



*The natural way*

# SISSEL<sup>®</sup> KNEE ROLLER

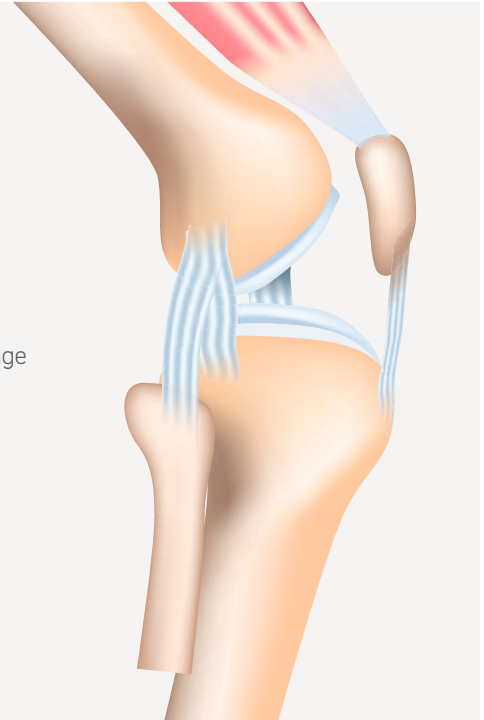
The Future of Knee Rehabilitation

## The Human Knee: Heavily Used, Frequently Treated

The total number of knee replacement operations performed worldwide each year amounts to 3.6 million. Added to this are meniscus operations, cruciate ligament reconstructions, cartilage repair and regeneration procedures, osteotomies, and patella stabilizations.

**All these procedures have one thing in common:**

if the mobility and stability of this complex joint are to be restored, individualized and comprehensive rehabilitation is of central importance.





## The SISSEL® Knee Roller: New Possibilities in Rehabilitation



The unique shape of the KNEE ROLLER is precisely tailored to the shape of the knee and, thanks to its variable curvature with different widths, can be precisely adapted to the individual anatomy of each patient.

The flexible design allows for different exercises to be performed while lying down or standing up. The curved shape ensures guided movement along the leg axis, with the raised outer edges securely stabilizing the structures of the knee.

## The SISSEL® Knee Roller in Detail

- 1 Ergonomic recess with variable width all around
- 2 One-sided curved surface for slight instability during exercises with standing knee roller
- 3 Raised edge for secure guidance along the leg axis



## The SISSEL® Knee Roller in Use

As an approved medical device, the Knee Roller is ideal for early treatment of knee surgery patients – from simple knee arthroscopies to total endoprostheses. Early functional rehabilitation of knee surgery is possible even in the clinic, which benefits the stability of the knee joint. Both isometric and dynamic exercises are possible.

- Improvement of flexion and extension while taking knee stability into account
- Targeted strengthening of the muscles surrounding the knee
- Enables training of the quadriceps from strong flexion, guided in the leg axis and without strain on the knee
- Precise and selective targeting of the four parts of the quadriceps – depending on the exercise
- Extension of the leg axis possible from a higher angle
- Rollability of the Knee Roller enables slow and controlled end extension

## Sample Exercises

Quadriceps training  
(thigh muscles) Strengthening

More exercises available on our  
Youtube-Kanal







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**SISSEL GmbH**

Bruchstr. 48 · 67098 Bad Dürkheim

Deutschland

Phone +49 6322 989 43-0

E-Mail [info@sissel.com](mailto:info@sissel.com)

[sissel.com](http://sissel.com)

## Interested?

Visit our shop and see for yourself the many different ways the Knee Roller can be used!

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