connect** icon to establish a wireless connection. When the wireless connection is successful the Plié Wizard and Live Data widows still appear on either side of the Plié Control Window.

2

Plié 3 Setup Wizard

The Setup Wizard will open automatically.

a. If you are programming a knee for the first time, select **Next**.
b. Calibrate - Check the Real Time Data Display to see if the knee needs to be calibrated. Please check the Live Data window and have the patient stand with the knee fully extended and unweighted. If the Torque value is between -30 and +30 and Angle is between 0 and -2.2, calibration is not required. If calibration is required, please click the Calibrate button and follow the directions in the window. Otherwise, click **Next.**
c. Setup - Choose the level of experience of the amputee and then click, **Setup Mode.** This allows the knee to release into swing more easily without working against itself. Click **Next**.
d. Instruct the user to ambulate. If the knee does not release into swing, lower the **Toe Threshold** setting in the Plié Control window until the knee releases.
e. Select **Next** to continue.



3

Adjust Manual Hydraulic Settings

Adjust the default manual hydraulic settings in the following order to ensure the knee motion is smooth and symmetrical for the user. Higher numerical values provide increased resistance for each hydraulic resistance setting.

a. Using the air pump adjust swing extension assist. Higher pressure will provide increased assistance, lower pressure will decrease the assistance. Maximum heel rise will automatically be set by the Setup Wizard. If further adjustaments are needed refer to "Maximum heel rise" in pane 1 of the Stumble Recovery Parameters (Figure 1).
b. Adjust swing extension resistance with a 4mm hex key (terminal impact).
c. Adjust stance flexion resistance with a 4mm hex key (stair/ramp descent and sitting resistance). Optimize performance for stair/ramp descent and sitting.
d. After completing the manual hydraulic settings, select **Next** in the Plié Setup Wizard Window.

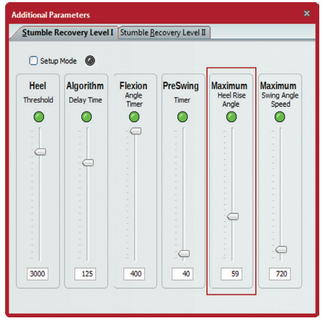


Figure 1

4

Optimize Microprocessor Settings

Proceed with the next steps in the Plié 3 Setup Wizard.

A. Establishing Preliminary Thresholds

1. Instruct the user to ambulate with variable cadences, including fastest and slowest walking speeds until at least five and up to 20 steps are shown in the Steps box or the box below turns green.
2. The Plié Setup wizard will select optimal TT & ST values. The values for Toe Threshold and Swing Transition should be stable.
3. Click **Next** to establish the parameters for Stumble Recovery.

