



MAXM  
SKATE

REHABILITATION  
GUIDE: TKR

12 WEEK PROGRAM

MAXIMISING MOVEMENT | MAXIMISING STRENGTH | MAXIMISING FUNCTION

**MAXM**

**SKATE**

REHABILITATION GUIDE





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The MAXM Skate exercise program integrates the MAXM Skate, sensor, and app to deliver real-time data throughout your rehabilitation journey. The app's feedback serves as motivation for patients and ensures transparency for the clinical team. Structured into four stages, the MAXM program aims to restore movement, strength, and function effectively.

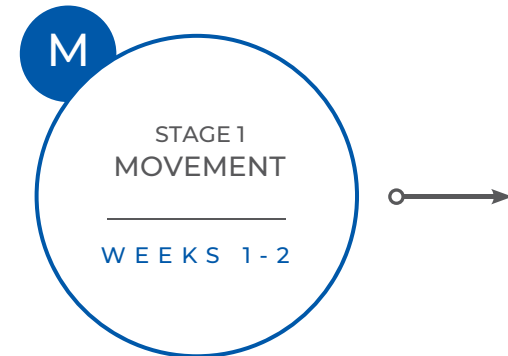
**M**OVEMENT (weeks 1-2)

**A**CTIVE (weeks 3-4)

**E**XTENSION (weeks 5-8)

**M**AXIMUM (weeks 9-12)

**All exercises in the programme are to be completed TWICE DAILY**







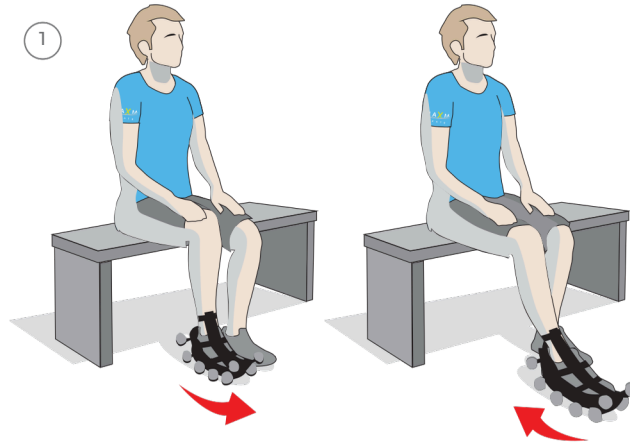
# MOVEMENT

STAGE 1  
WEEKS 1-2



MOVEMENT STAGE 1 - WEEKS 1-2

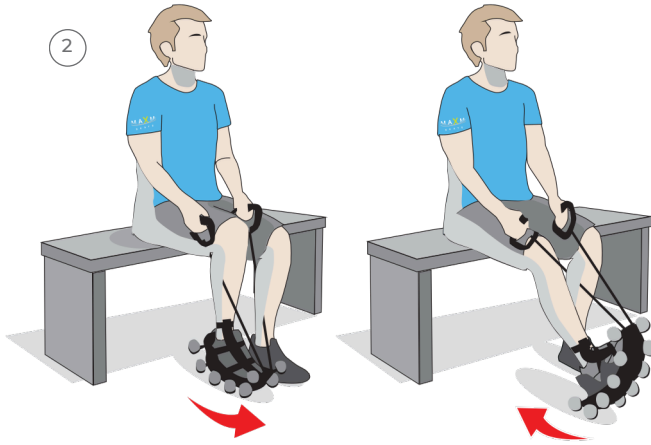
1



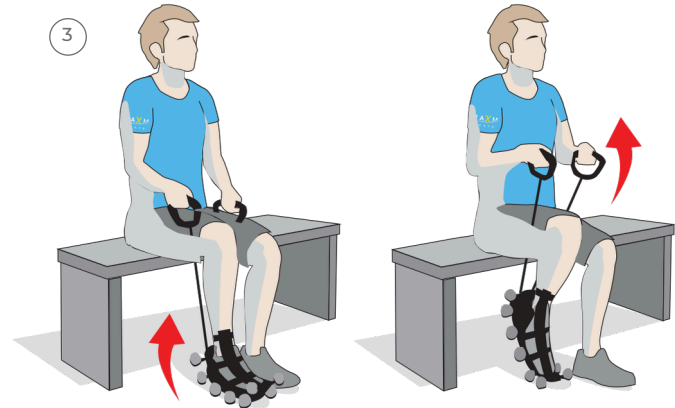
FLAT SKATE

TWICE DAILY

3 sets  
x 40 reps



EXTENSION SKATE



FLEXION SKATE

TWICE DAILY

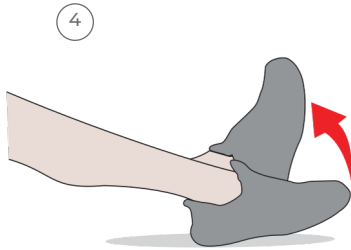
3 sets  
x 10 reps  
with 2 second hold

TWICE DAILY

3 sets  
x 10 reps  
with 2 second hold



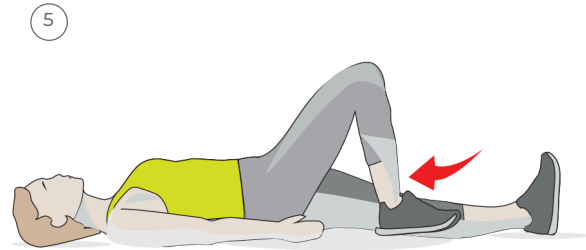
## MOVEMENT STAGE 1 - WEEKS 1-2



ANKLE PUMPS

TWICE DAILY

3 sets  
x 15 sec

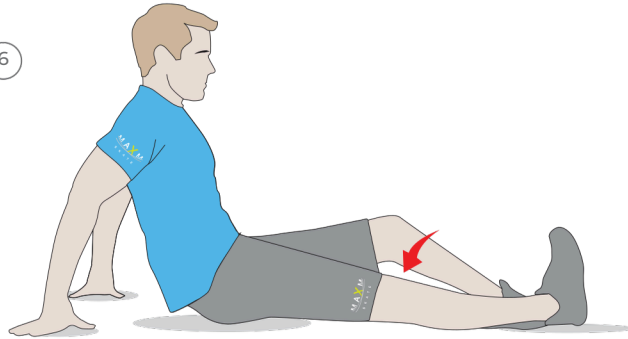


SUPINE KNEE FLEXION

TWICE DAILY

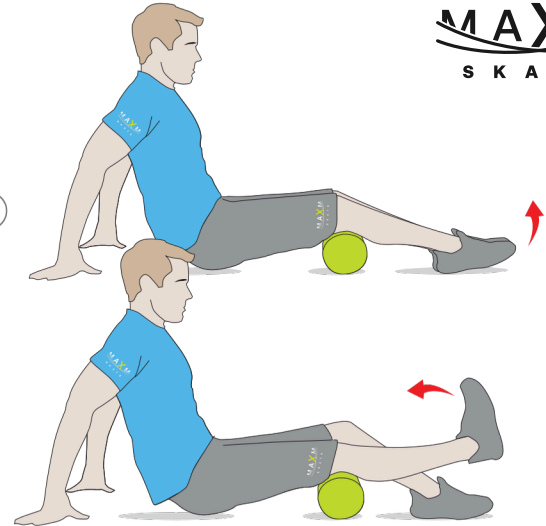
3 sets  
x 10 reps

6



STATIC QUADS

7



INNER RANGE QUADS

TWICE DAILY

3 sets  
x 10 reps

with 5 second hold

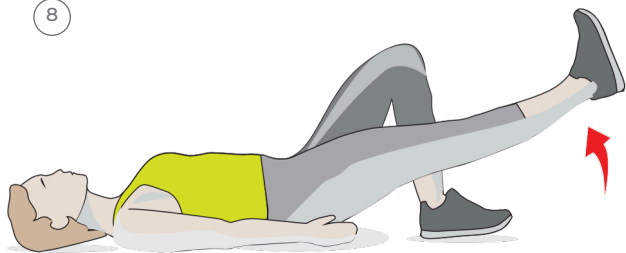
TWICE DAILY

3 sets  
x 10 reps



## MOVEMENT STAGE 1 - WEEKS 1-2

8

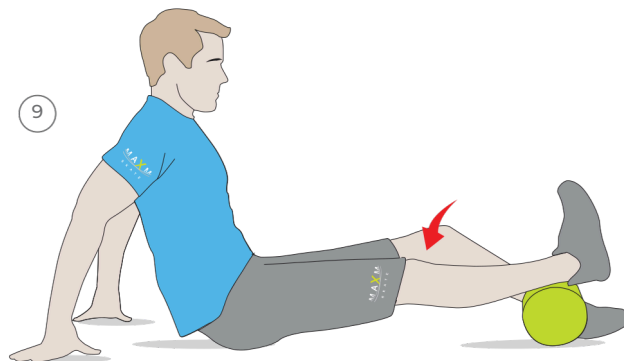


STRAIGHT LEG RAISE

TWICE DAILY

3 sets  
x 10 reps

9



PASSIVE KNEE EXTENSION

TWICE DAILY

3 sets  
x 5 min



# WALKING TARGET

Ensure walking surface is  
smooth, even & dry.

---

WEEKS 1 - 2

5 MINUTES  
TWICE PER DAY

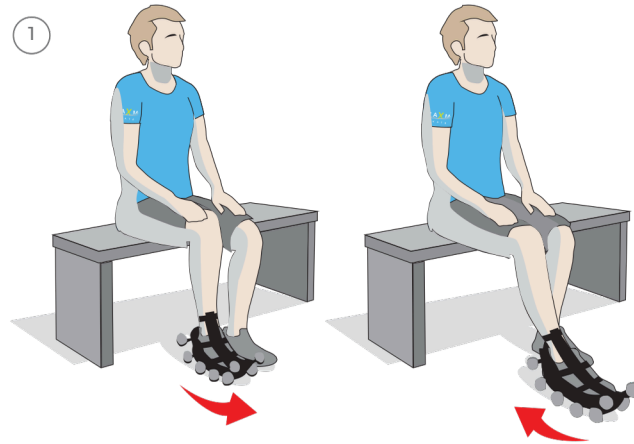
A

**ACTIVE**  
STAGE 2  
WEEKS 3 - 4

A

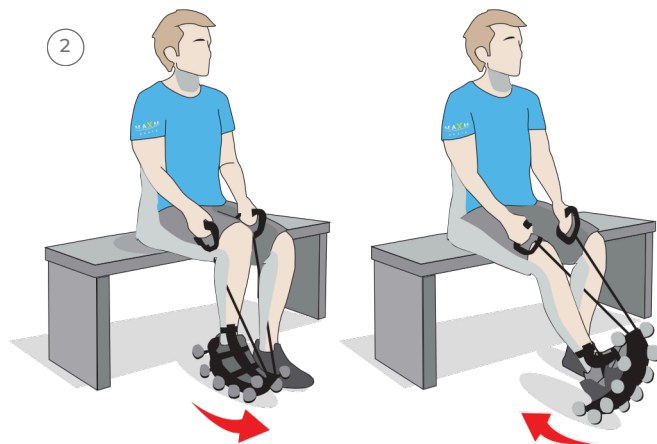
ACTIVE STAGE 2 - WEEKS 3-4

1

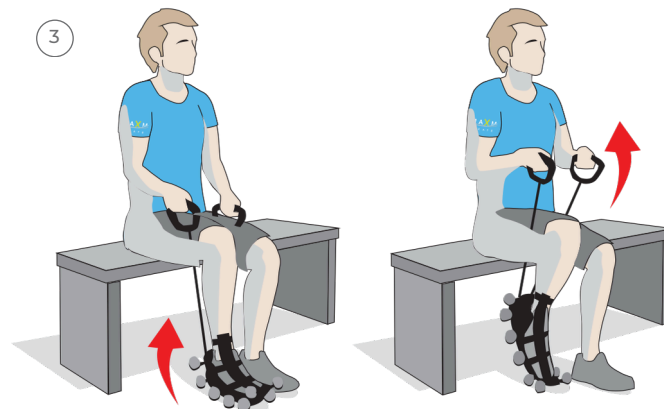


TWICE DAILY

3 sets  
x 40 reps



EXTENSION SKATE



FLEXION SKATE

TWICE DAILY

3 sets  
x 15 reps

with 2 second hold

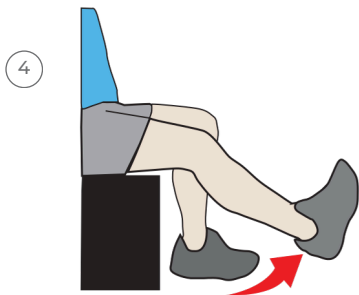
TWICE DAILY

3 sets  
x 15 reps

with 2 second hold

A

ACTIVE STAGE 2 - WEEKS 3-4



KNEE EXTENSION  
HOLDS

TWICE DAILY

3 sets  
x 10 reps

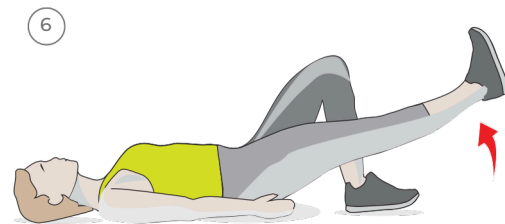
with 2 second hold



SUPINE KNEE FLEXION

TWICE DAILY

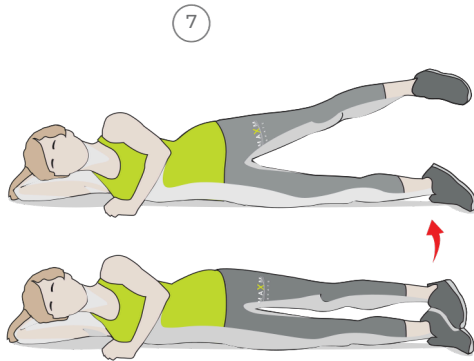
3 sets  
x 10 reps



STRAIGHT LEG RAISE

TWICE DAILY

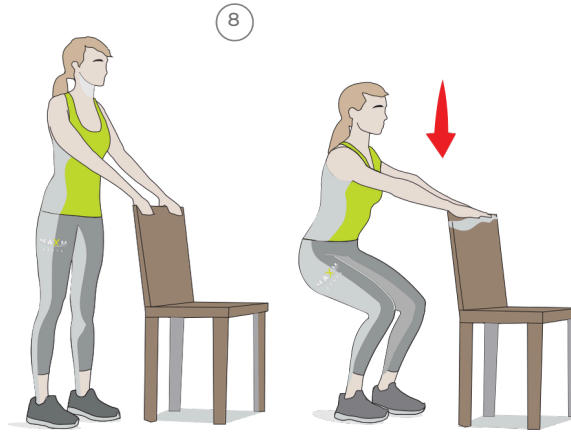
3 sets  
x 10 reps



**HIP ABDUCTION  
(SIDE LYING)**

**TWICE DAILY**

**3 sets  
x 5 reps**  
with 2 second hold



**SUPPORTED DOUBLE  
LEG 1/4 SQUAT**

**TWICE DAILY**

**3 sets  
x 15 reps**  
with 2 second hold



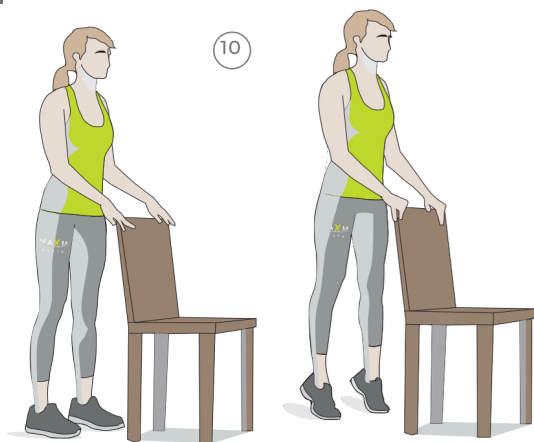
**SUPPORTED SINGLE  
LEG BALANCE**

**TWICE DAILY**

**3 sets  
x 30 sec**  
holds

A

ACTIVE STAGE 2 - WEEKS 3-4



SUPPORTED STANDING  
HEEL RAISE



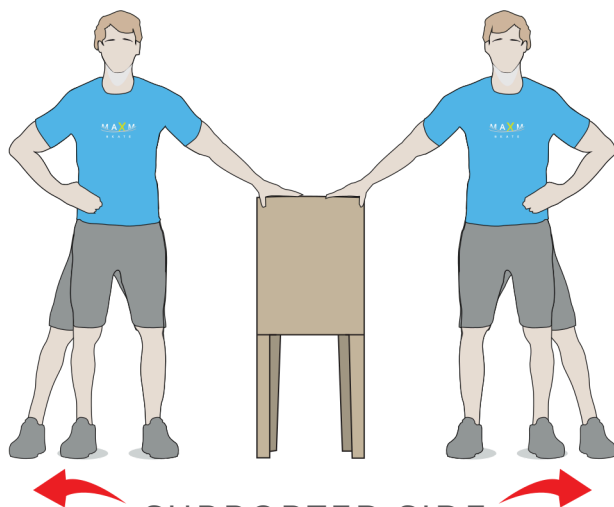
STANDING SUPPORTED  
HAMSTRING CURL

TWICE DAILY

3 sets  
x 15 reps  
with 1 second hold

TWICE DAILY

3 sets  
x 10 reps  
with 1 second hold



SUPPORTED SIDE  
STEP DRILL

TWICE DAILY

3 sets  
x 5 reps  
each side



## WALKING TARGET

Ensure walking surface is  
smooth, even & dry.

WEEKS 3 - 4

10 MINUTES  
TWICE PER DAY

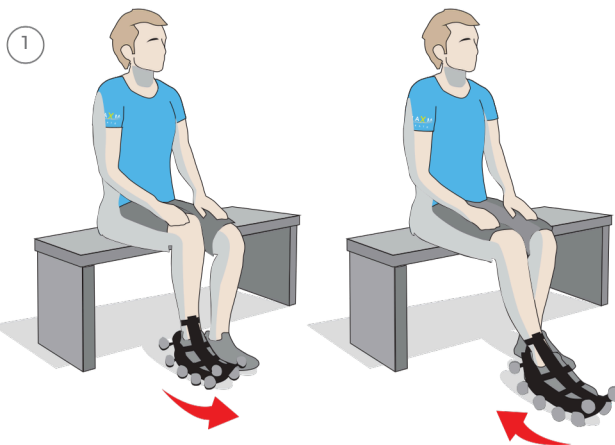


## EXTENSION

STAGE 3  
WEEKS 5 - 8



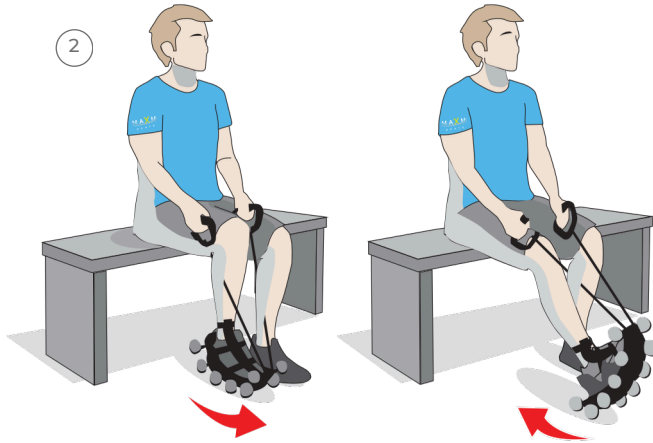
EXTENSION STAGE 3 - WEEKS 5-8



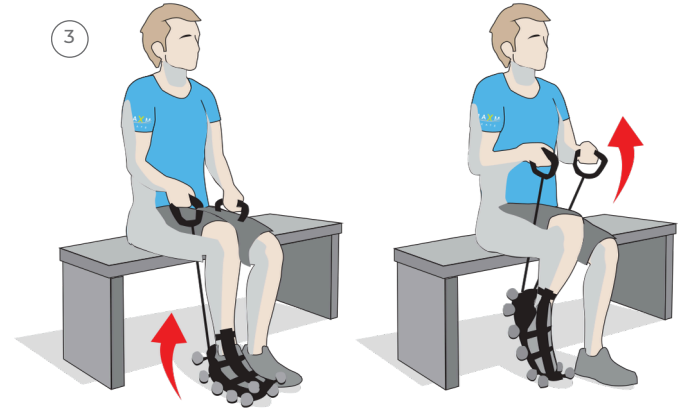
FLAT SKATE

TWICE DAILY

1 set  
x 40 reps



EXTENSION SKATE



FLEXION SKATE

TWICE DAILY

3 sets  
x 15 reps

with 2 second hold

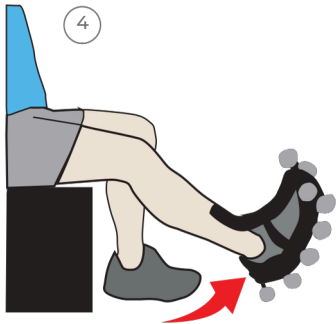
TWICE DAILY

3 sets  
x 15 reps

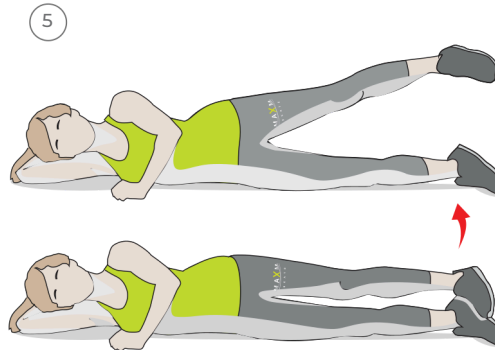
with 2 second hold



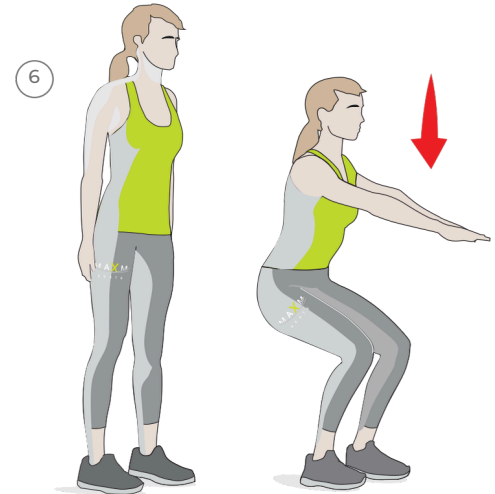
## EXTENSION STAGE 3 - WEEKS 5-8



SKATE LIFT  
OFFS



HIP ABDUCTION (SIDE LYING)



DOUBLE LEG 1/2 SQUAT

TWICE DAILY

3 sets  
x 10 reps

with 2 seconds hold

TWICE DAILY

3 sets  
x 10 reps

each side

TWICE DAILY

3 sets  
x 15 reps

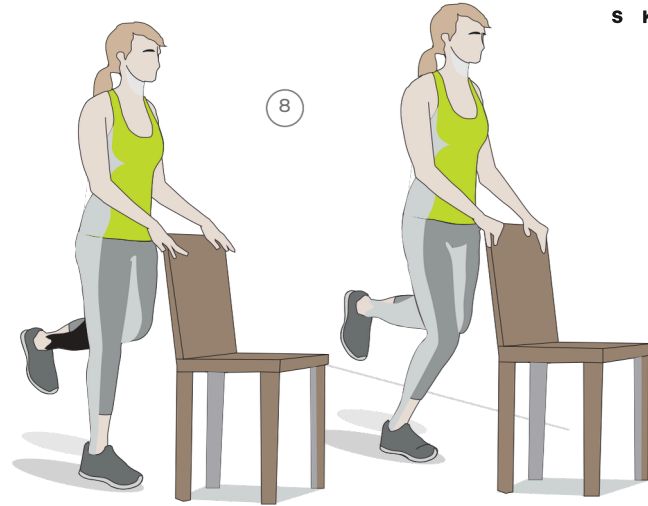
with 2 seconds hold



SINGLE LEG BALANCE

TWICE DAILY

3 sets  
x 30 sec  
each leg



SUPPORTED SINGLE LEG  
KNEE BEND

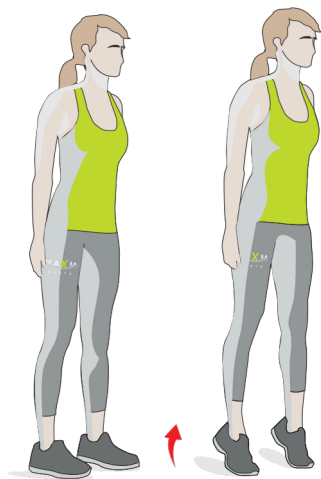
TWICE DAILY

3 sets  
x 5 reps  
with 1 seconds hold

X

## EXTENSION STAGE 3 - WEEKS 5-8

9

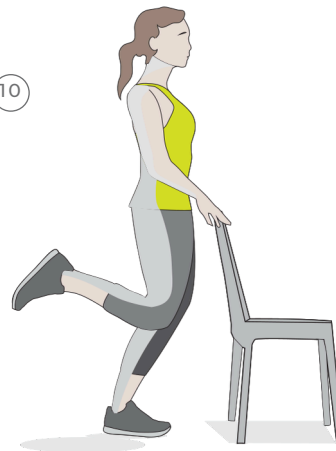


STANDING HEEL RAISE

TWICE DAILY

3 sets  
x 15 reps

10



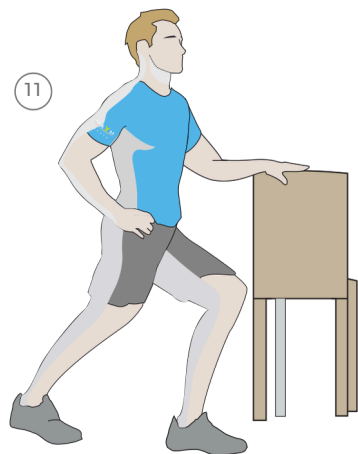
STANDING SUPPORTED  
HAMSTRING CURL

TWICE DAILY

3 sets  
x 15 reps

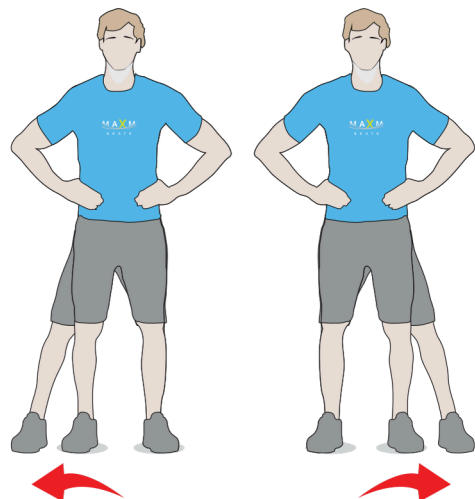
with 1 seconds hold

11



SUPPORTED LUNGES

12



SIDE STEP DRILL

TWICE DAILY

3 sets  
x 5 reps

each side

TWICE DAILY

3 sets  
x 5 reps

each side



## WALKING TARGET

Ensure walking surface is  
smooth, even & dry.

WEEKS 5 - 8

15 MINUTES  
TWICE PER DAY

M

## MAXIMUM

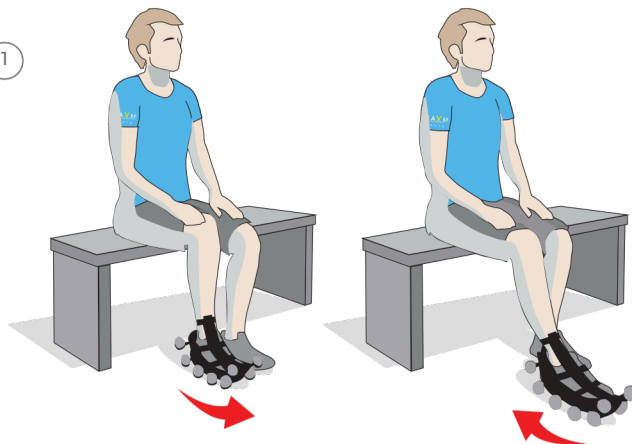
STAGE 4

WEEKS 9-12

M

MAXIMUM STAGE 4 - WEEKS 9-12

1

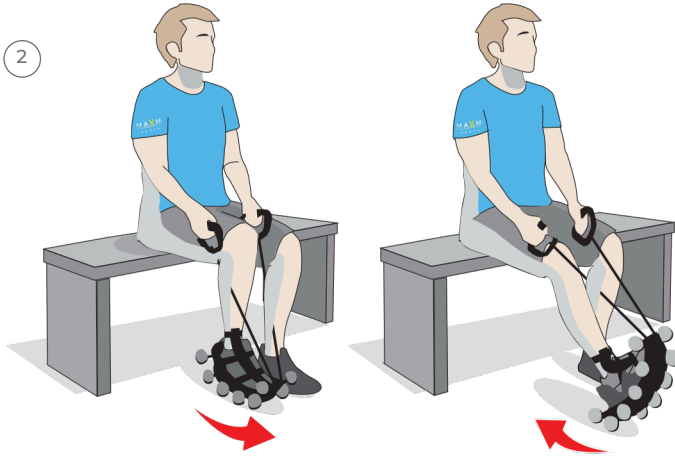


FLAT SKATE

TWICE DAILY

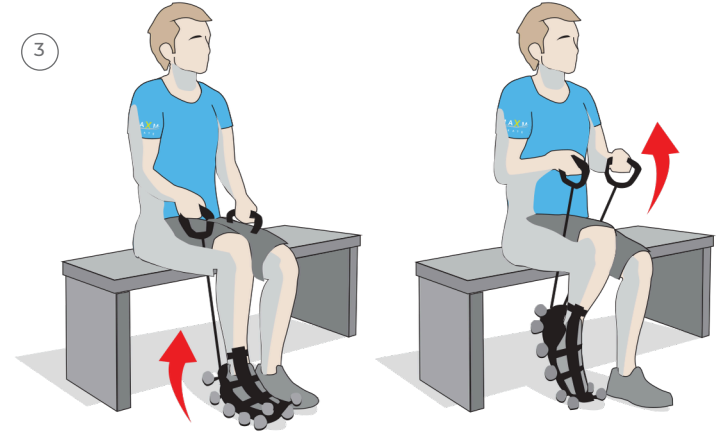
1 set  
x 40 reps

2



EXTENSION SKATE

3



FLEXION SKATE

TWICE DAILY

1 sets  
x 15 sec  
with 2 seconds hold

TWICE DAILY

1 sets  
x 15 reps  
with 2 seconds hold

M

MAXIMUM STAGE 4 - WEEKS 9-12

4



RESISTED EXTENSION SKATE

5



RESISTED FLEXION SKATE

TWICE DAILY

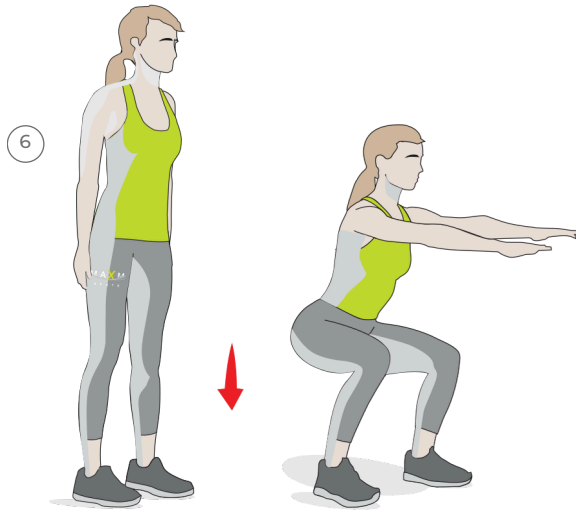
3 sets  
x 10 reps

with 2 seconds hold

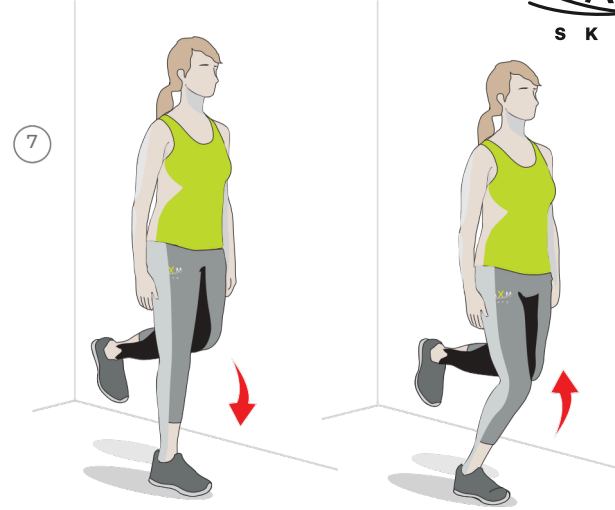
TWICE DAILY

3 sets  
x 10 reps

with 2 seconds hold



DOUBLE LEG SQUAT



SINGLE LEG BEND

TWICE DAILY

3 sets  
x 15 reps

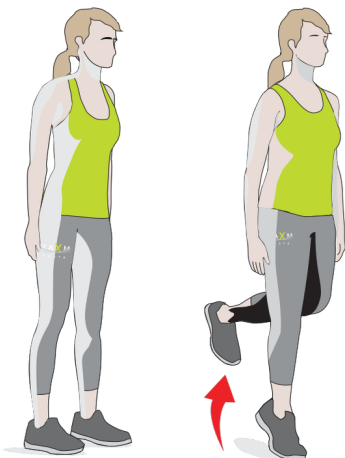
TWICE DAILY

3 sets  
x 5 reps

M

MAXIMUM STAGE 4 - WEEKS 9-12

8

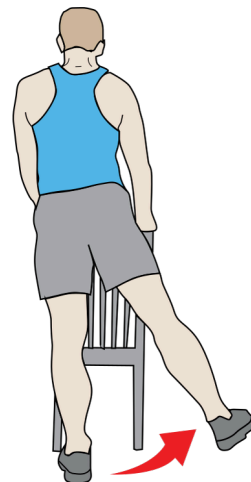


SINGLE LEG HEEL RAISE

TWICE DAILY

3 sets  
x 10 reps

9

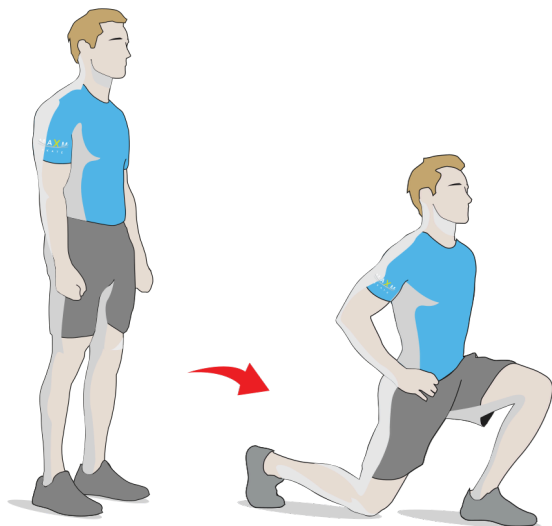


STANDING HIP ABDUCTION

TWICE DAILY

3 sets  
x 10 reps  
each side

10



LUNGES

TWICE DAILY

3 sets  
x 5 reps  
each side




















## WALKING TARGET

Ensure walking surface is  
smooth, even & dry.

WEEKS 9 - 12

20 MINUTES  
TWICE PER DAY

| SYMBOL   | TITLE                                   | DESCRIPTION  |
|--|---|--|
|    | Manufacturer                            | The medical device manufacturer  |
|    | Catalogue number                        | The manufacturer's catalogue number  |
|    | Refer to instruction manual             | The instruction manual booklet must be read                                      |
|    | Batch Code                              | The number or lot number   |
|    | Non-ionising electro magnetic radiation | A bluetooth device emitting low levels of non-ionising electromagnetic radiation |
|    | Serial number                           | The manufacturer's serial number   |
|    | Do not use if packaging is damaged      | The medical device must not be used if the package has been damaged or opened    |
|    | Keep dry                                | The transport package shall be kept way from rain and in dry conditions          |
|    | Temperature limits                      | The maximum and minimum temperature limits at which the device shall be stored   |
|    | Date of manufacturer                    | The manufacturer's catalogue number  |
|    | Caution                                 | Caution is necessary when operating the device                                   |
|    | Direct Current                          | Equipment is suitable for direct current only                                    |
|    | Maximum Altitude                        | The Sensor is intended to be usable upto the maximum altitude 3000m              |
|    | Humidity Limitation                     | The acceptable upper & lower limits of relative humidity for transport & storage |
| IP22   | IP22                                    | Ingress Protection   |
|    | Atmospheric Pressure Limitations        | To indicate the upper & lower limits of atmospheric for transport & storage      |
|    | Type B applied part                     | A type B applied part complying with IEC 60601-1                                 |
|  | Read Operator's Manual                  | Manual containing instructions for operating the device                          |

## SENSOR TECHNICAL INFORMATION

### ENVIRONMENTAL REQUIREMENTS

Maximum altitude for operation, storage & transport: 3000 metres

### OPERATION & STORAGE CONDITION

Operation Temperature: 10°C - 30°C

Storage Temperature: 10°C - 35°C

Humidity Range: 10% r.h to 85% r.h,

Non condensing

### OPERATION, STORAGE & TRANSPORT

### ATMOSPHERIC PRESSURE LIMITATION

70kPa to 106kPa

### TRANSPORT CONDITION

Temperature: 0 - 45°C

Humidity Range: 10% r.h to 85% r.h,

Non condensing

### ELECTRICAL TECHNICAL INFORMATION

Rating: Nominal Capacity 950mAh

Nominal Voltage 3.7V

### DISPOSAL OF WASTE

When the device reaches its end of life, contact your local reseller or local authorities for the correct method of disposal.

### SENSOR INFORMATION

Maximum Battery Recharge Cycles: 500

Insure sensor is sufficiently charged before the start of the exercise

### SENSOR SIZE & WEIGHT

Size: 45mm W x 80mm L x 13mm D

weight: 80 grams

IP Rating: IP22

User Manual Part Number:

CRO-PM-06539-v07

## WARNINGS

- Never stand while the MAXM Skate is attached to your foot.
- Adjust the MAXM Skate length with care to avoid pinching your fingers or hand.
- Stop and seek advice if you are experiencing any increase in pain, particularly if not settling.
- Do not use or wear the sensor when charging.
- The device is not intended to be worn in wet environments as it is NOT waterproof.
- Use only an IEC 60601 compliant power adapter to charge the Sensor

## LIMITATIONS OF USE

- Do not use the MAXM Skate on broken skin.
- The MAXM Skate can withstand a maximum weight of 120 kg.
- Only use the MAXM Skate as described in this user manual.
- Consult your health professional if you have any questions.

## CLEANING

- Clean the MAXM Skate with standard household detergents (non bleach).
- Clean the MAXM strap handles with standard household detergents (non bleach).
- Clean the Sensor with a dry cloth.

(Contact your healthcare professional or MAXM SKATE representative for any issues.)

### MODEL NUMBERS

SKATE FG06501

SENSOR FG06502

APPLICATION SOFTWARE FG06503

### AUSTRALIAN SPONSOR

Actis Medical

Unit 1/18 Dequetteville Terrace,  
Kent Town, SA, 5067, Australia

### MANUFACTURER

MAXM PTY LTD

Unit 1/18 Dequetteville Terrace,  
Kent Town, SA, 5067, Australia





For more information regarding MAXM setup or the MAXM Program please visit [www.maxm.com.au](http://www.maxm.com.au).