

## Key Benefits

Clinical observations have shown Knee-Flex helps patients with persistent stiffness, pain, muscle atrophy and degenerative arthritis as well as those recovering from knee and hip replacements.

- Very little friction
- Lightweight
- Easy to store
- Portable for patient at-home use
- Virtually indestructible



*“Passive ROM (Range of Motion) Machines have been shown to produce long term results equal to Mechanical Motion Machines at a fraction of the initial equipment cost.”*

The Knee-Flex exercise machine is useful for physiotherapy at home (under the supervision of your orthopaedic surgeon and physiotherapist) between visits to rehabilitation centers and clinics.

Clinical observations have revealed there can be harmful effects with the prolonged restriction in the use of the knee/hip joints after surgery.

Regular exercise to restore your knee/hip mobility and strength is an important part of your recovery. Your orthopaedic surgeon or physiotherapist may recommend that you exercise up to 20 to 30 minutes two to three times each day to improve your strength and flexibility.



## Testimonials

My knee was replaced in Toronto two years ago. I have had Osteoarthritis in my joints (hands, hips, knees) for many years. I began using the Knee-Flex Exercise Machine while I was still recuperating in the hospital after my knee replacement operation with great success. The Knee-Flex has allowed me to strengthen and maintain mobility in my left knee. More importantly I still use my Knee-Flex Exercise Machine every day at home to maintain this mobility. It is easy for me to use and it stores away very nicely.

*Agnes, Arthritis Sufferer*

The Knee-Flex worked wonders during my physiotherapy and after purchasing one, it works great at home. My husband is using it as well. Great invention and affordable.

*Lynda, Knee Replacement Patient*