



Performance Rehab Products LLC

Instructions for use of Knee TERT System

Seated

1: Patient is sitting at edge of table. Wrap belt around waist and connect buckle. If you are stretching the right leg the D-ring should line up with the right buttock and the buckle should be on the patients left hip with excess belt towards the back of the left hip and vice versa if you are stretching the left leg.

2: Attach Velcro cuff around the ankle of the knee that is being stretched with the D-ring lined up with the Achilles tendon.

3: Now take the snap hook closest to the cam buckle and attach it to the D-ring of the ankle cuff. Bring the other end underneath the table and up to attach the other snap hook to the D-ring on the belt.

4: Have patient bend knee as far as they can actively. At the same time push the lever on the cam buckle down and pull the excess strap through the buckle until the patient feels the stretch. Let off the cam buckle at this time to lock in the stretch. The patient should be able to grab the excess strap and increase the stretch if needed.



Prone

Same set up as above. Don't connect cam buckle strap until patient is prone. Once prone attach the cam buckle strap as you would in seated position. The excess strap should be pointing in the direction of the persons head so that they can increase the stretch independently. The strap is long enough to put over the patients shoulder for an effortless increase in tension.

TERT Formula for optimal results: 3x/day 20 minutes each session. 2 stretches can be done in clinic, one before treatment and one after.



*Please reference article "Focused exercise aids shoulder hypomobility" by George Davies and Todd Ellenbecker

**All techniques are at the discretion and professional judgment of the physical therapist. Performance Rehab Products LLC cannot be held liable for improper use of this product.

