

5) Tension the traction device until the green marking is visible. At this point, the optimum traction acts on the relevant joints. To do this, slide your body backwards. Place a roller cushion (alternatively a regular cushion or rolled-up blanket) under the knee (back of the knee) resulting in a slight bend in the knee joint. An upright sitting position is recommended for the treatment of knee complaints. To treat knee and hip complaints, the upper body can be tilted backwards (30°-40°).



The design of the knee-hip traction device results in simultaneous traction of the knee and hip joints as well as the ankle joint.

Traction therapy is very gentle and has no side effects when used correctly. Only slight discomfort such as soreness in the muscles or tendon areas involved may occur in the first few weeks. If this occurs, the traction load should be reduced slightly (see intended use).

## APPLICATION AND DURATION OF USE

Carry out the therapy for a maximum of 30 minutes at a time. Ideally, the therapy should be carried out daily, but at least five days a week. At the beginning of the treatment, it is advisable to limit the duration of therapy to 15 minutes and increase it slowly. During therapy, the leg should be slightly flexed and extended again approximately every 5 minutes. This leads to the supply of synovial fluid to the joint cartilage. Accompanying therapies should be discussed with the doctor or therapist.

## SPECIFICATIONS

Dimensions of bandage:	appr. 41x26 cm
Dimensions of traction unit:	appr. 17x2,5x2,5 cm
Product weight:	appr. 500 g
Green load range:	appr. 5-7 kg
Max. permitted tensile load:	appr. 9 kg

### Maintenance instructions:

All materials can be cleaned with surface disinfectant, the foot cuff can be cleaned by handwashing.

### Materials:

synthetic leather, neoprene, aluminum, metal spring

### Life time:

3 years - see product sticker on lashing strap

### Disposal instructions:

Foot cuff and fastening strap: residual waste

Traction device: metal waste

*Important! If you notice any damage to the knee-hip traction device, stop using the device immediately and contact the manufacturer. The manufacturer accepts no liability for possible injuries caused by improper use or unauthorized modifications to the traction device. No liability is accepted for damage to objects to which the lashing strap is attached or for any misuse of the product. The instructions for use must be carefully read and understood before using the device.*



Further details and application examples can be found on our homepage [www.pery-mt.at](http://www.pery-mt.at).



TO THE APPLICATION VIDEO



## INFORMATION AND INSTRUCTIONS FOR USE KNEE-HIP TRACTION DEVICE "PERY"



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Medical device  
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*Important! Before using “PERY”, the following information on the safe use of the device must be read and understood.*

### INTENDED USE

The “PERY” knee-hip traction device is a therapeutic training device that can be used independently at home for osteoarthritis of the knee and hip joint. The traction relieves the joint partners, which can lead to pain relief and freedom from symptoms if used regularly. However, it is also recommended for occasional complaints in the knee-hip joint and for the prevention of osteoarthritis. “PERY” can also be used after intense physical activity to speed up recovery and prevent joint pain.

If you have any further questions about using the device, speak to your doctor or therapist or contact the manufacturer. If pain occurs that goes beyond mild muscle soreness or stretching pain, first reduce the traction force and shorten the duration of use. If the discomfort persists, discontinue use. Always consult your doctor or therapist before resuming treatment.

### INDICATIONS (REASONS FOR TREATMENT)

- Complaints in the knee and hip joints, primarily caused by osteoarthritis
- Prevention of osteoarthritis of the knee and hip joints
- Relief of heavily stressed joints, e.g. after sporting activity

### CONTRAINDICATIONS (REASONS FOR EXCLUSION)

- Flu-like infection, fever and other illnesses, including tumors and serious cardiovascular diseases
- Swelling, redness and inflammation of the joints to be treated
- Paralysis of the extremity to be treated (e.g. after a stroke)
- Acute slipped disc or other serious musculoskeletal illnesses
- Joints that have already been operated on - only in consultation with the attending physician.
- Significant osteoporosis in the ankle, knee and hip joints
- Pregnant women should only use Pery after consultation with the treating gynecologist
- If symptoms persist, which go beyond sore muscles or slight stretching pain during or after treatment, treatment should be discontinued
- Children and adolescents under 18 years

### SCOPE OF DELIVERY

- 1) Foot cuff for attachment to the ankle joint



- 2) Traction unit that creates tension on the ankle, knee and hip joint incl. two carabiners



- 3) Lashing strap for attachment to a door (sewn-on black part) or other fixed object

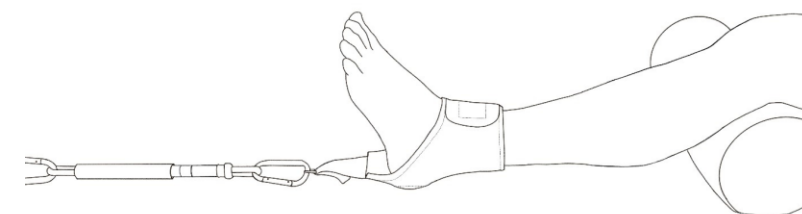


- 4) Instructions for use

### APPLICATION

*Important! Ensure that the individual components are assembled correctly before starting therapy. Assemble them as described below.*

- 1) Attach the lashing strap to a door or a fixed object (couch, wall bars, ...) near a seat with a leg rest.
- 2) Connect the red carabiner of the traction unit to the red lashing strap.
- 3) Now connect the black carabiner to the fastening ring of the foot cuff.



- 4) Place the heel in the recess provided in the foot cuff and close the Velcro fastener tightly around the ankle. The fastening ring points away from the body.

