

Plié[®] 2.0
MPC KNEE



User Guide

 **FREEDOM**
INNOVATIONS

Warranty & Service

The Plié 2.0 MPC Knee has a 36 month warranty and includes two service intervals, 12 and 24 months after purchase. Service is required to maintain warranty validity. Your prosthetist will contact you to schedule an appointment when it is time to receive knee service. You will be provided with a loaner knee unit while your knee receives service.

Care & Use

Plié 2.0's electronic components are sealed for water resistance. However, the product is not intended for frequent submersion in water and should not be used as a swimming or shower prosthesis. Repeated submersion will result in corrosion of metal parts which will degrade knee performance. If the knee comes into contact with salt or chlorinated water, it should be rinsed with fresh water and dried immediately.

If the knee requires general cleaning, wipe the outside surfaces with a cloth and rubbing alcohol. For further information about how to care for your Plié 2.0 MPC Knee, contact your prosthetist.



If the Plié 2.0 MPC Knee is physically damaged or does not function properly, immediately contact your prosthetist.

Charging Batteries

For optimal performance, alternate batteries every day. To charge, align the **red** dot on the battery with the **red** dot on the charger. A 12V car charger is also included.

The Status LED will illuminate **red** if the charger has power. The Charge LED will illuminate **red**, indicating the battery is charging. When the battery is 90% charged, the LED will flash **red** and **green**. When the battery is completely charged, the LED will illuminate **green**.

Inserting Batteries

1. Open battery compartment cap, using both thumbs to lift tabs up and away.
2. Insert battery, aligning **red** dots.
3. Close battery compartment cap, beginning with the front then rolling towards the back of the knee.



Adjustment of Swing Flexion Resistance

The Plié® 2.0 MPC Knee provides swing flexion resistance to limit heel rise during walking. Excessive heel rise limits your ability to walk at variable cadences. The swing flexion resistance can be increased or decreased by changing the air pressure of the hydraulic cylinder. A higher air pressure provides more swing flexion resistance and is more effective for limiting heel rise. Over time, the air pressure in the hydraulic cylinder will decrease, resulting in a performance change. To ensure the knee provides appropriate swing flexion resistance, periodically check the air pressure and add as needed.

To check the air pressure in the hydraulic cylinder, remove the air cap. Attach the air pump by inserting the hose adapter into the port. Thread the hose adapter by simultaneously turning the air pump and hose adapter clockwise. Tighten gently with your fingers to prevent stripping the threads on the hose adapter. Using the air pump, increase the air pressure to the value recommended by your prosthetist. If you add too much air pressure, it can be decreased by pressing the air pump relief valve. The air pressure should not be allowed to drop below 20 PSI nor should it exceed 100 PSI. Remove the air pump by turning counter clockwise. Insert the air cap and hand tighten to prevent stripping.

When you connect the air pump, you may notice a loss of air pressure. The pump's pressure gauge indicates the air pressure inside the knee.

Air pressure in the knee drops when the air pump is inserted in the knee, not when it is removed. When the air pump is removed from the knee, a sound of air leaking may be heard. This sound is the expelling of air from the pump hose to the atmosphere. Approximately 1/2 the pressure in the knee is lost when the air pump is inserted.

Except when checking the air pressure, the air cap should remain inserted. The air cap prevents lint and other debris from contaminating the air valve. Additionally, the air cap acts as a second seal to minimize air pressure loss.



Focused Solutions

Freedom Innovations is solely focused on developing world-class lower limb solutions in close collaboration with amputees and prosthetists. These solutions encompass technological innovations, service, training and educational resources, together with consultative support, to help ensure user satisfaction.



- High elevations and cold temperatures will affect the knee's internal air pressure. In these conditions, you may be required to increase the air pressure to resume normal function.
- Without power, the Plié® 2.0 MPC Knee will not release into swing phase. In this powered-down mode, the knee will default to the stance flexion resistance setting. Insert a charged battery to resume normal knee function.
- Use only the batteries and battery charger intended for use with the Plié® 2.0 MPC Knee.
- During repetitive activities without swing phase, such as the use of exercise equipment, turn the stance flexion resistance setting counterclockwise to the "Off" position with a 4 mm allen key. After the activity, adjust the stance flexion resistance to its previous setting.

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