



Quick Start Guides



WARNING:

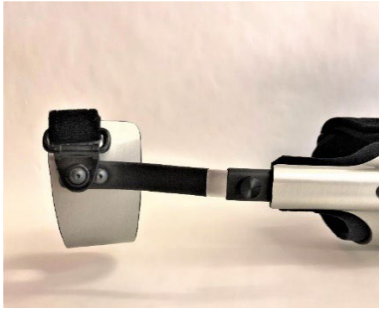
Always read and refer to the user manual for more complete and detailed instruction before using this guide.

MyoPro Quick Start Guide: How to Don Your MyoPro (Motion E & W)

PREPARATION: Ensure that the MyoPro is **POWERED OFF** and open all straps. Sit on a stable chair/surface.

STEP 1: Insert hand into hand shell. Double check hand position.

Motion E



Insert hand into shell and pull it all the way through
Secure palm strap

Check hand and wrist position:

- ✓ Knuckles should be visible
- ✓ Wrist and forearm will be held in “neutral” (thumb pointing towards ceiling)

Motion W

Insert hand into shell and pull it all the way through
Secure palm strap

Check hand and wrist position:

- ✓ Knuckles should be visible
- ✓ Pivot point of wrist joint should align with the anatomical wrist bend

Wrist flexion/extension



How to make adjustments to the 2020 wrist design:



STEP 2 (Motion E & W): Lower wrist and forearm into the MyoPro. Secure forearm strap.



Lower the forearm into the MyoPro



Feed the forearm strap through the D-ring



Tighten the strap

STEP 3 (Motion E & W): Secure upper arm sensor cuff and strap.



BLUE sensor over front of arm (bicep)

RED sensor over back of arm (tricep)



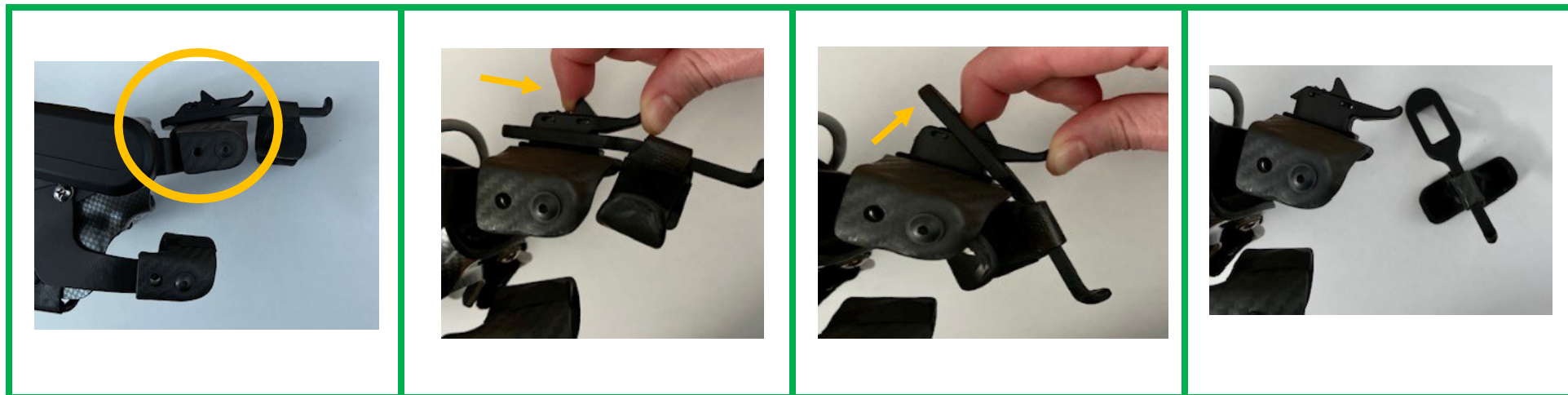
Feed outer strap through D-ring



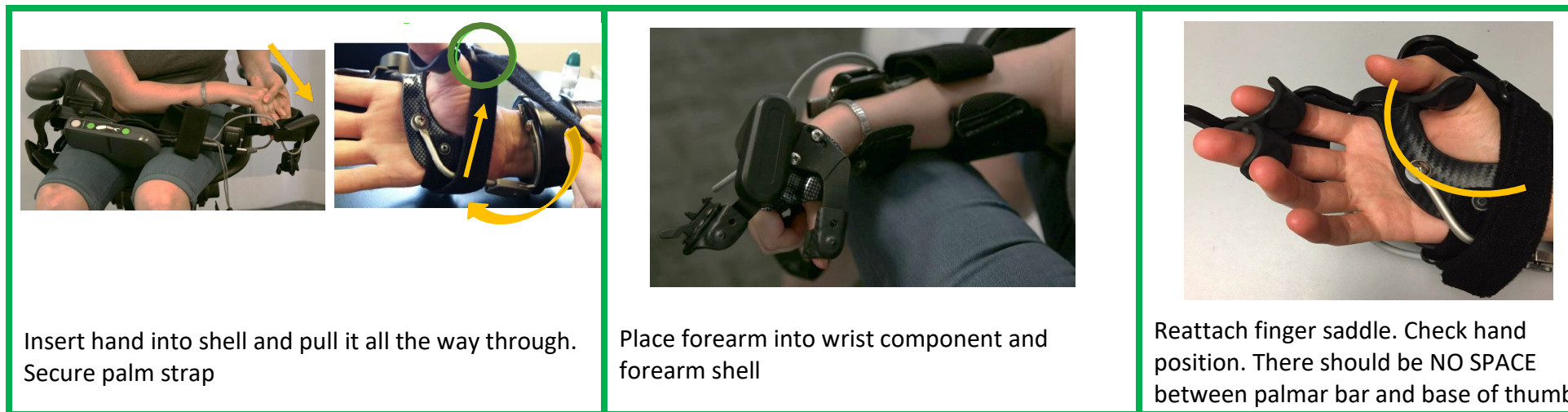
Cuff and straps must be very snug

WARNING: This quick reference guide does not replace the device user manual. Always refer to user manual for more complete and detailed instructions.

PREPARATION: Ensure that the MyoPro is **POWERED OFF**. Remove finger saddle and open all straps.



STEP 1: Insert hand into hand shell. Reattach finger saddle. Double check hand position.



Insert hand into shell and pull it all the way through.
Secure palm strap

Place forearm into wrist component and
forearm shell

Reattach finger saddle. Check hand
position. There should be **NO SPACE**
between palmar bar and base of thumb

STEP 2: Secure forearm strap and push forearm sensor cuff into position



Feed strap through D-ring



GREEN sensor on inside of forearm

YELLOW sensor on outside of forearm

STEP 3: Secure upper arm sensor cuff and strap.



BLUE sensor over front of arm (bicep)

RED sensor over back of arm (tricep)



Feed outer strap through D-ring

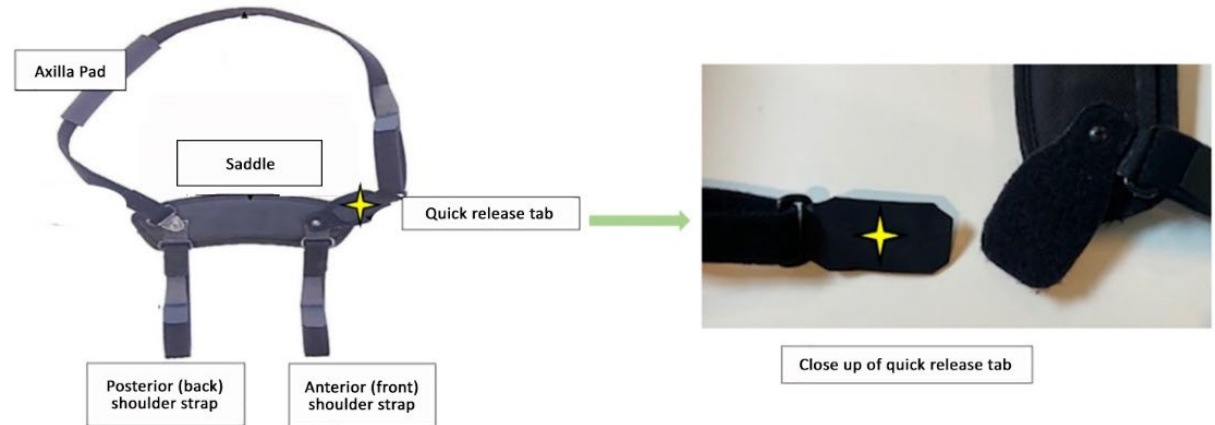


Cuff and straps must be very snug

WARNING: This quick reference guide does not replace the device user manual. Always refer to user manual for more complete and detailed instructions.

MyoPro Quick Start Guide: How to Don Your Harness

PREPARATION: Don your MyoPro first. The quick release tab on the harness (✨) should be disconnected for donning. Do not disconnect the harness from the MyoPro.



HOW TO DON YOUR HARNESS BY YOURSELF:

1.



Raise (abduct) your arm to the side until the harness saddle is positioned in the middle of your shoulder

2.



Clamp the saddle in place with your chin. Keep your shoulder raised to the side. Reach around your back and bring the long strap around your body and under your opposite armpit

Tip: place your arm on a table or armrest if you are unable to lift it yourself

3.



Secure the quick release tab to the saddle

4.



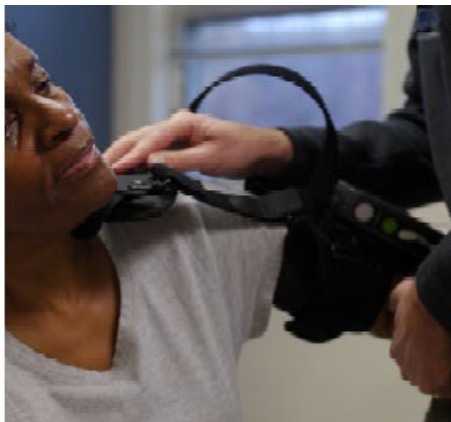
Lower your arm

The straps of the harness should feel taut and you should feel that the harness is suspending the MyoPro on your arm

MyoPro Quick Start Guide: How to Don Your Harness

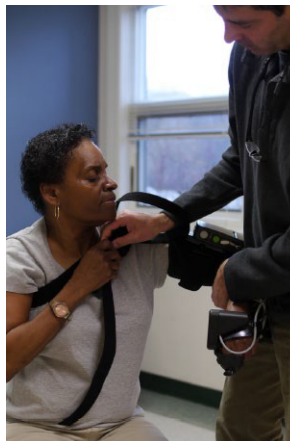
HOW TO DON YOUR HARNESS WITH ASSISTANCE

1.



Caregiver elevates arm until the saddle is positioned in the middle of the shoulder

2.



Keeping the arm elevated and the saddle stabilized, attach the quick release tab to the saddle

3.



Lower the arm
Check that the straps feel taut

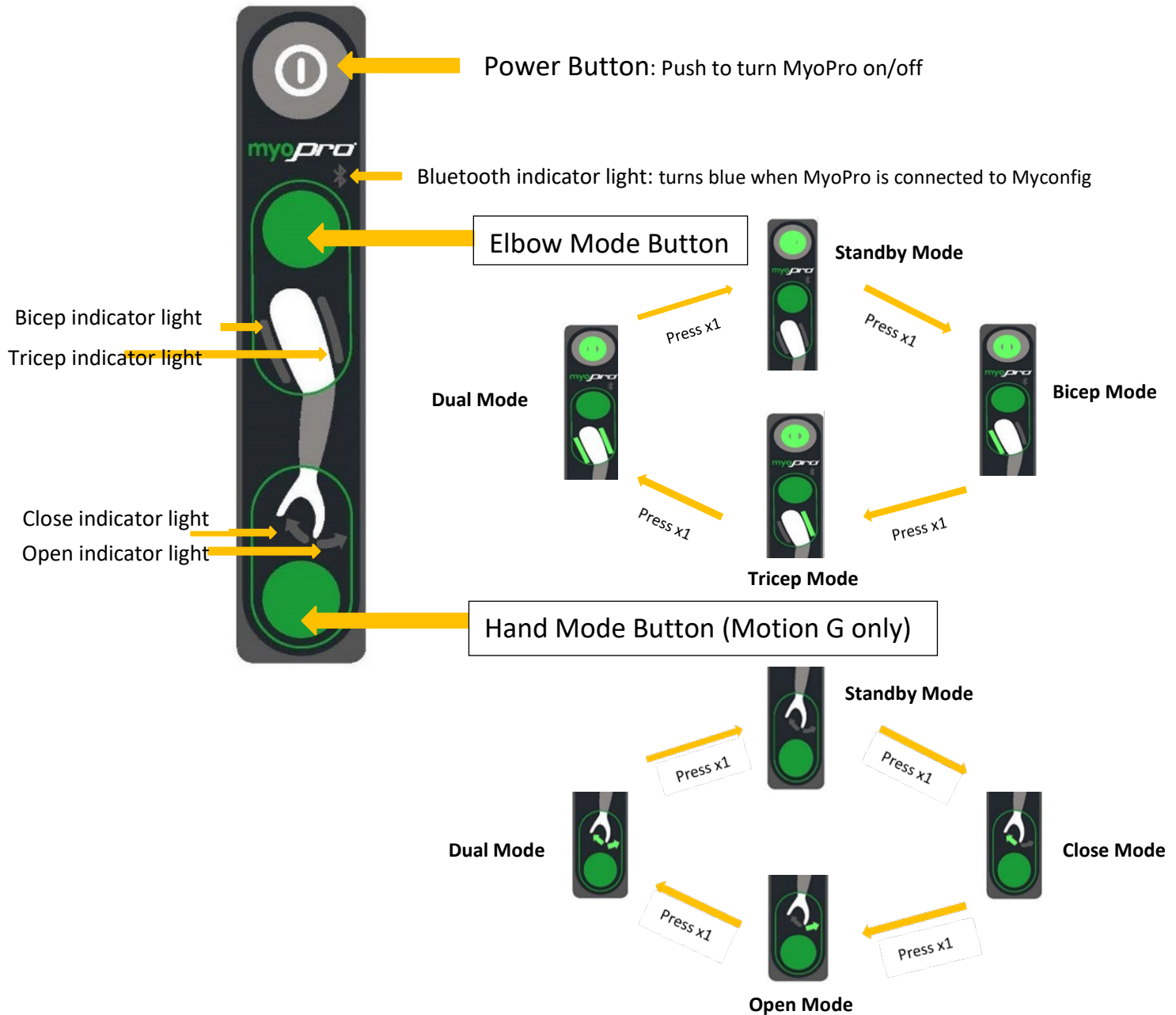


OPTIONAL: ANTI ROTATION STRAP

An additional strap can be added to help keep the user's arm away from their body. This anti-rotation strap starts from the second chafe in the front and attaches to the back strap.



WARNING: This quick reference guide does not replace the device user manual. Always refer to user manual for more complete and detailed instructions.



Standby Mode:














This mode is when the MyoPro has been powered on but neither an elbow nor a hand mode has been selected. **The motor will NOT respond in Standby Mode.**

Return to Standby Mode at any time by pushing the elbow and/or hand mode buttons until indicator lights turn off. Alternatively, the MyoPro can be completely powered off at any time during use.

WARNING: This quick reference guide does not replace the device user manual. Always refer to user manual for more complete and detailed instructions.

If the solutions presented here do not fix your problem, please call Myomo Support: (617) 651 - 0226 or (877) 736 - 9666

Problem	Solution
<p>Issues with the fit of the MyoPro on the arm:</p> <ul style="list-style-type: none"> Fingers falling out of the saddle MyoPro sliding down the arm Discomfort/pressure points 	<p>Make sure the MyoPro has been donned correctly and all joints are aligned and cuffs/straps are snug. Refer to Quick Start donning guides and user manual for detailed instructions.</p> <p>Hand and hand strap routing:</p>  <p>Elbow:</p>  <p>Elbow aligned with MyoPro axis</p> <p>Harness:</p>  <p>Poor Good</p> <p>Contact your O&P provider or your Myomo Regional Manager to address discomfort and any necessary modifications</p>
<p>Jerky or erratic movements</p>	<ul style="list-style-type: none"> Check the fit of the MyoPro on the arm. If the cuffs and straps are too loose, the sensors will lose contact with the skin, causing erratic motion. Jerky motion is common at the start of the training program, especially when practicing muscle relaxation. Consistent practice of proficiency drills and working with a therapist can improve this. Sensitivity is set too high. Settings in MyConfig may need to be adjusted by the therapist/Myomo Regional Manager/ O&P provider.

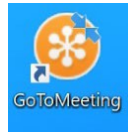
	<ul style="list-style-type: none"> ▪ EMG settling time. If jerkiness is noted when the MyoPro is turned on, there may be noise from static. Return to stand-by mode and stay relaxed for 1 – 2min, then try again.
MyoPro is not moving/responding	<ul style="list-style-type: none"> ▪ Check to see if the MyoPro is in Standby mode. ▪ Sensitivity is set too low or threshold is set too high. Settings in MyConfig may need to be adjusted. ▪ The user should be relaxed when selecting modes. ▪ Make sure the user is activating the right muscle group(s) for the mode. <ul style="list-style-type: none"> BICEP MODE: squeeze bicep to bend, relax to straighten TRICEP MODE: squeeze tricep to straighten, relax to bend DUAL MODE: squeeze bicep to bend, squeeze tricep to straighten CLOSE MODE: squeeze fingers or bend wrist to close, relax to open OPEN MODE: extend fingers or bend wrist back to open, relax to close DUAL MODE: squeeze fingers to close, extend fingers to open ▪ Low battery: indicated by <div data-bbox="690 1024 1541 1222" data-label="Complex-Block"> <div>  <p>100% 75% 50% 25%</p> </div> <div>  Glowing Green  Glowing Yellow  Glowing Red </div> <div> <p>The MyoPro is powered ON, and the battery has greater than 15% charge remaining.</p> <p>The MyoPro is powered ON, and the battery has between 15% and 5% charge remaining.</p> <p>The MyoPro is powered ON, and the battery has less than 5% charge remaining.</p> </div> </div> <p>Push here</p> <p>Color of power button</p> ▪ Sensors need to be wiped or cleaned (clean with alcohol prep pad) ▪ User is perspiring (skin should be clean and dry) If perspiration is a frequent issue, Certain Dri can help. This is found in any drugstore in the deodorant section. Apply lightly, the night before. <div data-bbox="1469 1375 1534 1501" data-label="Image">  </div>
How to charge the battery	<div> <p>Push button to open battery compartment</p> <p>Remove battery, charge on cradle</p> </div> <div>    </div>

WARNING: This quick reference guide does not replace the device user manual. Always refer to user manual for more complete and detailed instructions.

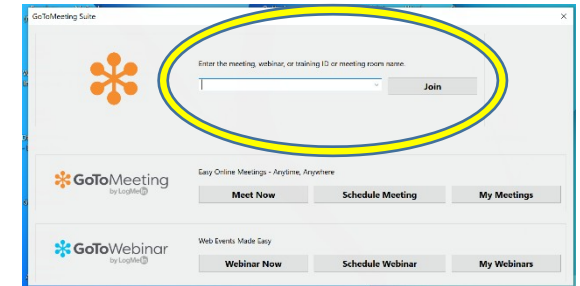
Go-To-Meeting

ON YOUR DESKTOP or TASK BAR (at the bottom of your screen):

Double click on this icon to open Go-To-Meeting



Enter the meeting ID (this ID will have been provided to you in an e-mail from Myomo) and click “JOIN”.



The meeting will start:

1. Click on “camera” to turn it

2. Select an audio source: computer vs phone
If phone, enter the phone number listed and access code

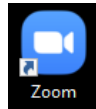
3. Click “ok I’m ready” to join the meeting

The screenshot shows the "Your Meeting has started" window. A yellow arrow points from the "1. Click on camera" box to the "Camera" button. Another yellow arrow points from the "2. Select an audio source" box to the "COMPUTER" and "PHONE" buttons in the "SETTINGS" panel. A third yellow arrow points from the "3. Click ok I'm ready" box to the "OK, I'M READY" button.

Zoom

ON YOUR DESKTOP or TASK BAR (at the bottom of your screen):

1) Double click on this icon to open Zoom



2) Click "JOIN MEETING" (Do not sign in)

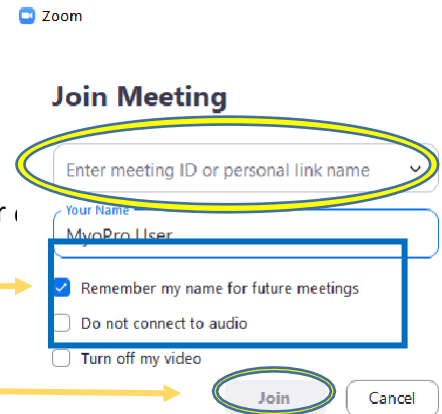


3) Enter the code that you received on your

Telehealth email OR click the link within your

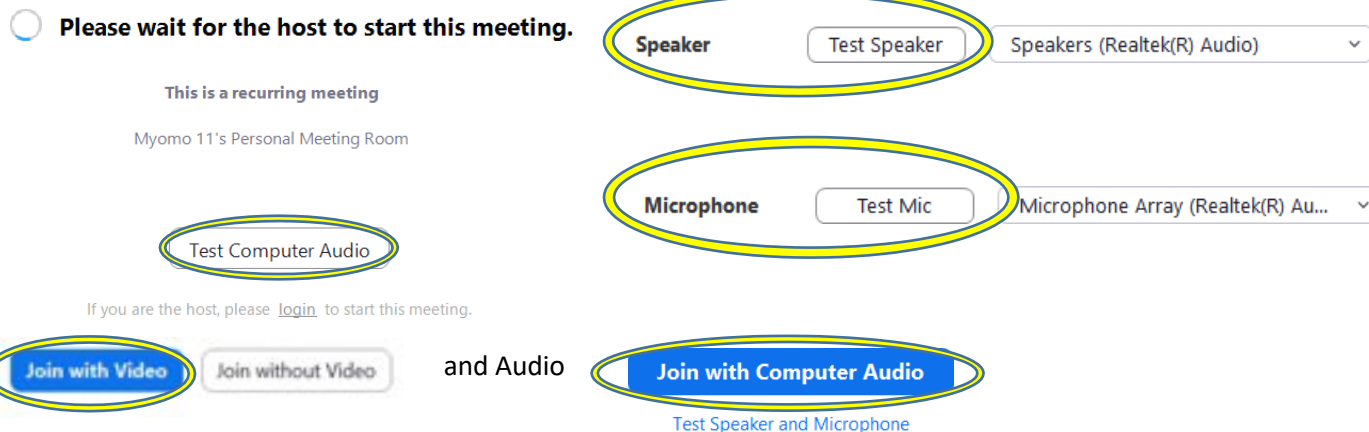
Do not click the box for "Do not connect to audio"
Do not click the box "Turn off my video"

Click "Join"



4) While you wait for the host, test your computer audio

and computer microphone to ensure that it is working.



5) Join Video

and Audio

6) You should then be connected to the Myomo Representative and you will be added to the meeting.

WARNING: This quick reference guide does not replace the device user manual. Always refer to user manual for more complete and detailed instructions.