

HOME RANGER™

KNEE PULLEY

INSTRUCTIONS



DISTRACTION



Pain Relief

FLEXION



EXTENSION



Range of Motion Exercises



Message from the Inventor of the Home Ranger™ Knee Pulley

I invented the Home Ranger™ Knee Pulley to make it easier for patients to be compliant with at-home exercise prescriptions. For diligent patients the Home Ranger™ Knee Pulley means more successful – and faster – recovery.

This instruction booklet provides step-by-step guidance for:

- Getting started
- Self-administered distraction (a procedure to relieve knee joint stress and reduce pain)
- The two fundamental knee rehab exercises – flexion and extension

I urge you to become familiar with application of the Home Ranger™ Knee Pulley by reading the booklet and by viewing the demonstration videos at KneePulley.com. At the website you'll find a free Prescription Tracker. Patients who make it a routine to record completion of their individual exercise sessions may stay more engaged with the rehab process and experience better outcomes.

Here's wishing you a successful rehabilitation and a speedy return to more joyful living,

A handwritten signature in black ink that reads "Ron Handshoe".

Ron Handshoe, MSPT



View Introductory Videos – KneePulley.com

Frequently Asked Questions

How soon after surgery can I start using the knee pulley?

Usually, your healthcare professional will allow you to start use as soon as you get home from the hospital, but consult with them first.

How often can I use the knee pulley?

We suggest you use the Home Ranger™ Knee Pulley three times per day. Your surgeon or physical therapist may recommend knee replacement patients and those with osteoarthritic knees to perform the joint distraction phase to decrease pain even more frequently.

Is it normal to experience discomfort with extension and flexion exercises?

Yes, reaching your full range of motion goal is a gradual process. Your physician or physical therapist can be a valuable resource in letting you know how much discomfort to expect, and how long your recovery process might take.

How will the knee pulley help me?

The knee pulley's joint distraction capability (pages 5-6) can help reduce pain and is often recommended for certain types of patients, such as knee replacement and those with osteoarthritis. Flexion and extension exercises performed with the knee pulley are useful for anyone with limited range of motion, including ACL repair and knee scope patients.



What is self-administered distraction?

Distraction is a simple manual procedure used by many physical therapists in the clinic. This procedure relieves knee joint pressure and reduces pain through a very slight separation of articulating joint surfaces. It makes it easier for patients to tolerate flexion and extension exercises. The knee pulley enables patients to perform distraction on themselves at home between clinic visits.

Is distraction right for me?

Manual distraction is most frequently used with knee replacement patients and those with osteoarthritis. Other post-surgery patients should apply distraction only with permission of their doctor or physical therapist.

Home Ranger™ Knee Pulley

PRODUCT FEATURES



HANDSHOE™ FOOT HAMMOCK

- A** The Foot Hammock boot
- B** The Foot Hammock harness
- C** Metal clip connector

HOME RANGER® PULLEY MECHANISM

- D** Web anchor-strap and pulley
- E** Handle
- F** Pulley rope
- G** Connector loop

TIPS FOR SAFE, EFFECTIVE USE

- When performing exercise at home and traffic is present, always lock the closed door after the web anchor-strap has been secured.
- To properly engage the pulley, adjust distance of the chair from the door and/or wind excess pulley rope around the handle.
- Always use a stable, stationary chair (no rollers) that has open back and bottom areas.
- **This Instruction Book and the supporting KneePulley.com website are not intended to substitute or replace the advice of doctors and physical therapists. Patients should always defer to the instructions of their personal healthcare provider in the use of the Home Ranger™ Knee Pulley.**

GET STARTED

1 Put on the Handshoe™ Foot Hammock boot



In accordance with the heel-toe graphic, place the foot of your affected knee into the neoprene wrap (A).

Secure the lower Velcro strap across the top of your foot. Secure the higher Velcro strap around your ankle.

2 Connect the metal clip on the blue harness strap (C) to the connector loop on the white pulley rope (G).



3 Secure the pulley's web anchor-strap (D) in the door at the elevation level instructed for each individual exercise.



DISTRACTION

The distraction procedure is generally recommended for knee replacement patients and those with osteoarthritis. It reduces pain and makes range of motion exercising more tolerable. All users of the Home Ranger™ Knee Pulley should first consult with their health care professional to learn if distraction is permissible for their particular situation.



Beginning and Ending Position



1. Secure the web anchor-strap in the door approximately 8" from the floor. Begin with both feet on the floor. To engage the pulley, adjust the distance of the chair from the door and roll rope around the handle as needed.



2. Pull the rope handle towards you so that the lower portion of your affected leg is lifted off the floor and the foot is suspended in the air. **Do not fully extend your leg; stop 20-25 degrees short of full extension.**
3. Relaxing the quad muscles of your affected leg, hold the distraction position for 10-15 seconds. You should feel a gentle pull (distraction) that relieves knee joint pressure and reduces pain.
4. Lower your leg, rest 5-10 seconds, then repeat the process 8-10 times, or as many as recommended by your physical therapist.
5. This process may be repeated before and after flexion and extension exercise (pages 7-10). Perform throughout the day as pressure relief and pain reduction are desired.



See [DISTRACTION](https://www.kneepulley.com) Instruction Video – [KneePulley.com](https://www.kneepulley.com)

Extension

Reaching the goal of full extension is a gradual progress. It is normal to experience discomfort while performing extension exercises.

Your physician and physical therapist can be valuable resources in letting you know how much discomfort to expect, the degree and the pace at which you should tolerate discomfort in pursuit of full extension.



Beginning and Ending Position

1. Place chair facing door and secure the black web anchor-strap in the door a few inches below the door knob.



2. Begin with both feet on the floor. To engage the pulley, adjust the distance of the chair from the door and roll rope around the handle as needed.
3. Relax the quad muscle of the affected leg and pull the rope handle towards you so that the lower portion of your affected leg is lifted off the floor and the foot is suspended in the air. Extend you leg as far as you comfortably can. Hold the extension position 10-15 seconds.
4. Gradually relax the tension on the rope, straightening your arms to slowly lower your foot to the ground.
5. Rest 5-10 seconds, then repeat the process 5 times or as many times as directed by your physical therapist.



See EXTENSION Instruction Video – KneePulley.com

Flexion



1. Place chair facing away from the door and secure the black web anchor-strap in the door approximately 8" from the floor. Make sure that the rope and the blue harness strap run under the chair.
2. Begin with both feet on the floor. To engage the pulley, adjust the distance of the chair from the door and roll rope around the handle as needed.



3. Push the pulley handle away from you so that your leg is pulled back into the flexion position. Try to avoid hiking your hips or leaning to one side. Hold the flexion position 10-15 seconds.
4. Bring arms back to chest, allowing rope to loosen and leg to relax. Rest 5-10 seconds. Repeat the process 5 times or as many times as recommended by your physical therapist.



See FLEXION Instruction Video – [KneePulley.com](https://www.KneePulley.com)

Get Back in Action Sooner with the FREE Services at KneePulley.com

Stay on track with your Exercise Prescription. Perform better with the Home Ranger™ Knee Pulley. Use these FREE value-added features at KneePulley.com:

- Introductory videos from the Inventor of the Home Ranger™ Knee Pulley – Ron Handshoe, MSPT
- Distraction Demonstration Video
- Extension Exercise Demonstration Video
- Flexion Exercise Demonstration Video
- Personal Prescription Tracker



Support Videos – **KneePulley.com**



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