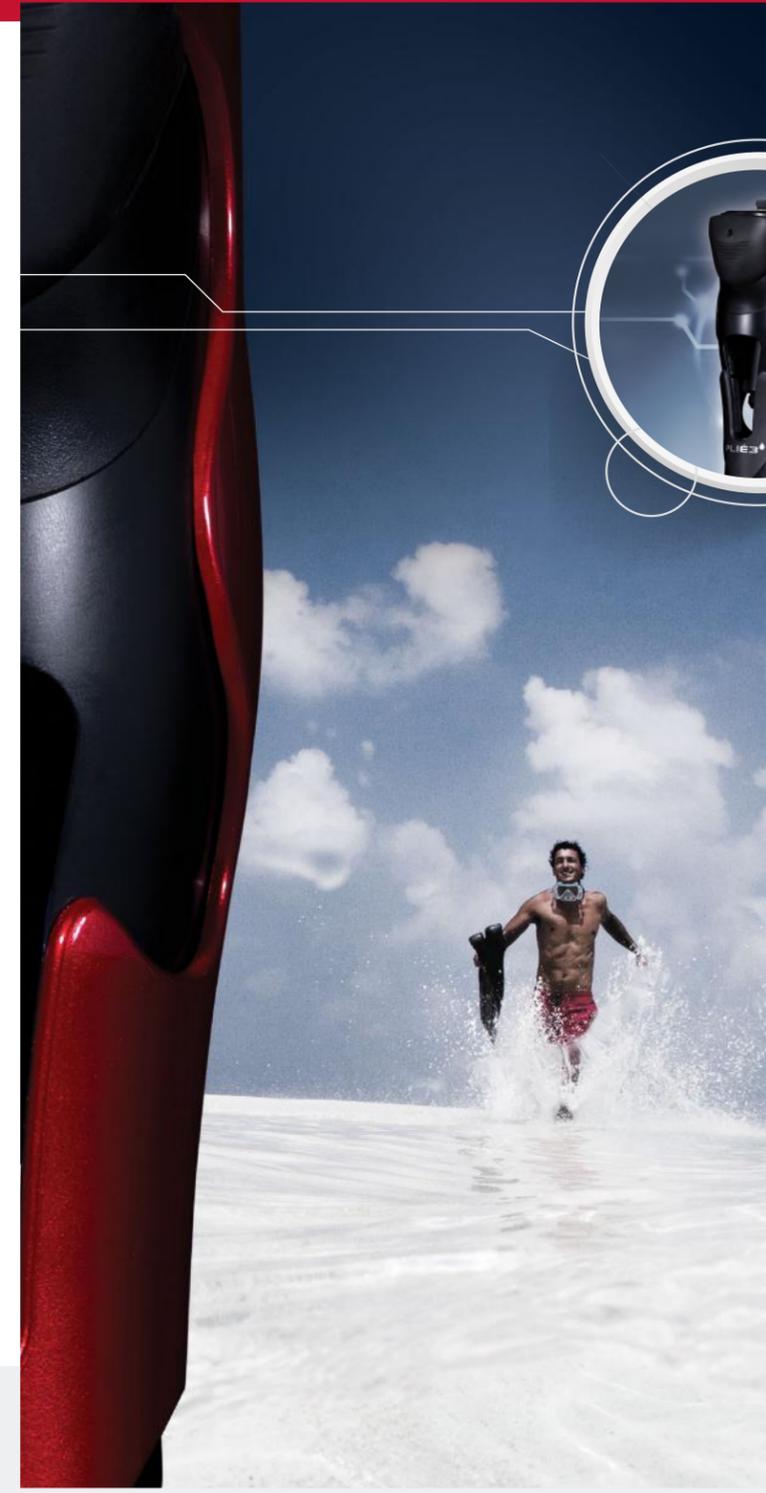


# Prosthetist Setup Guide

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

If you are unable to access the website, please contact your Freedom Sales Representative for assistance.

**Before you begin programming,** verify that the Plié 3 is positioned in the proper alignment. The weight line of the patient should fall 0-5mm anterior to the axis of the knee as indicated by the integrated alignment guide. If the knee flexes during initial loading during gait, increase knee stability by sliding the socket anteriorly or shorten or soften the heel lever of the foot.



• B1



• B10

## B. Optimize Stumble Recovery Parameters

1. In the *Record Normal Walking* window, select the **Start Recording** icon. Instruct the user to take up to twenty steps at his/her normal walking speed. Once complete, select the **Stop Recording** icon.
2. Select the **Save Data** icon. The normal walk recorded data file will be transferred wirelessly to the computer.
3. Select the **Next** icon to proceed to the *Record Fast Walk* window.
4. In the *Record Fast Walking* window, select the **Start Recording** icon. Instruct the user to take up to twenty steps at his/her fastest walking speed. Once complete, select the **Stop Recording** icon.
5. Select the **Save Data** icon. The fast walk recorded data file will be transferred wirelessly to the computer.
6. Select the **Next** icon to proceed to the *Record Slow Walking* window.
7. In the *Record Slow Walk* window, select the **Start Recording** icon. Instruct the user to take up to twenty steps at his/her slowest walking speed. Once complete, select the **Stop Recording** icon.
8. Select the **Save Data** icon. The slow walk recorded data file will be transferred wirelessly to the computer.
9. Click **Next** to proceed to the *Apply Settings* window.
10. In the *Apply Settings* window, select **Apply to Knee** to set the recommended values to the Plié as well as to take the Plié out of Setup Mode.
11. Click **Next** to proceed to **Save Knee Settings** and to generate a Cadence Report.

## 5

### Document

1. Cadence Report
  - a. Click the Cadence Report button
  - b. Fill out the form, including the patient information and your facility information.
  - c. Click Create PDF. You now have a complete report of the rates at which the user walked while setting up the Plié 3. A copy is automatically saved by serial number and date in the Plié Wizard Folder in My Documents, but you can manually save it in the patient's records.
2. Save Knee Settings
  - a. Click Save Knee Settings to keep a copy of the parameters on your computer for future servicing. These settings can be quickly saved to the "Loaner" knee prior to the appointment to save precious time.
  - b. Document the serial number, and manual settings in the user's chart for future reference when the knee needs serviced.

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

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1

## Establish Wireless Connection

To set-up or program the knee, communication must first be established between the programming computer and the user's Plié® 3 MPC Knee:

- Open the Plié 3 Control software (Start>All Programs>Freedom Innovations>Plié Control).
- Insert the provided USB wireless adapter in any available USB port.
- Turn the Bluetooth radio on in the knee by removing and reinserting the battery. The radio will remain on for five minutes or until it is connected to a computer.
- Select the **Search** icon.
- After the knee is found, select the **Connect** icon to establish a wireless connection. If the **Connect** icon changes to a Disconnect icon, the wireless connection is verified.

2

## Plié 3 Setup Wizard

The Setup Wizard will open automatically.

- If you are programming a knee for the first time, select **Next**.
- Calibrate** - Check the Real Time Data Display to see if the knee needs to be calibrated. The black, blue, and yellow lines should go to zero when the prosthesis is unweighted and fully extended. If they are not at zero, proceed with calibration and follow the directions in the window. Otherwise, click **Next**.
- Setup** - Choose the level of experience of the amputee and then click, **Setup Mode**. This allows the knee to release into swing more easily without working against itself. Click **Next**.
- Instruct the user to ambulate. If the knee does not release into swing, lower the **Toe Threshold** setting in the Plié Control window until the knee releases.
- Select **Next** to continue.



3

## Adjust Manual Hydraulic Settings

Adjust the default manual hydraulic settings in the following order to ensure the knee motion is smooth and symmetrical for the user. Higher numerical values provide increased resistance for each hydraulic resistance setting.

- Using the air pump, adjust swing flexion resistance (heel rise).
- Adjust swing extension resistance with a 4mm allen key (terminal impact).
- Adjust stance flexion resistance with a 4mm allen key (stair/ramp descent resistance). Optimize performance for stair/ramp descent.
- After completing the manual hydraulic settings, select **Next** in the Manual Adjustment window to continue.

4

## Optimize Microprocessor Settings

For the remainder of the knee set-up, proceed with the Plié 3 Setup Wizard (Plié Control>Setting Wizard).

### A. Establishing Preliminary Thresholds

- Instruct the user to ambulate with variable cadences, including fastest and slowest walking speeds until up to twenty steps are shown in the Steps box.
- The Plié Setup wizard will select optimal TT & ST values...The values for Toe Threshold and Swing Transition should be stable.
- Click **Next** to establish the parameters for Stumble Recovery.

