During my time at HAND ERC, I worked with Adafruit microcontrollers connected to load cells to measure forces across different transmission testbeds. Here's the general process I used:

1. **Hardware setup**
    - Ensure the load cells are properly connected to the Adafruit devices.
    - Connect the Adafruit devices to the Teensy.
    - Connect the Teensy to your computer.
2. **Software setup**
    - Set up Visual Studio.
    - Write your calibration code (or use mine).
3. **Calibration process**
    - With no weight on the load cells, record the offset.
    - Place a known weight (e.g., 20 g) on the load cells to calculate the Newton-per-count scaling factor.
4. **Testing**

- Once calibrated, place your transmission module between the two load cells.

- Route a tendon through the system.

- Secure the tendon at both ends of the load cells using a knot or copper crimp.

5. **Data collection**

    - Divide the output force by the input force to calculate the force efficiency.

    - Average as needed to determine the overall force efficiency.

6. **Repeat** as necessary for additional tests.