

Two Knee Replacements, Five Years Apart

New Technology at WESTARM Physical Therapy Transformed Sharon's Recovery

Her Story

After years of pain and serious decline in her mobility, Sharon underwent not one, but two knee replacements in five years. As someone who loves spending time outdoors with her dogs and horses, she was determined to be dedicated to her recovery and return to the active lifestyle she cherished.

Following her first knee replacement, Sharon completed her rehabilitation at WESTARM Physical Therapy to ensure she had the best possible recovery. During that time, she struggled with going up and down steps, experienced soreness and pain, and feared falling. While she eventually recovered after a year, the process was long and demanding.



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Her Solution

When it came time for her second knee replacement, Sharon knew she needed a different approach to get back to her active lifestyle. Living in the country, uneven ground, animals, and snow increased her fall risk and heightened the importance of safe, stable walking. This time, the rehabilitation challenges she previously faced were drastically reduced with the help of the L360 Thigh System.

Luke Ladouceur, PT, MSPT, Facility Director of WESTARM Physical Therapy, recommended the L360 to help advance Sharon's recovery because it improves stability and confidence, allowing her to safely challenge her range of motion.

"It was really remarkable, being able to see firsthand the difference the L360 made," Ladouceur explained. "The device activates the muscles that support walking and stability, so patients aren't just practicing movement, they're reinforcing the right movement patterns."



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Her Next Steps

Sharon used the device during physical therapy sessions while practicing everyday activities like walking around her home, navigating stairs, and riding a stationary bike. Over time, she noticed meaningful improvements in both her mobility and confidence.

"Even though this knee replacement was worse than my first one, my recovery was very different, and I was able to do things this time that I couldn't do at the end of rehab before."

Learn more at BionessMedical.com/L360



Individual results may vary. Patients are advised to consult with a qualified physician to determine if this product is right for them.

Indication for Use: The L360 Thigh System is intended to assist knee flexion or extension in adult individuals with muscle weakness related to upper motor neuron disease/injury (e.g., stroke, damage to pathways to the spinal cord). The L360 Thigh System electrically stimulates muscles in the affected leg to provide knee flexion or extension; thus, it also may improve the individual's gait.

The L360 Thigh System may also facilitate muscle re-education, prevent/retard disuse atrophy, maintain or increase joint range of motion, increase local blood flow, provide early post-surgical quadricep and hamstring strengthening, improve post-surgical knee stability secondary to quadricep and hamstring strengthening, and relax muscle spasms.

The L360 Thigh System is contraindicated in patients with a demand-type cardiac pacemaker, defibrillator or any electrical implant. Do not use the system on a leg where metallic implant is directly underneath the electrodes, a cancerous lesion is present or suspected, or on a leg with regional disorder (e.g., fracture or dislocation) which could be adversely affected by motion from the stimulation. Use caution in patients with diagnosed or suspected cardiac problems or epilepsy.

Full prescribing information can be found in product labeling or at <https://bionessmedical.com/l360/safety-information/>.