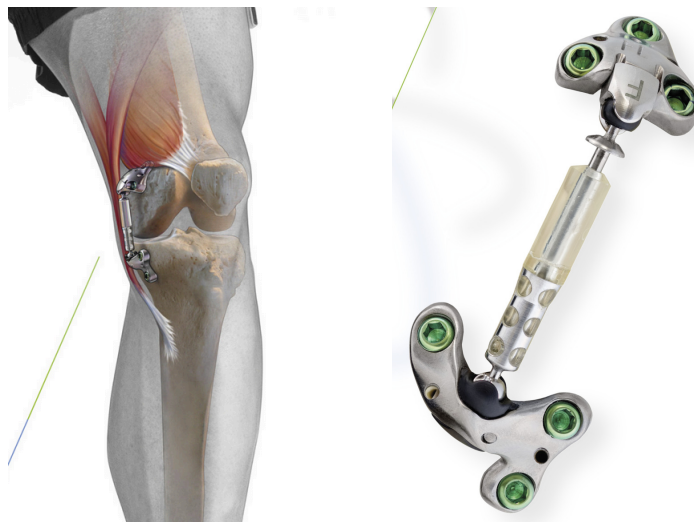


## Atlas Protocol

The Atlas System is a partial load absorber that reduces knee joint load by up to 13 kg. The absorber is implanted in the extra-capsular space along the medial side of the joint, and it is actively unloading the knee during the stance phase of gait. Importantly, this system is completely joint sparing: since the device is extra-capsular and extra-articular, no bone, ligament, or cartilage is removed.



### Post-operative Recovery Program

In clinical studies of the Atla System, formal physical therapy sessions were not routinely prescribed. The following are general guidelines for post-surgery activities; there are no specific restriction unless documented by the surgeon. It is usual to have post-operative knee pain and tenderness (around the implant) for up to 12 weeks (bedding in period). As the skin and soft-tissues adapt this will settle. A very small area of numbness around the incision site is possible.

#### Phase I (Weeks 0-2):

- Elevate the operative leg and apply ice as needed to minimize swelling.
- Elbow crutches to assist in ambulation during the first 2 weeks (WBAT).
- Initiate ROM exercises, weight transfer exercises and NWBing strengthening exercises.
- Consider rehabilitation of ipsilateral hip and ankle.

#### Phase II (Weeks 2 -6):

- Discontinue use of crutches and begin gait re-education.
- Aim for return to full range of motion and normal daily activities.
- Passive joint mobilisations and muscle stretches.
- Static cycle (progressing from no resistance initially).

- Begin balance and weight-bearing strengthening exercises. Incorporate functional exercise as able.

**Phase III (After 6 Weeks):**

- Increase the intensity, duration and volume of exercises in line with the patients' individual requirements and with respect to ongoing symptoms.

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