

PLIÉ3 Programming Reference Guide

Program Plié 3 in 5 Minutes or Less in 5 Easy Steps!

The Plié Control 6 software is required to program a Plié 3 MPC Knee. To download the software, please visit the Freedom Innovations website at: www.pliesupport.com/download

1

Connect



- **Remove and reinsert the battery** to turn on the internal Bluetooth radio in knee.
- **Click Search.** Once the serial number corresponding to the Plié is visible, **click Connect.**



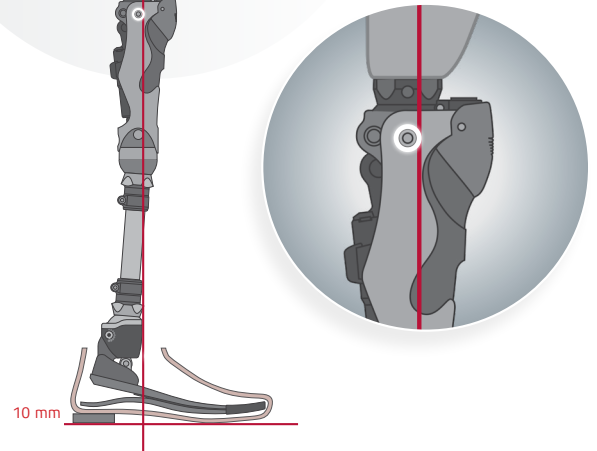
2

Calibrate

- **In the Setup Wizard window** on the right, **click Calibrate.** Follow the instructions in the window to check if calibration is required, and perform calibration if needed.

Align

Plumb Line from bisected socket should fall 0-5 mm anterior to knee center



Refer to Troubleshooting Tips in Table 3 if you see the knee drift into flexion while standing or a knee bobble at midstance.

Load Optimal Settings

3

Enter or load optimal settings based on your patient's activity level found in Table 1. These settings establish thresholds for swing release and stumble recovery parameters for proper knee function for your patient. **Click More Params** in the Plié Control middle window. Type values into the box for appropriate setting. Or, load previously saved files by **clicking File > Load Knee Settings** and selecting the appropriate file.

Table 1: Plié Control Program Settings

Setting	Recommended Value		
Parameters	Low K3	Mod K3	High K3
Toe Threshold (TT)	400	500	800
Swing Transition (ST)	400	500	800
Heel Threshold	3000	3000	3000
Algorithm Delay Time	105	105	105
Flexion Angle Timer	400	250	200
Pre-Swing Timer	100	100	150
Maximum Heel Rise	55	55	55
Maximum Swing Angle	1000	2200	2600
Maximum Open Spool	600	500	500
Minimum Open Spool	30	30	30
Torque Boundary Limit	85	130	150
Maximum Swing Torque	270	300	350

4

Set Toe Threshold (TT) and Swing Transition (ST)

In the Setup Wizard window on the right, click **TT** and **ST**. Ask patient to walk approximately 5-10 steps normal pace, 5-10 steps slow, and 5-10 steps fast. As steps are collected, the progress bar will turn from red, to yellow, to green and the program will calculate new TT and ST values based on the steps collected. Click **Manual** to lock in the TT and ST values

- If program is not registering steps, ensure patient is able to take at least 5 prosthetic steps in a straight line and/or gradually lower TT for a more consistent knee release.

5

Manual Adjustments

Follow the instructions on the screen to manually adjust the knee based on the recommended starting points found in Table 2.



Table 2: Manual Adjustments

Setting	Recommended Value		
Manual Adjustments	Low K3	Mod K3	High K3
a) Swing Extension Assist	20-25 psi	25-40 psi	35-55 psi
b) Stance Flexion	2-3.5	1.5-3	1.5-2.5
c) Swing Extension	0-1	0-2	0-2



Confirm Settings

Verify the settings are appropriate by asking patient to walk slow, normal and fast pace. The knee should release freely at all speeds. If capable, ask patient to walk in a slow, small figure 8 pattern and walk backwards. The knee should release and swing freely during figure 8 but not release when walking backwards. Refer to Table 3 for troubleshooting if needed.

confirm

Troubleshooting

Table 3: FAQ Troubleshooting Tips

If You See This	When	What to Adjust	How
Knee does not release into swing	Walking normal pace or slow Figure of 8	Toe Threshold (TT)	Decrease by 50 pts at a time
Knee releases into swing	Walking backwards	Flexion Angle Timer & PreSwing Timer	Decrease by 50 pts at a time
Knee releases into swing but then quickly locks up	Walking small, slow figure of 8 pattern	Flexion Angle Timer & PreSwing	Increase gradually
Toe is scuffing floor	Normal walking	Swing Flexion (air)	Decrease
Knee is not keeping up	Normal walking	Swing Flexion (air)	Increase
Knee "bobble" or knee instability moment	Walking or Standing	Alignment	Confirm flexion contracture is accommodated, Shift socket further anterior over the knee