



Knee Rehabilitation System



Instructions for Use



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Notes

Notes

PACKAGE CONTENTS

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- 1 – Tablet with Case, AC power adapter & USB charging cable
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- 8 – Alcohol Wipes
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- 1 – Quick Start Guide & Exploring your Reflex Screen Guide
- 1 – How to Prepare & Attach Sensor Guide

CONTACT INFORMATION

To obtain additional information or if you have questions regarding your system, please see the Troubleshooting FAQs below or contact Claris Customer Support at 1-844-369-9977 ext 2 or visit www.clarisreflex.com.

PRODUCT DESCRIPTION & SYSTEM OVERVIEW

Claris Reflex is a Knee Rehabilitation System, designed to be used by patients undergoing joint arthroplasty surgery, under the guidance of trained medical professionals. The system is a combination of a tablet, computer software and electronic sensors, that measure the patient's body position, frequency of motion and approximate range of motion of the effected joint, and the temperature near the surgical site for the purposes of detecting icing.

The software receives data from the sensors displays the data to the patient and to trained medical professionals, so that they may interpret the data to determine the degree of compliance by the patient, to their prescribed joint rehabilitation regimen.

Claris Reflex is not intended to diagnose, treat, prevent, cure or mitigate any disease or condition; it is intended only to measure and display the results.

WARNINGS & SAFETY PRECAUTIONS

⚠ WARNING Read all the information in this Guide and other provided instructions before operating the system.

⚠ WARNING Do not expose sensor to water. Remove sensor prior to bathing, showering, or swimming.

⚠ WARNING Do not attempt to disassemble or change the battery.

⚠ CAUTION This device meets FCC and IC regulations if used as specified. See last page for details.

⚠ CAUTION Consult your physician for any of the following situations:

- Allergic reaction to the adhesive pads including any skin redness or inflammation
- Simultaneous use with other medical monitoring or bracing equipment on the same limb

USING YOUR CLARIS REFLEX SYSTEM

- Read through and follow the ***Quick Start Guide*** to power on your Claris Reflex tablet.
- Familiarize yourself with the ***Exploring your Claris Reflex Screen Guide***.
- When it's time, your tablet will automatically prompt you to attach your sensor to the side of your knee. At that time, follow the ***When it's Time to Attach your Sensor*** instructions.
- You can review the above information and other instructional videos at any time by pressing the ***Resources*** button on your Claris Reflex tablet screen.
- If you have any trouble with your Claris Reflex, please review the **TROUBLESHOOTING** FAQs section below or see the **CONTACT INFORMATION** section above.

PRODUCT SPECIFICATIONS

FCC Part 15

This device complies with FCC Rules Part 15 operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference, including interference that may cause undesired operation of the device.

Changes or modifications to this device, not expressly approved by Claris, could void the user's authority to operate the equipment.

FC 2AOOK-REFLEX1

Industry Canada Notifications

This device complies with Industry Canada's license-exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage;
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

IC: 23491-REFLEX1

How do I use Claris Reflex to communicate with my care team?

You can use Claris Reflex as an easy way to communicate with your care team:

1. To send them a message, press **Activities** and then **Messages**.
2. On the **Messages** page, you can select **Write** to write new messages, or **Read** to read old messages.
3. If you press **Write**, you will see a list of members of your care team.
4. Select the person you wish to contact and use the on-screen keyboard to write your message.
5. You can attach a photo to your message by pressing **Take Photo** and using the tablet's camera to take a photo. Note - Once you have taken the photo, you'll need to press the checkmark on the right side of the screen to return to your message.
6. Instead of using the on-screen keyboard, you can also select from a list of preset phrases by pressing on **Quick Text**.
7. When you are done writing a message, press **Send**.
8. You can reply to messages by pressing the **Reply** button while reading an old message.
9. You can review your old messages by pressing the **Next** and **Back** buttons.
10. When you are done, press **Close** to take you back to the Claris Reflex home screen.

If I missed one of my scheduled Activities, can I still complete it?

The scheduled times for your **Daily Activities** are just a recommendation by your care team. You can complete any of your daily tasks at your convenience. As long as the **Activities** button is displayed with a solid blue background, it means that they are still available to be completed. **Activities** buttons with a grey background have already been completed.

TROUBLESHOOTING FAQS

My tablet won't turn on.

1. Ensure you press and hold down on the power button for at least 4 seconds (button above the purple dot).
2. The battery on the tablet may be dead:
 - Ensure the charging cable is pressed into the side of the tablet and the charger is plugged into a power outlet.
 - If your tablet is powered off, when it first starts charging, it will display a battery icon on the screen with a percentage indicating how much the battery has charged.
 - Once the battery has reached at least **5%**, turn the tablet on using the power button above the purple dot.
 - We highly recommend that you keep the tablet plugged in at all times to ensure that the battery does not go dead.

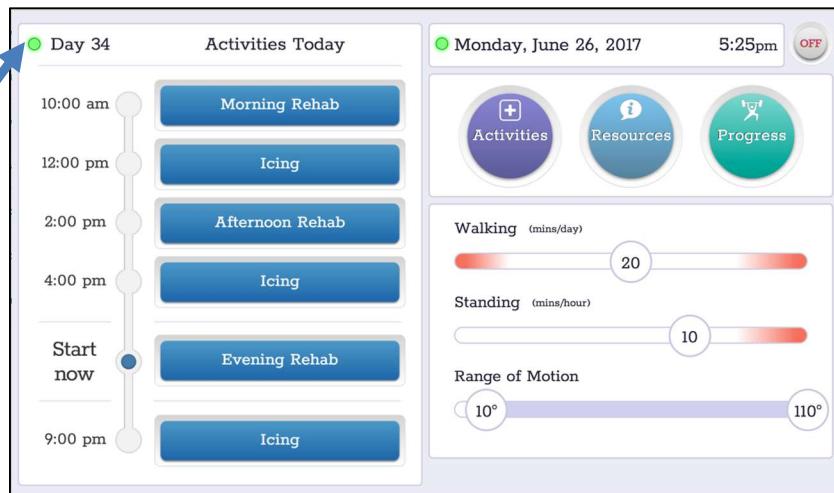
I am having trouble calibrating my sensor.

To calibrate your sensor:

1. Press the **Activities** button on the tablet home screen and then press **Calibrate Sensor**
2. We recommend that you enter your flex and extension values. If you do not know your values, please ask your case manager or physical therapist to measure your values and write them down for you during your next appointment.
3. You can also estimate your flexion and extension values by pressing **Resources** and viewing the **Calibrating Sensor** information.
4. If you see an error message saying that the sensor is not connected, proceed to the next section of this guide titled "**What does it mean if my sensor is disconnected?**"
5. If you experience any other problems while calibrating your sensor, please contact your case manager.

What does it mean if my sensor is disconnected?

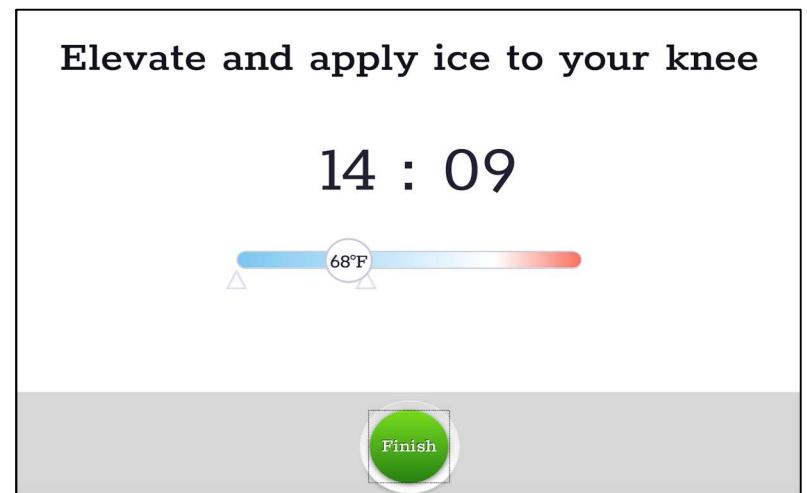
On the home screen of your tablet:



1. If the dot on the top left of your home screen (to the left of Day X) is **Green** your Claris Reflex sensor is connected to the tablet.
2. If the dot is **Orange**, the sensor is connected to the tablet, but is not properly attached to the adhesive pads so it isn't sending any data. Disconnect the sensor from the adhesive pads on your leg, then reconnect the sensor by firmly pressing the sensor onto the adhesive pads.
3. If the dot is still **Orange**, disconnect the sensor from the adhesive pads on your leg and use a new set of adhesive pads from your Claris Reflex box.
4. Without applying the new adhesive pads to your leg, snap the sensor onto the new adhesive pads and check the colored dot on the home screen again.
5. If the dot turns **Green**, you will need to replace the adhesive pads on your leg with the new ones from your Claris Reflex box.
6. If the dot is still not **Green**, please contact your case manager.
7. If the dot is **Red** and you are currently wearing your Claris Reflex sensor, please contact your case manager.

I am on the Icing page, but the timer won't start.

The **Icing** timer starts once the sensor detects that the temperature of your knee is below a temperature set by your care team. The timer will start counting once the temperature reading is between the two triangles below the thermometer.



How do I keep track of my pain medications?

To record a medication and view your medications log:

1. On the tablet home screen, press on **Activities** and then **Medication**.
2. If you have not already setup a medication, then you will need to press **Setup Medication** and then **Add Medication**.
3. On the **Add Medication** screen, type the name of the medication you wish to add and click **Done**.
4. Repeat this process until you have added all your medications.
5. To record your medications, press **Take Medication** and select the medication from your list of medications.
6. A log of your medications will be displayed to the right of the Take Medications button. If you'd like to review the previous day's medications, press the **Previous** button.