

C-Leg[®]

Goal planning and trial checklist

Congratulations on your upcoming trial of the C-Leg microprocessor knee by Ottobock. Choosing the right prosthetic knee is a significant decision and your trial is one of the most important steps in the process.



How to use this document:

This checklist and goal planning worksheet goes hand in hand with our [Trial Prep video](#) featuring clinical specialist Byron Backus. Watch the video first to get a better understanding of what to expect during your trial. Next, keep yourself organized by using this checklist and goal planning worksheet so you don't forget anything important. We are here to help you prepare for a successful day!

Trial date: _____ Trial location: _____

Goal planning:

Before your trial, take some time to reflect on your prosthetic and lifestyle goals. What would you like to achieve with a new knee? Are there specific daily activities you would like to accomplish with the C-Leg? What limits you from achieving these goals with your current prosthesis? Listing your goals can help direct the trial and make sure you get the opportunity to test these activities with the C-Leg.

Examples: *Goal 1: Walk faster to keep up with my kids*

Goal 2: Walk down the long staircase at work with ease

Goal 1: _____ Goal 4: _____

Goal 2: _____ Goal 5: _____

Goal 3: _____ Goal 6: _____

Trial checklist:

Before your trial

- Work with your prosthetist to ensure you have a well-fitting and comfortable socket.
- Plan to allocate at least two hours for your trial. This will allow your prosthetist time to ensure the best fitting possible, so you get the most accurate feel for the knee.
- Come well hydrated and not hungry.
- Wear shorts. This will make adjustments easier and quicker.
- Bring the shoes you wear most often. If you have other shoes you will wear regularly, bring those too.
- Think about your goals you have listed above and be prepared to share them with your prosthetist. Trial activities may be modified based on what you want to accomplish.
- Bring your energy!

During your trial

With your goals in mind, trial the C-Leg to get the best impression of how the knee will work for your lifestyle and activities. We've listed the most common trial activities below, but feel free to add to this checklist to personalize your trial experience. Make sure you and your prosthetist are both comfortable with the activities you are performing during the trial.

- Walk with the C-Leg at different walking speeds. Think about your daily routine and how you normally walk. In addition to your normal walking speed, take some short, slow steps and take some long, fast steps.
- Go up and down ramps with shallow and steep inclines and go down stairs.
- Sitting. You'll want to ensure the knee provides the comfort you need while both walking and sitting.
- If possible, get outside and experience uneven terrain like grass or gravel.
- If there are limitations with your current prosthesis, test these activities with the C-Leg. For example, try taking a few steps backward with C-Leg.

What other things would you like to experience during the trial?

What questions do you have for your prosthetist?

Example: Can I get the C-Leg wet? How often do I need to charge the C-Leg battery?

Thank you for your interest in the C-Leg microprocessor knee. We hope you find this planning checklist helpful as you prepare for the day of your trial. Contact us at the numbers below if you have any questions.

Own your outcome.