Quick Guide #1
Getting Started with the C-Leg®

A: Ordering a C-Leg from Ottobock

1. Select a C-Leg
There are two models of the C-Leg: 3C98-2 and 3C88-2. They are identical except the proximal connection. The 3C98-2 has a pyramid proximally and the 3C88-2 has a threaded connection proximally that threads into a 3-prong lamination anchor. The 3C88-2 saves about 11mm of build height between the knee center and the socket.

2. Select a foot
Select the proper size and side for the foot to be used with the C-Leg. There are ten Ottobock feet available for use with the C-Leg:

    1C60 – Triton
    1C61 – Triton Vertical Shock
    1C62 – Triton Harmony®
    1E56 – Axtion®
    1C40 – C-Walk®
    1C31 – Trias⁺
    1D35 – Dynamic Motion
    1A30 – Greissinger Plus
    1D10 – Dynamic
    1E57 – Lo Rider™

Use of any other foot will void the warranty of the C-Leg

3. Select the correct size pylon
There are 5 pylon lengths for the C-Leg. The proper length pylon can be obtained by consulting the C-Leg "wheel". Determine the patient's Knee Center to floor in mm. Reference the chart on the C-Leg wheel to determine foot height. Slide the appropriate arrows on the wheel to the proper positions according to the KC to floor and foot height. The windows on either side of the wheel show the appropriate color-coded pylon to use. For ordering, use the part number (e.g. 2R80=160) listed below the color-coded pylon.

B: Setup in the lab

4. Plug the pylon into the C-Leg
Insert the slotted plug of the pylon cable into the receiver at the bottom of the C-Leg. The plug will "click" into place. Insert the pylon into the C-Leg with the grid facing to the anterior. Make sure that the pylon cable does not get "pinched". Adjust the length by telescoping the pylon in and out to the necessary height. Alternately tighten the two tube clamp screws to 7Nm. **Do not cut the pylon!**

5. Perform bench alignment for the prosthesis
Follow the alignment recommendations of the manufacturer (see the C-Leg manual) to assemble the prosthesis. There is no need to overly stabilize the C-Leg alignment. The stability and reliability of the microprocessor stance control greatly reduces the need for alignment stability.

6. Wake the C-Leg up
Every C-Leg from Ottobock is "asleep" (no charge is being drawn by the microprocessor and other electronic components) and needs to be "woken up". To do this, assemble the charger and plug it into the wall. Next, plug the charger into the C-Leg and wait for it to vibrate. After it has vibrated, unplug the charger from the C-Leg and the C-Leg will beep. After the beep, the C-Leg is ready to be used.

7. Access the C-Soft program
Boot up the computer with either the Bluetooth dongle or programming cable plugged into the computer. Connect the cable to the C-Leg or connect via Bluetooth. Start the Ottobock Data Station. Select "New Patient," enter the patient's information and select "New Job." Enter the user name and password and click "OK." Click on either the "USB" or "Bluetooth" tab depending on the connection type and either use the "Autoconnect" or "Choose Port" option. The C-Leg will beep and vibrate as the computer and knee joint begin communication.

8. Calibration (Zero Setting)
The sensors of the C-Leg need to be calibrated to a zero state. Clicking the "Calibration" button on the C-Soft screen when the knee is in full extension and there is no weight on the prosthesis does this. After clicking on the "Calibration" button, plumb bob icons appear in the Knee Angle and Heel/Toe Load boxes on the C-Soft screen. Whenever the pylon cable is disconnected from the C-Leg, the C-Leg needs to be reset using the "Calibration" button.

Further information on adjusting the C-Leg can be found on the Quick Guide #2 C-Leg Adjustment Overview.