

# HOW TO USE THE KICK-OUT



## STEP 1

To use the Kick-Out, simply sit down and position your leg over the lower leg roller position a few inches above the ankle.



The Kick-Out is designed to help patients achieve full extension of their knee by applying two opposing forces on the leg, above and below the knee.

The dynamic spring loaded strap allows for a low load prolonged stretch to break down scar tissue and help regain full range of motion.



## STEP 2

Fasten the straps onto the thigh pad.



## STEP 3

Pull the handle towards your body so that you are manually straightening your knees.

Keep pulling until the pain level becomes uncomfortable, but not extremely painful.



## STEP 4

When you reach this end point, pull the strap back until you feel the unit lock into a fixed position.



## STEP 5

At this time remove one hand from the handle and pull the center strap towards your body. Pull until the strap is able to hold the handle on its own. The bar is now in the "locked position" in hand-free manner. Kick-Out will do rest of the work for you.

## How Does The Kick-Out Work?

When the strap is in the "locked position", the spring applies force to the leg. This force helps to extend the leg.

As the stiffness in the knee joint is reduced, the leg extends further, and the spring tension is, as a result reduced. The process of applying tension to generate leg extension is considered dynamic therapy.