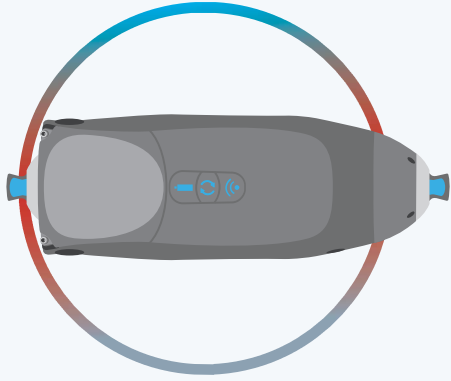


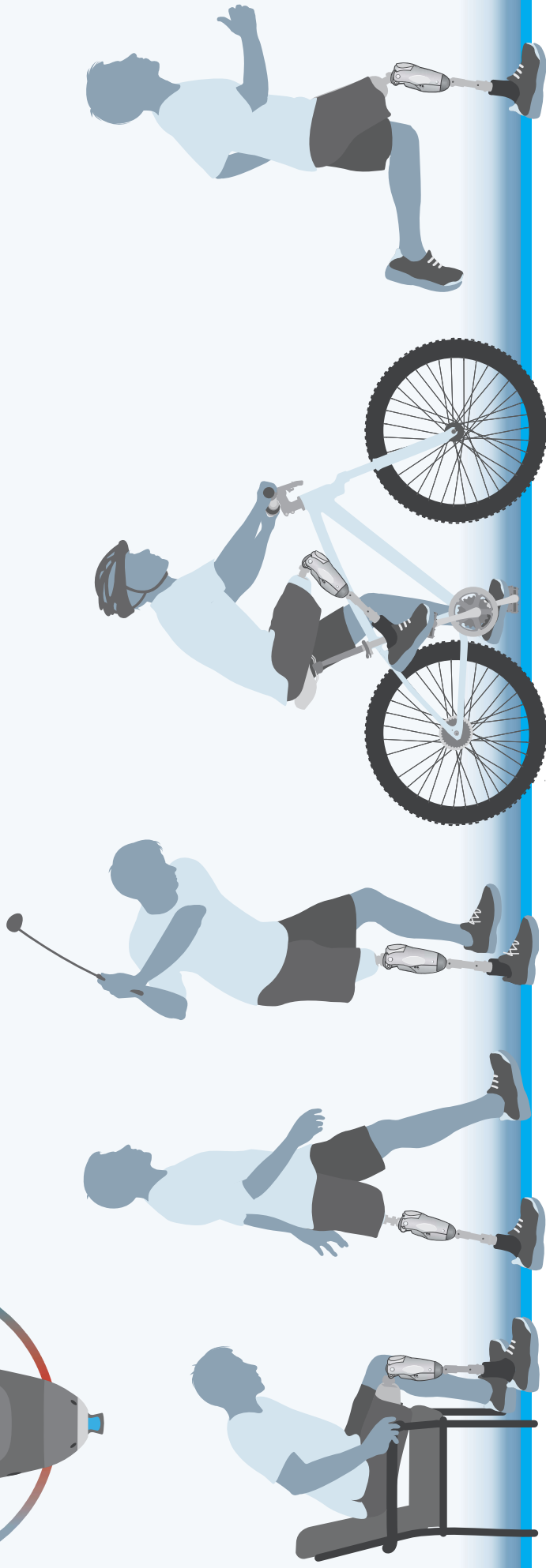


## Patient Quick Start Guide

Guide de démarrage rapide pour les patients

Guía de inicio rápido para el paciente

Kurzanleitung für Patienten



PROTEOR

# QUATTRO2

MICROPROCESSOR KNEE

Freedom  
Innovations  
Patient App

Application Patient  
FREEDOM  
INNOVATIONS

App para el  
paciente Freedom  
Innovations

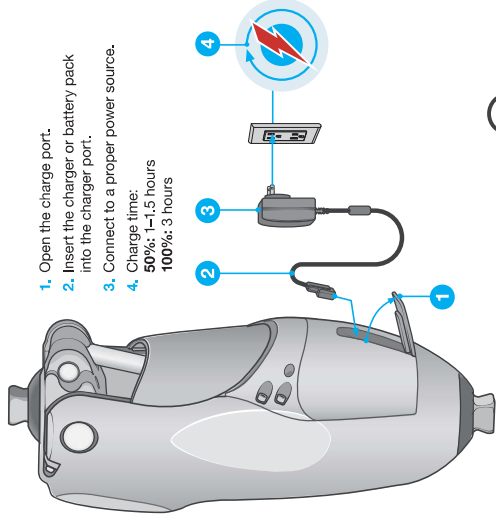
Freedom  
Innovations  
Patienten-App



1

PROTEOR QUATTRO™ 2

MICROPROCESSOR KNEE

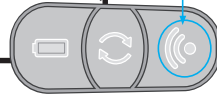
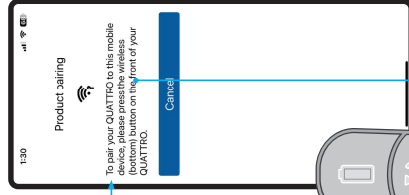
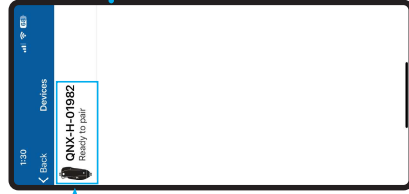
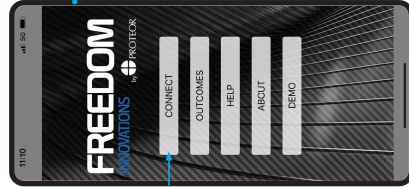


**WARNING!**  
Use an *External Battery Booster Pack* for extended battery time.  
**IMPORTANT:** Do not submerge the *External Booster Battery Pack* in water while charging.

| KEYPAD                      |                                                           |                                       |                                                                              |                       |
|-----------------------------|-----------------------------------------------------------|---------------------------------------|------------------------------------------------------------------------------|-----------------------|
| Button                      | Status                                                    | Charge level                          | LED description                                                              | LED Key               |
| 5 <b>Battery Status</b><br> | Fully charged                                             | 51-100%                               |                                                                              | Solid green           |
|                             | Charged                                                   | 21%-50%                               |                                                                              | Blinking green        |
|                             | Low                                                       | 11-20%                                |                                                                              | Solid red             |
|                             | Very low                                                  | 1-10%                                 |                                                                              | Blinking red          |
|                             | Knee reboot                                               | Hold 6 seconds                        |                                                                              | Blinking blue         |
|                             |                                                           |                                       |                                                                              |                       |
| Button                      | Function                                                  | Status                                | LED description                                                              |                       |
| 6 <b>Change Mode</b><br>    | <b>Check activity</b><br>Press and release                | Unlocked                              | Walking:<br>Alternate:                                                       |                       |
|                             |                                                           | Locked                                |                                                                              |                       |
|                             | <b>Enable/disable lock</b><br>Press twice                 | Lock engaged                          |                                                                              |                       |
|                             |                                                           | Locked engaged, with very low battery |                                                                              |                       |
|                             | <b>Toggle between Walking and Alternate</b><br>Long press | Locked disengaged                     | Light turns off                                                              |                       |
|                             |                                                           |                                       | Current Activity is Walking                                                  | Switches to Alternate |
|                             |                                                           |                                       | Current Activity is Walking                                                  | Switches to Walking   |
|                             |                                                           |                                       | Alternate activity not enabled in patient app or unsafe to switch activities |                       |
| Button                      | Function                                                  | Description                           | LED description                                                              |                       |
| 7 <b>Wireless</b><br>       | Pair with knee                                            | Pairs with devices                    | None                                                                         |                       |

# 2 Using the App

## CONNECT



## TOOLBAR



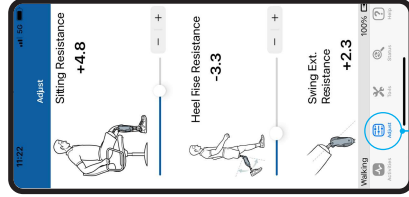
### Activities



To enable **Activities**, see your clinician



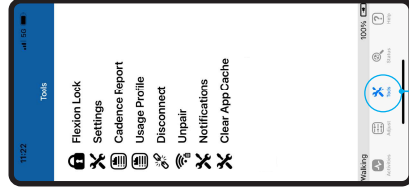
### Adjust



To enable **Adjust**, see your clinician



### Tools



See **Tools** for more information



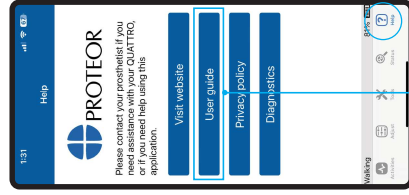
### Status



To name your knee  
To reset your count

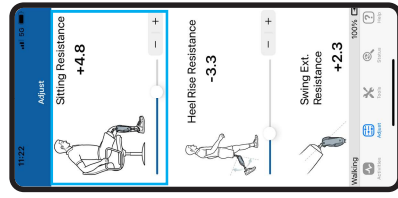


### Help



For additional information

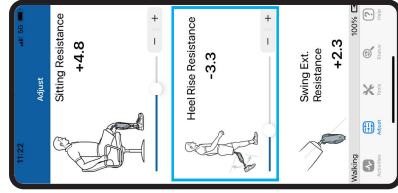
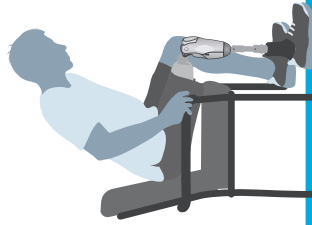
## ACTIVITIES



**Feature: Sitting Resistance**  
**Function:** Controls how much support your knee has when sitting.

**Adjust to:**

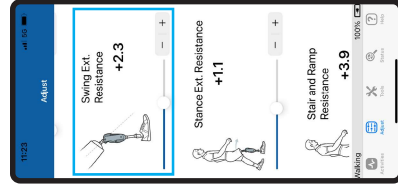
- + Sit slower/have more support
- Sit faster/ have less support



**Feature: Heel Rise Resistance**  
**Function:** Controls how much your knee bends when walking.

**Adjust for:**

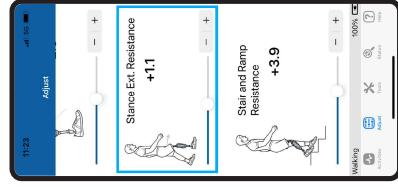
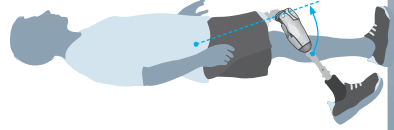
- + Knee to bend less/for the knee to kick out faster.
- Knee to bend more/for the knee to kick out slower.



**Feature: Swing Extension Resistance**  
**Function:** Controls how fast your knee straightens when walking.

**Adjust for:**

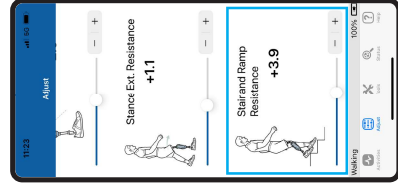
- + Knee to straighten faster.
- Knee to straighten slower.



**Feature: Stance Resistance**  
**Function:** Used only when walking with Stance Flexion (rare).

**Adjust if:**

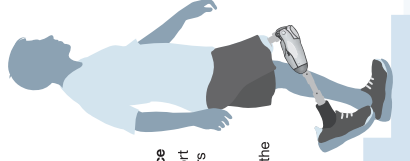
- + Knee quickly snaps back into extension in midstep.
- Knee doesn't reach full extension in midstep.



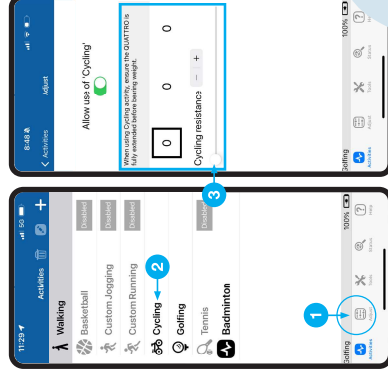
**Feature: Stair and Ramp Resistance**  
**Function:** Controls how much support your knee has while descending stairs and ramps.

**Adjust to:**

- + Have more support/ go down the stairs slower.
- Have less support/ descend stairs faster.



**CAUTION:** Switch back to Walking once activity is complete.



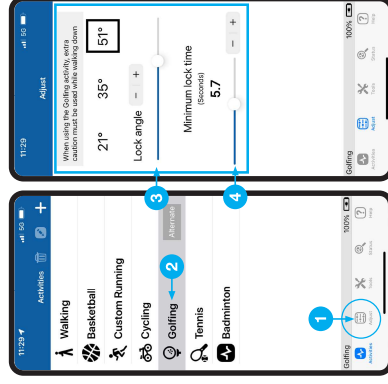
**Feature: Cycling** (must be activated by your clinician).

**Function:** Enters the set resistance when your thigh is near the horizontal plane.

**Adjust to:** Remains in set resistance until weighted and extended.

**Adjust to:**  
+ Have more resistance when pedaling.  
- Have less resistance when pedaling.

**CAUTION:** Switch back to Walking once activity is complete.



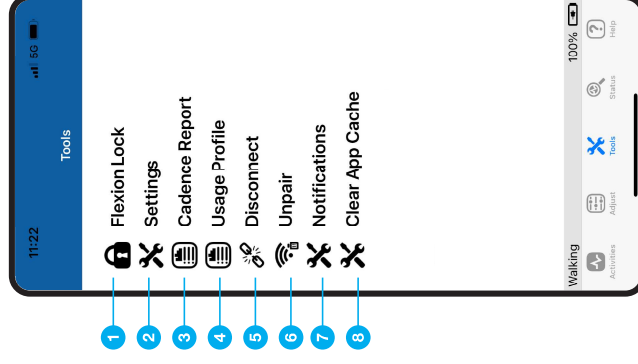
**Feature: Golfing** (must be activated by your clinician).

**Function:** Limits the degree your knee flexes.

**Adjust to:** Increase the angle the knee will lock.  
+  
- Decrease the angle that the knee will lock.

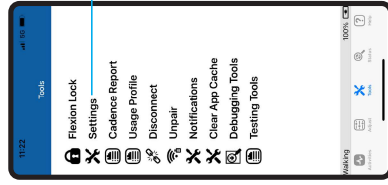
**Note:** The minimum amount of time the knee will stay locked at the set degree when weighted or unweighted.

## TOOLS



| ICON                        | TAP TO                                                                                                                                         | TO USE                                                                      |
|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <b>1</b><br>Flexion Lock    | Allows the QUATTRO to block any further bending, but allows for extending when turned on.                                                      | Press the <b>Mode</b> button twice to turn on, or use the slider in the app |
| <b>2</b><br>Settings        | Disables <b>Sitting Mode</b> .<br>Charging Indication                                                                                          | Turn <b>Enable/disable</b> via the App slider.                              |
| <b>3</b><br>Cadence Report  | Run a Cadence Report and email to a recipient of your choice.                                                                                  | Complete the required fields. Send email to recipient.                      |
| <b>4</b><br>Usage Profile   | Allows you to run reports for: Usage, total number of steps taken, on flat ground, up stairs, down stairs, up ramps, down ramps and backwards. | Complete the required fields. Send email to recipient.                      |
| <b>5</b><br>Disconnect      | Disconnect the Freedom Innovations App from the QUATTRO knee.                                                                                  | N/A                                                                         |
| <b>6</b><br>Unpair          | Unpair your device from the QUATTRO knee.                                                                                                      | N/A                                                                         |
| <b>7</b><br>Notifications   | Choose the types of notifications that are available.                                                                                          | Turn <b>Enable/disable</b> via the App slider.                              |
| <b>8</b><br>Clear App Cache | Clear app caches memory to improve function.                                                                                                   | When the function of the app becomes unstable.                              |

## MODES AND LOCKS

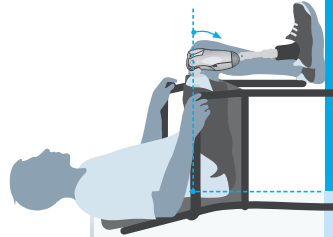


### Feature: Sitting Mode

**Function:** The Knee will flex with no resistance when the thigh reaches the horizontal plane of flexion or greater.

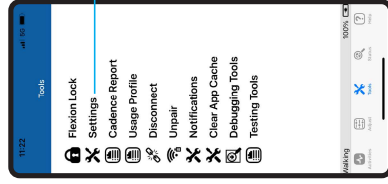
#### Use:

**Engage:** Unweight knee and bring to the horizontal plane. The knee will then drop without resistance.



#### TIP!

When **Sitting Mode** is turned off, **Cycling** and **Obstacle Assist** will be disabled.



### Feature: Stance Lock

**Function:** Adds stability and will automatically lock when you have a flexed Knee.

#### Use:

**Engage:** When the thigh stops at an angle and the knee is weighted it will automatically lock from bending any further.

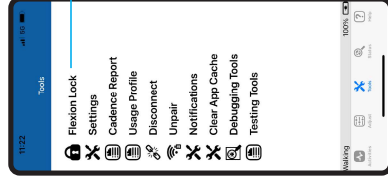
#### Disengage:

Straighten thigh into extension or unweight the knee.



#### TIP!

- **Stance Lock** is available from 5°–70° of flexion.
- When in **Cycling**, **Stance Lock** will be disabled.



### Feature: Flexion Lock

**Function:** Knee will lock at the current angle when Lock is engaged via the Keypad or the app.

#### Use:

Knee can still straighten, but once straightened it will relock at that new angle until Lock is disengaged via the Keypad or the app.

#### Use:

**Engage:** Double click the **Mode** button or turn the slider green in the app. The solid white light remains on as long as the Flexion Lock is engaged.

**Disengage:** Double click the **Mode** button or turn the slider grey in the app and the solid white light turns off.



#### TIP!

When **flexion Lock** is engaged and the knee is unweighted, it will be locked in both **flexion** and **extension**.

## FREQUENTLY ASKED QUESTIONS

- Q: Are the resistance settings pre-set?**  
A: Zero is the resistance that has been pre-programmed for you by your clinician.
- Q: How do I change settings**  
A: use the slider or the + / - buttons on your App.
- Q: What is the range of the settings?**  
A: Resistance settings can be adjusted between (-) 10 to (+)10.
- Q: What should I do once I complete an Activity?**  
A: Use the App or keypad to switch back to **Walking**.  
**Note:** Do not leave the knee in **Activity** once the activity is complete.
- Q: Why can't my knee lock during cycling?**  
A: During Cycling Mode, Sitting Mode and Stance Lock are disabled.
- Q: How many Activities can I add?**  
A: Up to 20 activities.

## CARING FOR YOUR QUATTRO 2

### QUATTRO 2 should be kept clean of dust and debris:

- Use clean tap water to rinse off.
- A soft bristled brush (such as a toothbrush) is acceptable to dislodge stuck dirt on the outside of the knee only.
- Using any other chemicals or soaps may void the warranty.
- Dry thoroughly with a towel after rinsing.
- Do not use a hairdryer, which may damage the electronics and void the warranty.

### QUATTRO 2 is rated IP68 under IEC 60529

- Safe for occasional submersion in fresh water up to 3m (10 feet) for 60 minutes.
- Dry with a towel once out of fresh water.
- QUATTRO 2 can be used for occasional showering with mild soaps and within operating temperatures of the knee.
- QUATTRO 2 should not be used for bathing.
- Should not go in saltwater or chlorinated water as these may cause corrosion.
- If sprayed by or accidentally submerged in saltwater or chlorinated water, immediately rinse with fresh water and dry with a towel.

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**QUATTRO 2**  
MICROPROCESSOR KNEE



▲ QUATTRO Resources

▲ QUATTRO Ressources

▲ QUATTRO Ressourcen

▲ QUATTRO Recursos