

# Easy as 123



KneeHab XP is a unique, innovative and clinically proven, garment-based Neuromuscular Electrical Stimulation (NMES) therapy system specifically designed to treat quadriceps atrophy.



Midwest Bone & Joint Center

*"The Center for Sports Medicine, Orthopedics and Rehabilitation"*

D. Christopher Main, DO  
Board-Certified Orthopedic Surgeon

- Pre Surgery**
  - Improved strength and function pre-surgery
  - Best condition possible on day of surgery
- Post Surgery**
  - Improved activation of the thigh muscles immediately after surgery
  - Faster chair rise, stairs climb and walking speed within 12 weeks
- Quality of Life**
  - Faster recovery to normal daily living activities
  - Stronger thigh muscles supporting better knee stability and pain free movement



KneeHab XP™

## Kneehab XP

The Kneehab XP is an innovative and clinically-proven device that offers NMES (Neuro Muscular Electric Stimulation) for quadriceps strengthening and improved knee stability. The technology delivers accurately coordinated quadriceps contractions to accelerate recovery and get you back to your normal activities.



## Common Uses

**Pre & Post Surgical— Total Knee Replacement**

**Sports Injuries—ACL, LCL, MCL, PCL & Meniscus repair**

**Degenerative Conditions—Osteoarthritis**

**Knee Joint Conditions—Patella Femoral Syndrome**

## Contact Us

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## Benefits of Use

- ◆ Muscle re-education of the quadriceps
- ◆ Maintaining or increasing range of motion of the knee joint
- ◆ Prevention or retardation of disuse atrophy in the quadriceps
- ◆ Early post-surgical quadriceps strengthening and improved post-surgical knee stability secondary to quadriceps strengthening
- ◆ Increasing local blood circulation
- ◆ Adjunctive therapy in reducing the level of pain and symptoms associated with osteoarthritis of the knee