



Patient Quick Start Guide

Guide de démarrage rapide pour les patients

Guía de inicio rápido para el paciente

Kurzanleitung für Patienten



PROTEOR

QUATTRO 2

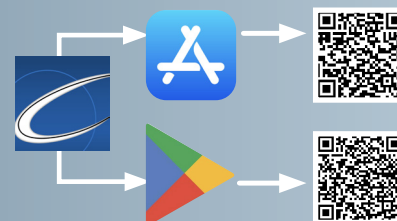
MICROPROCESSOR KNEE

Freedom
Innovations
Patient App

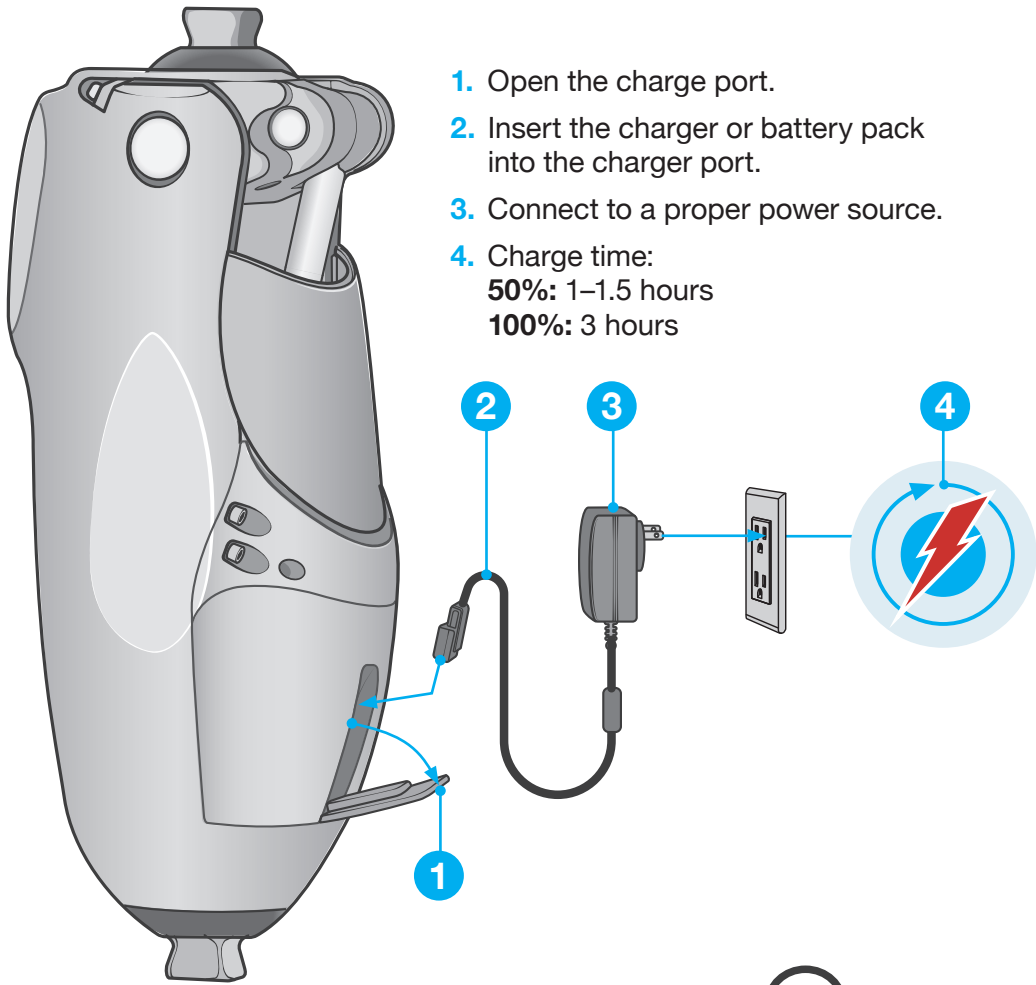
Application Patient
FREEDOM
INNOVATIONS

App para el
paciente Freedom
Innovations

Freedom
Innovations
Patienten-App



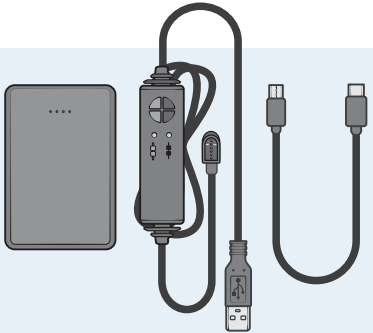
MICROPROCESSOR KNEE



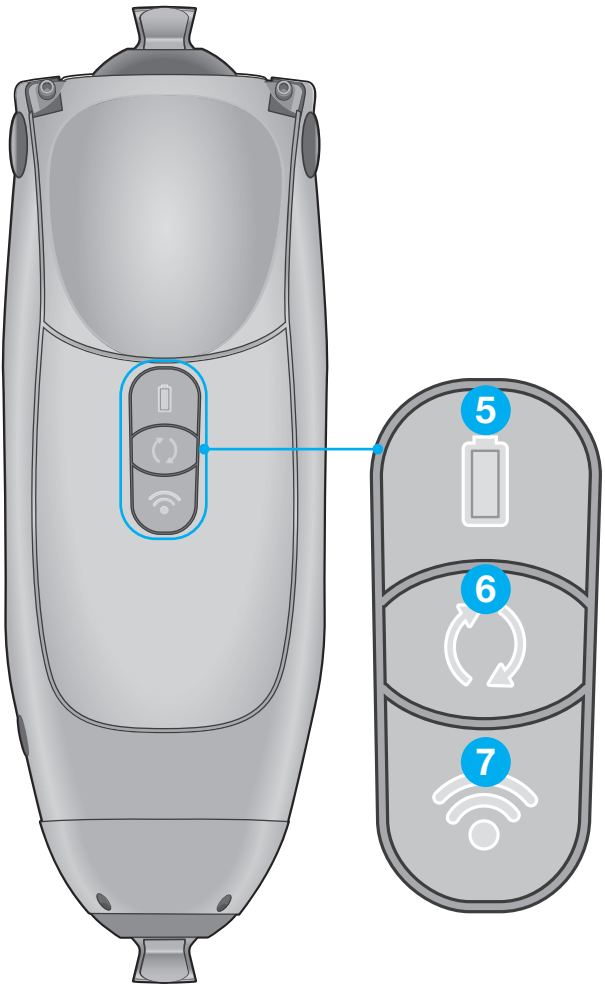
! WARNING!

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
5 Battery Status 	Fully charged	51–100%	
	Charged	21%–50%	
	Low	11–20%	
	Very low	1–10%	
	Knee reboot	Hold 6 seconds	 

Button	Function	Status	LED description
6 Change Mode 	Check activity Press and release	Unlocked	Walking:  Alternate: 
		Locked	
	Enable/disable lock Press twice	Lock engaged	
		Locked engaged, with very low battery	
		Locked disengaged	Light turns off
	Toggle between Walking and Alternate Long press	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 Wireless 	Pair with knee	Pairs with devices	None

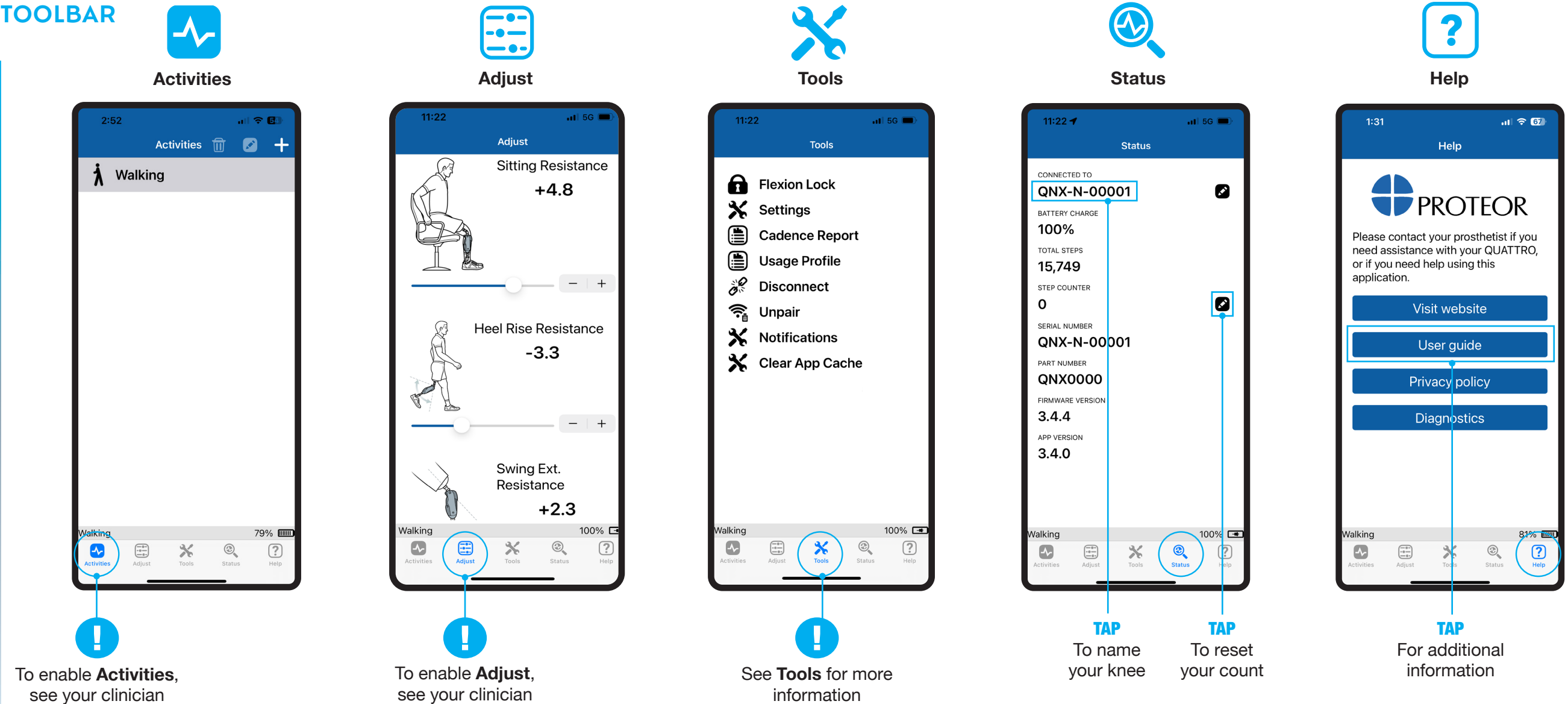
LED Key	
Solid green	
Blinking green	
Solid red	
Blinking red	
Blinking blue	
Solid white	
Slow blinking white	
Blinking white	
Fast blinking white	

2 Using the App

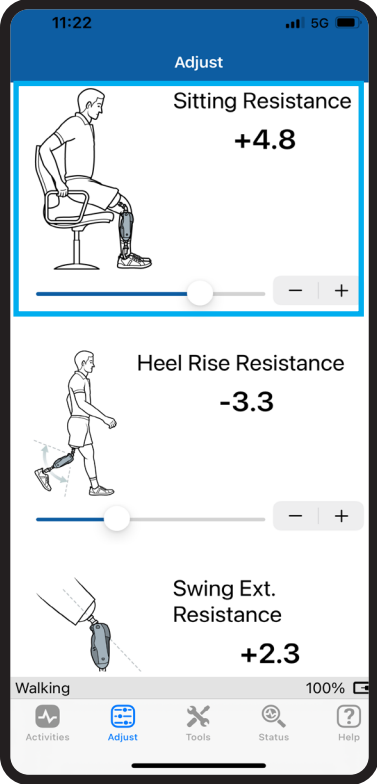
CONNECT



TOOLBAR



ACTIVITIES

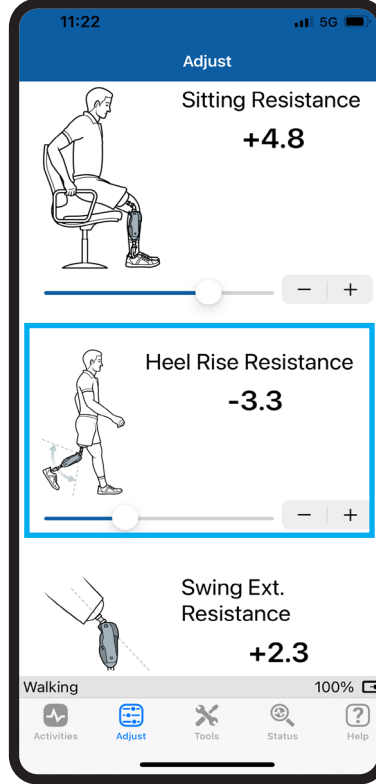


Feature: Sitting Resistance

Function: Controls how much support your knee has when sitting.

Adjust to:

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

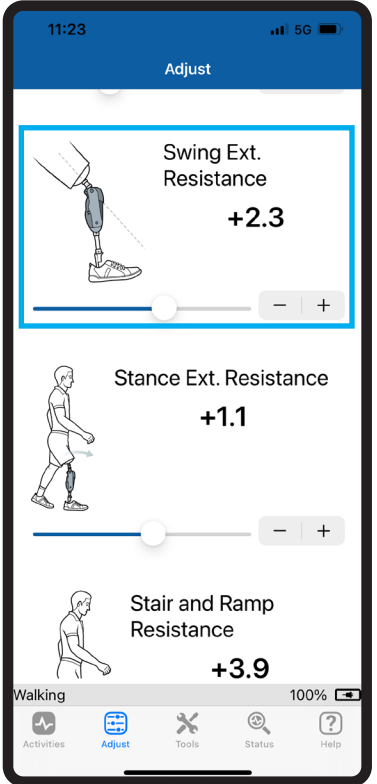


Feature: Heel Rise Resistance

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.

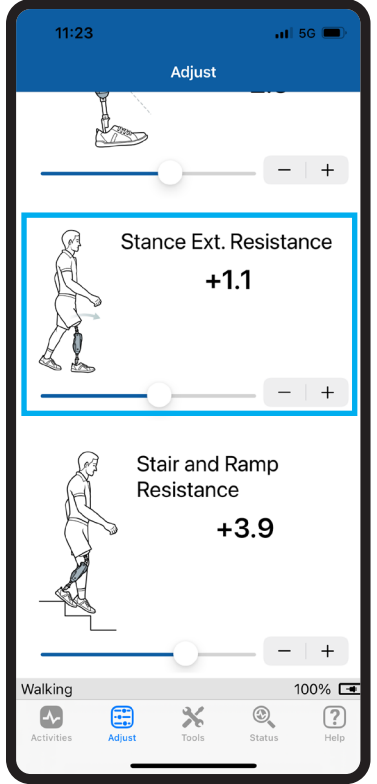
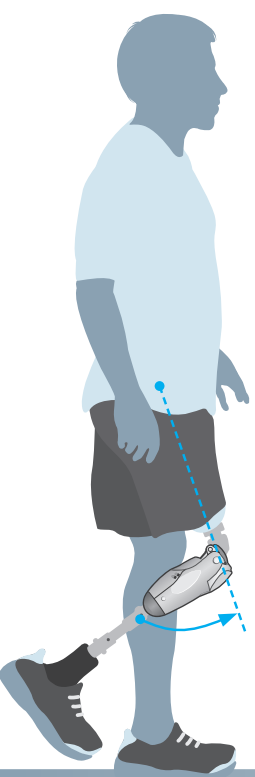


Feature: Swing Extension Resistance

Function: Controls how fast your knee straightens when walking.

Adjust for:

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

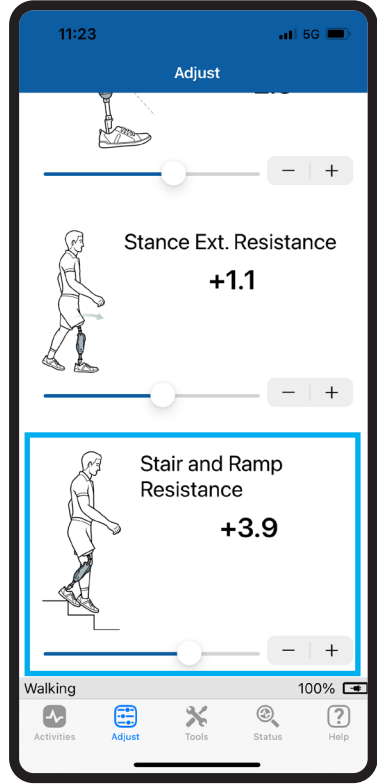
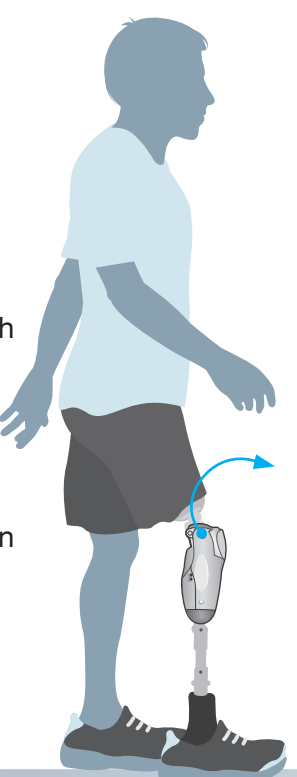


Feature: Stance Resistance

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.

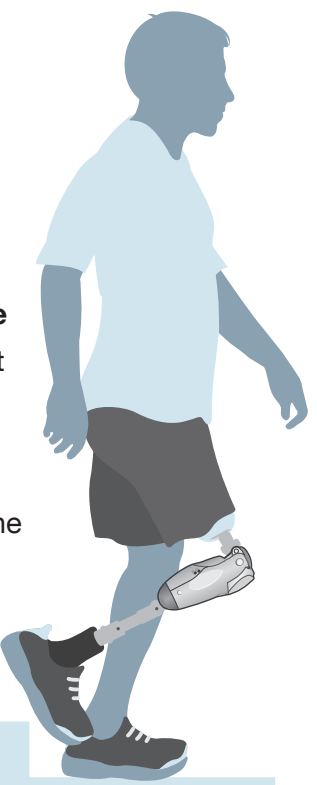


Feature: Stair and Ramp Resistance

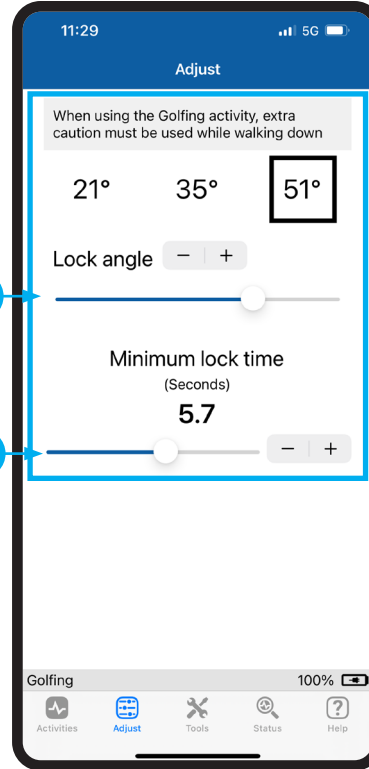
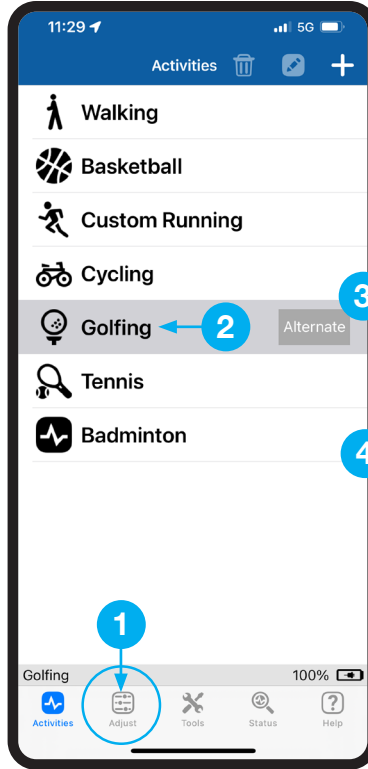
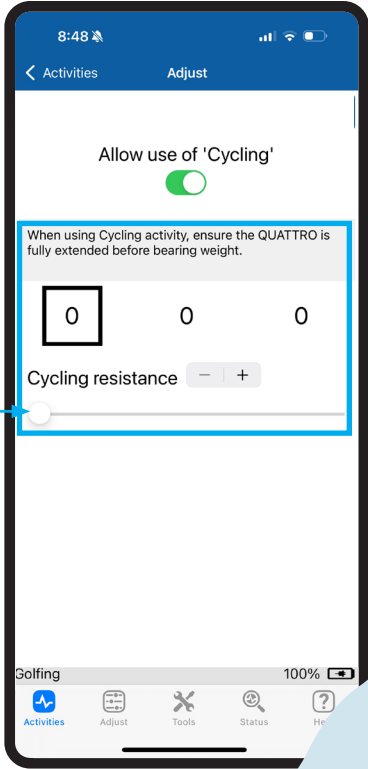
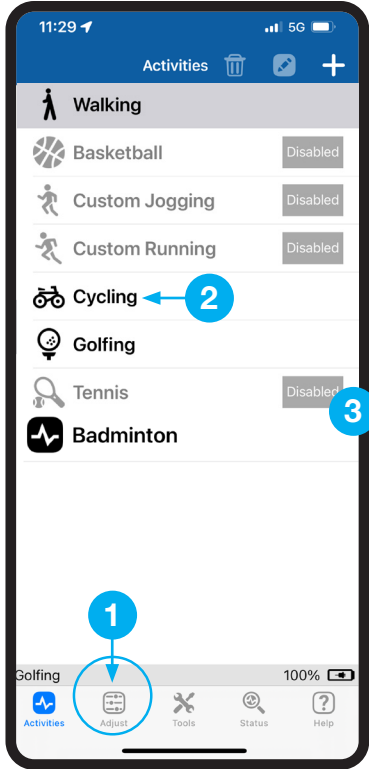
Function: Controls how much support your knee has white descending stairs and ramps.

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.



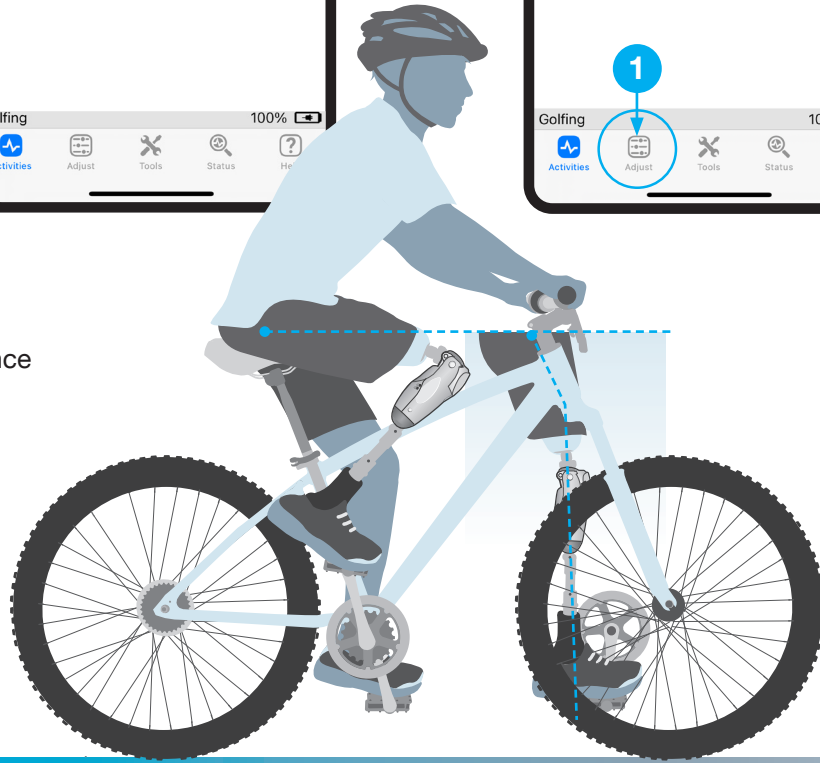
Feature: Cycling (must be activated by your clinician).

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

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.

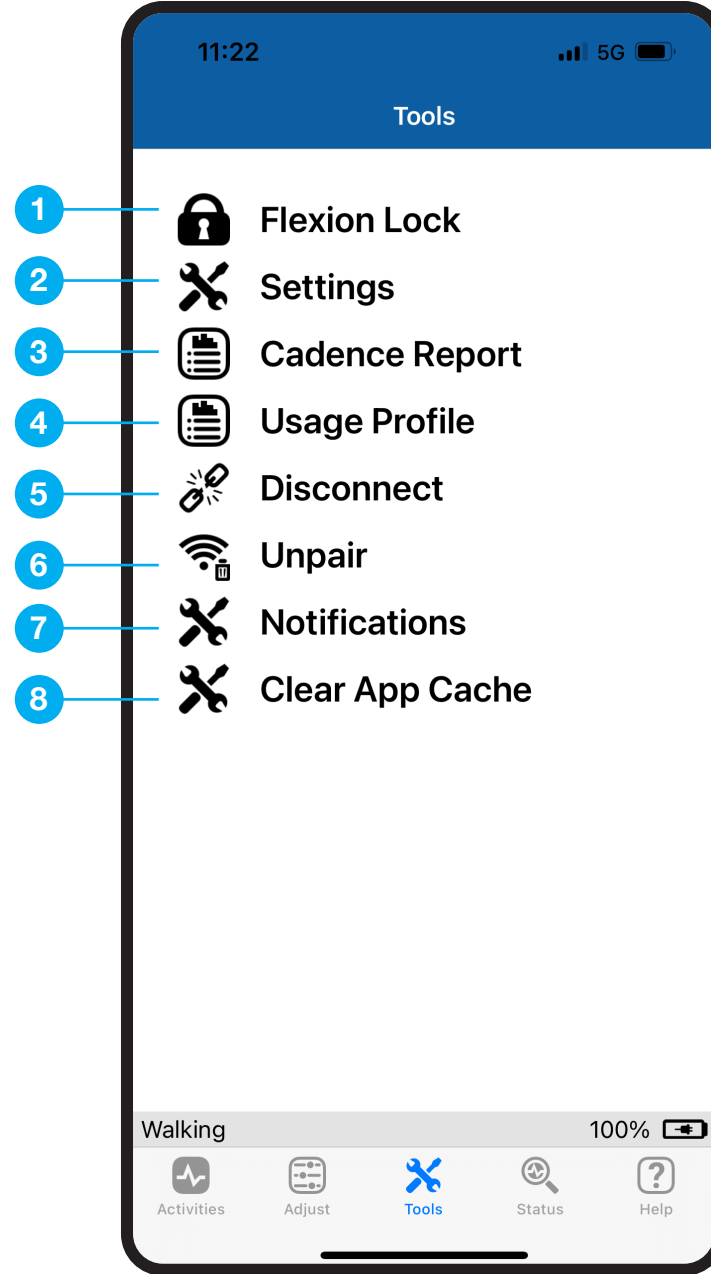
Adjust to:

- + 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.

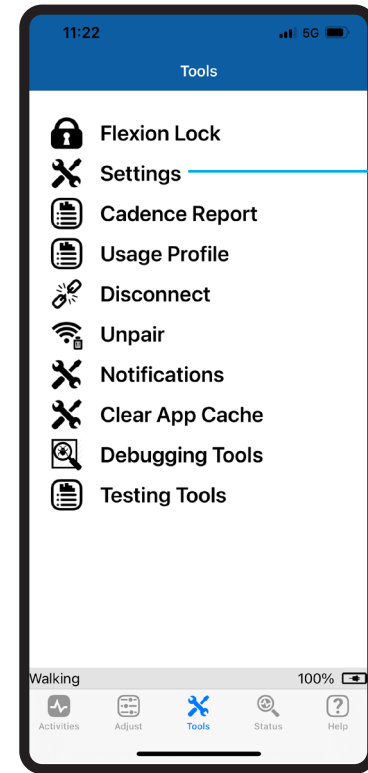


TOOLS



ICON	TAP TO	TO USE
1 Flexion Lock	Allows the QUATTRO to block any further bending, but allows for extending when turned on .	Press the Mode button twice to turn on , or use the slider in the app
2 Settings	Disables Sitting Mode . Charging Indication	Turn Enable/disable via the App slider.
3 Cadence Report	Run a Cadence Report and email to a recipient of your choice.	Complete the required fields. Send email to recipient.
4 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.
5 Disconnect	Disconnect the Freedom Innovations App from the QUATTRO knee.	N/A
6 Unpair	Unpair your device from the QUATTRO knee.	N/A
7 Notifications	Choose the types of notifications that are available.	Turn Enable/disable via the App slider.
8 Clear App Cache	Clear app caches memory to improve function.	When the function of the app becomes unstable.

MODES AND LOCKS

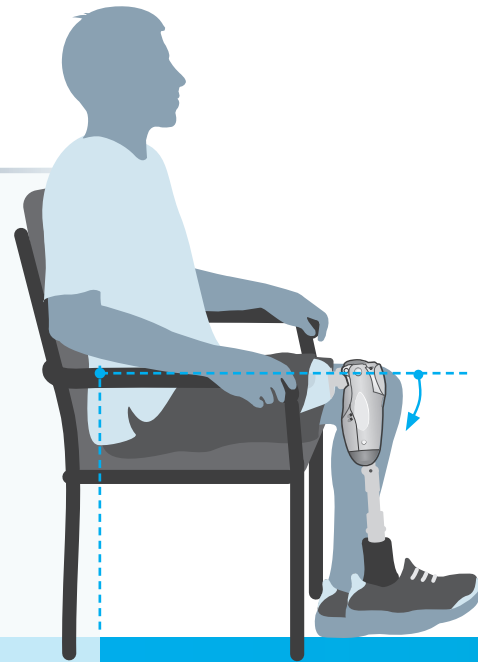


Feature: Sitting Mode

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

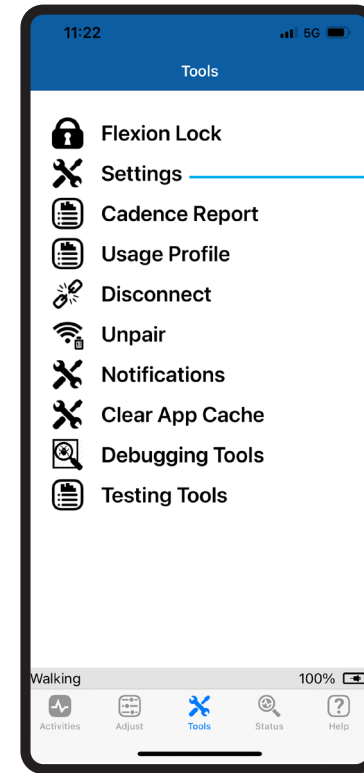
Use:

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

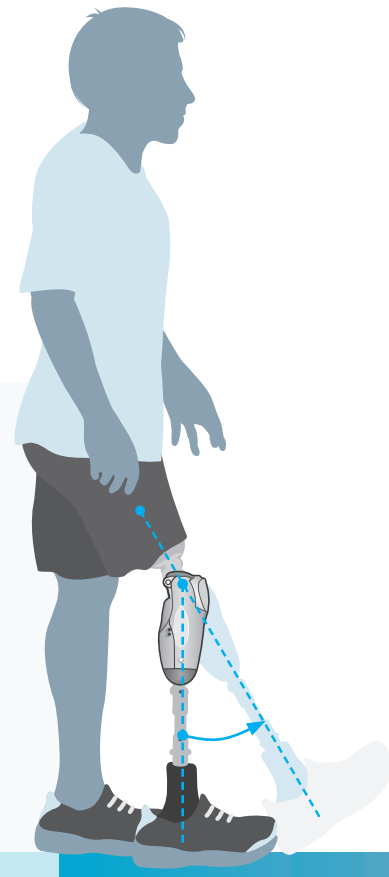
Function: Adds stability and will automatically lock when you have a flexed Knee.

Use:

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

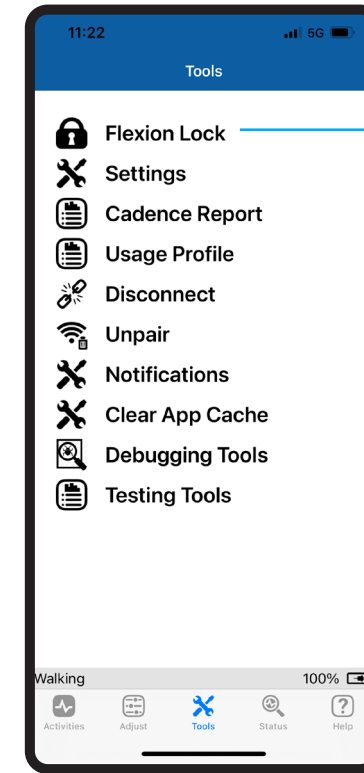
Disengage:

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

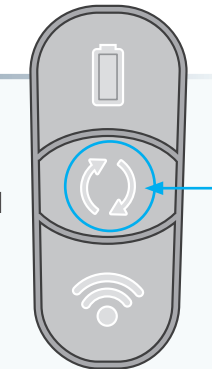
Function: Knee will lock at the current angle when Lock is engaged via the Keypad or the app.

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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CG-03-020: QUATTRO 2 Patient User Guide REV C

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QUATTRO 2

MICROPROCESSOR KNEE



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