



Recumbent bike with adjustable pedal cranks for home-based physical therapy

Your patients can pedal without pain forward and backward, both resisted, from knee flexion $<55^\circ$ to $>120^\circ$.

OrthoBike provides repetitive motion for people with limited lower extremity ROM.



Benefits to your patients with $<100^\circ$ knee flexion:

- ✓ **Thousands of active repetitions in a controlled pattern and known flexion angle in early rehab to supplement your manual therapy.**
 - They cycle without pain.
 - Early cycling prepares mind and lower extremities to ride conventional stationary bike.
- ✓ **Early cycling facilitates remodeling of scar tissue with many repetitions.**
 - Likely diminishes probability of excess scar tissue formation.
- ✓ **Non-weight bearing exercise to improve gait speed and strength in surgical and non-surgical patients.**
 - Improve sit-to-stand and timed-up-and-go performance.
 - Improve normal gait speed to >3 ft/sec to decrease risk of falls.
- ✓ **Effective for difficult knees such as arthrofibrotic.**
 - Peripheral soft tissue changes over time with intermittent loading in end range of motion.
 - Incremental increase in both extension and flexion.

Benefits to you

- ✓ **An effective adjunct modality that both therapists and patients love.**
 - Yes, patients love it.
 - Proven over 12 years in outpatient clinics.
- ✓ **Expand your capabilities.**
 - Add active cycling to your manual therapy:
 - warmup with complete pedal rotations and then
 - active follow-up exercise to lock in passive flexion gain.
- ✓ **Something new to offer surgeons!**
 - Offer prehab because patients with limited ROM can pedal OrthoBike without pain.
 - Offer to take on difficult patients: contracture, fibrosis, serious injury to quads; also pain-averse, self-determining, etc. You have a solution your competitors don't.
- ✓ **Add to your marketing efforts to bring in people who already know bikes and don't want any more bikes.**
- ✓ **With effective marketing, increase your patient volume generally.**
 - Take advantage of word-of-mouth advertising because patients love OrthoBike.
- ✓ **Broaden the market by offering short-crank exercise and therapy to patients with OA and RA:**
 - adjust the pedals and seat to minimize joint movement and pain.

Proven Relief in Every Knee Journey

- TKA, THA, ACL Repair, and Patellar Tendon Reconstruction, Meniscectomy
- Prehab to Prepare for Surgery
- Exercise to Strengthen Knees, Balance, and Gait in Seniors
- Reduction of Flexion and Extension Contracture and Arthrofibrotic Knees
- Non-Surgical Treatment of Torn Meniscus, OA, and RA
- Treatment of Lower Back and Knee Pain