

# Introduction: OrthoBike™ OB1

Dear Medical Practitioner:

Your patient read the OrthoBike.net website and decided to print this document and bring it to you. The subject is obviously important to your patient.

We briefly introduce the OrthoBike here and invite you to view the website at [www.orthobike.net/for-practitioners/](http://www.orthobike.net/for-practitioners/).

**OrthoBike is a mechanical, repetitive, and patient-controlled tool for increasing flexion, extension, strength, and gait speed following knee reconstruction, replacement, and revision surgeries.**

## What It Is

OrthoBike is a recumbent, dual-action lever arm-lower-body cycling ergometer. The key feature is the built-in, variable-length pedal cranks, adjustable from  $< 60^\circ$  to  $> 120^\circ$  knee flexion.

The dual-action arms help the acute stage patient assist the movement of the pedals and knees.



## What it does

- Acute-stage rehabilitation (within 24 hours post-op)
- Methodical, progressive flexion, extension, strength, and gait speed treatment
- Preventing
  - Flexion contracture
  - Arthrofibrosis-adhesions
- Resolving existing limited ROM problems
  - Extension deficit
  - Hindered flexion
- Reducing abnormal gait
- Encouraging pain-averse and self-determining patients to stay the course
- Prehab at limited ROM to prepare for or perhaps avoid surgery
- Fall prevention (non-weight bearing strengthening and gait speed)
- Independent home-use with detailed treatment plan

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