WARNING:

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

<table>
<thead>
<tr>
<th>Motion E</th>
<th>Motion W</th>
</tr>
</thead>
</table>
| 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). | 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. |

**How to make adjustments to the 2020 wrist design:**

- **Pronation/Supination**
  - Push here
  - Locked
  - Unlocked
  - Lift/open buckle to pronate/supinate
  - Close buckle to lock in desired position

---

**Myomo Inc. | One Broadway 14th Floor | Cambridge, MA 02142**

TEL: 877.736.9666 | www.myomo.com | PN: 27533 | Rev: 001
**STEP 2 (Motion E & W):** Lower wrist and forearm into the MyoPro. Secure forearm strap.

1. Lower the forearm into the MyoPro
2. Feed the forearm strap through the D-ring
3. Tighten the strap

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

1. **BLUE** sensor over front of arm (bicep)
2. **RED** sensor over back of arm (tricep)
3. Feed outer strap through D-ring
4. 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.
**PREPARATION:** Don your MyoPro first. The quick release tab on the harness (点钟) 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
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.
Power Button: Push to turn MyoPro on/off

Bluetooth indicator light: turns blue when MyoPro is connected to Myconfig

Elbow Mode Button

Bicep indicator light
Tricep indicator light

Close indicator light
Open indicator light

Hand Mode Button (Motion G only)

Dual Mode

Tricep Mode

Bicep Mode

Standby Mode

Press x1

Press x1

Press x1

Press x1

Open Mode

Close Mode

Dual Mode

Standby Mode

Press x1

Press x1

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.
<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Issues with the fit of the MyoPro on the arm:</td>
<td>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.</td>
</tr>
<tr>
<td>▪ Fingers falling out of the saddle</td>
<td></td>
</tr>
<tr>
<td>▪ MyoPro sliding down the arm</td>
<td></td>
</tr>
<tr>
<td>▪ Discomfort/pressure points</td>
<td></td>
</tr>
<tr>
<td>Hand and hand strap routing:</td>
<td></td>
</tr>
<tr>
<td>Elbow:</td>
<td></td>
</tr>
<tr>
<td>Elbow aligned with MyoPro axis</td>
<td></td>
</tr>
<tr>
<td>Harness:</td>
<td></td>
</tr>
<tr>
<td>Contact your O&amp;P provider or your Myomo Regional Manager to address discomfort and any necessary modifications</td>
<td></td>
</tr>
<tr>
<td>Jerky or erratic movements</td>
<td></td>
</tr>
<tr>
<td>▪ 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.</td>
<td></td>
</tr>
<tr>
<td>▪ 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.</td>
<td></td>
</tr>
<tr>
<td>▪ Sensitivity is set too high. Settings in MyConfig may need to be adjusted by the therapist/Myomo Regional Manager/ O&amp;P provider.</td>
<td></td>
</tr>
</tbody>
</table>
# MyoPro Quick Start Guide: Troubleshooting

**MyoPro is not moving/responding**

- **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.

- **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.**
  - **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
  - 100%
  - 75%
  - 50%
  - 25%

  **Push here**  
  **Color of power button**

  - Glowing Green: The MyoPro is powered ON, and the battery has greater than 15% charge remaining.
  - Glowing Yellow: The MyoPro is powered ON, and the battery has between 15% and 5% charge remaining.
  - Glowing Red: The MyoPro is powered ON, and the battery has less than 5% charge remaining.

- **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.

---

**How to charge the battery**

- **Push button to open battery compartment**
- **Remove battery, charge on cradle**

---

**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
**MyoPro Quick Start Guide: How to Use Go-To-Meeting & Zoom**

**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 email.

   - Do not click the box for “Do not connect to audio”
   - Do not click the box “Turn off my video”

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.