

Check Battery Charge Level

Press and release the Battery Button once to check battery charge level. Indicator lights will illuminate briefly displaying the charge level. The table below describes the indicator lights when the Kinnex ankle is discharging (not plugged in).

Indicator Light	Charge Level
Solid green	51% - 100%
Flashing green	21% - 50%
Solid red	11% - 20%
Flashing red	1% - 10%

While charging (plugged in), the indicator light flashes at a rate that indicates the amount of charge in the battery. The longer the light stays illuminated during the flash, the higher the charge. Once the ankle is completely charged, the indicator light will be solid green.

Change Footwear

The Change Footwear Button allows adjusting to changes in footwear. To change footwear follow these steps:

- 1. Don your Kinnex ankle with the new footwear.
- 2. Press and hold the Change Footwear Button until the indicator light in the button begins to flash white.
- 3. Once the white indicator light begins to flash, stand up straight with your feet shoulder width apart.
- 4. Remain still until the white indicator light stops flashing. This usually takes less than 5 seconds.

**For more information,** consult the Instructions for Use Manual or call **888.818.6777**.

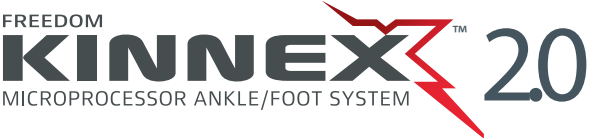
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- 5. If the Kinnex ankle cannot adjust within 10 seconds it will indicate an error condition by alternating flashing of the white and red indicator lights. The error indicator will flash for 15 seconds or until the Change Footwear Button is pressed and released.

Manual Lock Mode

The Manual Lock is designed to assist with driving a car, putting on clothes or footwear, or any activity where a fixed ankle position is desired. When active, the Kinnex ankle will stay in the current position until the Change Footwear Button is double-pressed.

- To use Manual Lock:
- 1. Move the Kinnex ankle to the desired orientation.
  - 2. Press the Change Footwear Button twice quickly.
  - 3. The Change Footwear Button white indicator light will turn on while the Kinnex ankle is locked.
  - 4. Press the Change Footwear Button twice quickly again to release the lock.
  - 5. The white indicator light will turn off and return to normal function.



Patient User Guide





## For use with Kinnex™ App

1

Download the Kinnex App from the iTunes store or Google Play store for the Android App.



2

Start the Kinnex App and tap “Connect”. Tap the serial number (or custom name) of the ankle to connect. The first time you connect, you will be prompted to press and release the Bluetooth Button on the ankle unit, pairing the app with the ankle.

*\*Note: The patient app will not be able to connect when the ankle unit is in “clinician mode”. (When it is in this mode, the blue light will be on or blinking. To exit this mode, press and hold the Bluetooth button until the blue light turns off.)*

Shoes	Adjust	Tools	Status	Help
Shoes: Allows user to manage shoes (select, add, rename, delete)				
Adjust: Allows user to make minor resistance settings that are specific to each shoe				
Tools: Allows user to engage Manual Lock, Disconnect or Unpair device				
Status: Displays ankle name, battery status, total steps, serial number, part number, firmware and App versions				
Help: Navigates user to appropriate help				

**Check Battery Status:** Battery status is indicated in Status Screen and also is displayed by battery symbol in bottom right of screen. The number of bars indicates the battery status.

**To Add or Change Footwear:** Tap the Shoe icon at the bottom of the screen. To add a pair of shoes, tap the (+) button in the top right of the screen. Follow instructions on the screens to name and calibrate shoes.

To change to a different pair of shoes, tap the Shoe icon which will provide a list of saved shoes. Tap the name of the desired shoes. Any resistance changes made will be saved under that shoe setting.

*\*Note: The name of the current pair of shoes to which the Kinnex is calibrated is shown at the bottom of the screen.*

**To Engage the Manual Lock:** This feature is designed to assist with driving a car, putting on clothes or footwear, or any activity where a fixed ankle position is desired. To engage, tap the “Tools” icon at the bottom of the screen. Tap “Manual Lock” then slide the switch to the right to turn on (indicated by green). To turn off the “Manual Lock” feature, slide switch back to the left.

It is **required** to engage the lock when driving.

**CAUTION:** When the battery is completely depleted, the Manual Lock feature is not available and driving is NOT recommended.

### Disconnect from App

To disconnect the app from the ankle, tap on the “Tools” icon on the bottom of the screen. Then tap “Disconnect.”

*\*Bilateral Kinnex wearers will need to disconnect from one ankle to connect and to the other ankle.*

### Resistance adjustments

Fine tuning resistance adjustments can be made by the patient as needed. To adjust the stiffness of the ankle, tap “Adjust” at the bottom of the screen. Any adjustments made will be saved under this shoe (if you change shoes and would like to keep these same resistance changes, you will need to manually change them again once switching to the other shoes). (Figure 1)

**Heel:** Adjusts stiffness of heel

**Ankle:** Adjusts stiffness as the ankle rotates forward

**Toe:** Adjusts stiffness of the toe

*\* Sliding to the right will increase stiffness, sliding to the left will decrease stiffness*

*\* These adjustments will be saved for current pair of shoes and will return to other settings saved under different shoes*



Figure 1

## Patient User Guide

### Keypad Buttons

There are three buttons on the front of the Kinnex ankle. From top to bottom they are the Battery Status Button, Change Footwear Button, and the Bluetooth Button. The buttons are used to control and interact with the Kinnex ankle when a mobile device is not available or desired. (Figure 2)

### Key Pad Button Functions

	<b>Battery / Power Status Button</b> <ul style="list-style-type: none"> <li>Check battery power levels</li> </ul>
	<b>Change Footwear Button</b> <ul style="list-style-type: none"> <li>Change footwear and calibrate ankle to new shoes</li> <li>Manual Lock feature</li> </ul>
	<b>Bluetooth Button</b> <ul style="list-style-type: none"> <li>Pair ankle to smart device</li> </ul>

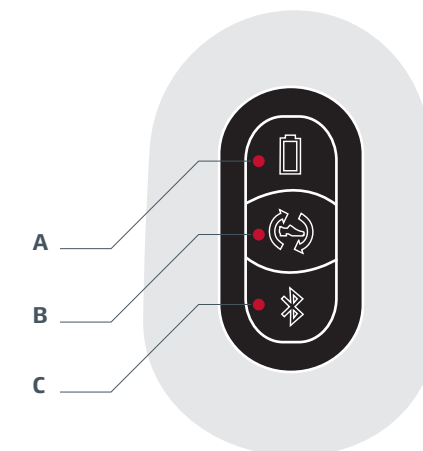


Figure 2