User Manual Appendix B

myopro 2+ motion g

Operating instructions for MyoPro 2+ Motion G

myomo® my own motion

THIS PAGE IS INTENTIONALLY LEFT BLANK

Contents

THIS PAGE IS INTENTIONALLY LEFT BLANK

MYOPRO 2+ MOTION G COMPONENTS

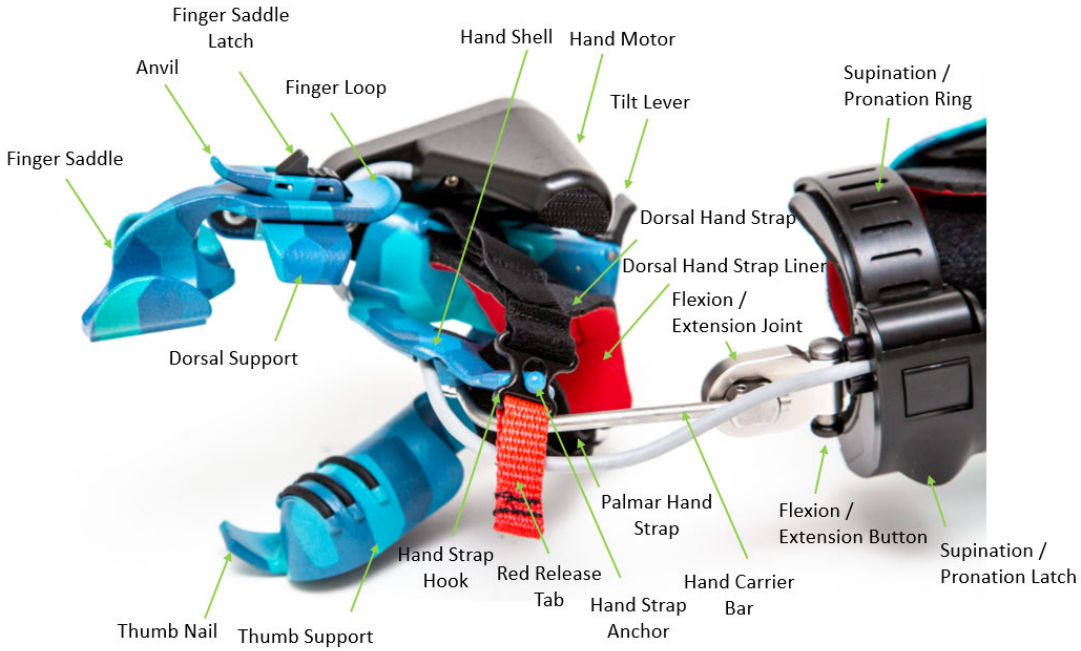
THIS PAGE IS INTENTIONALLY LEFT BLANK

MYOPRO 2+ MOTION G COMPONENTS

Reference the diagram below to understand the various components of your MyoPro 2+ Motion G Orthosis.

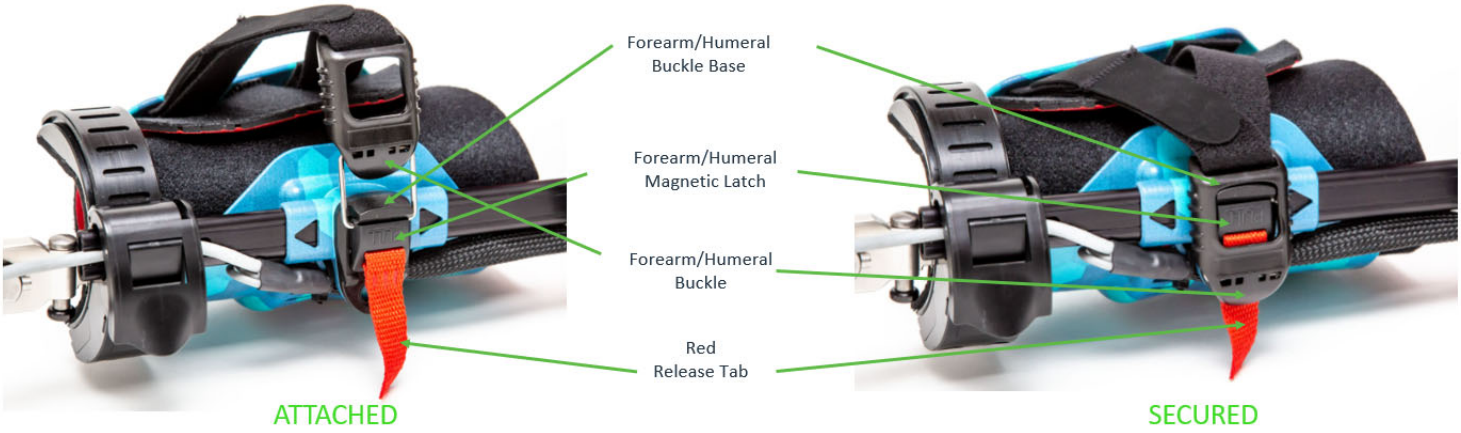
MYOPRO 2+ HAND AND WRIST COMPONENTS

Reference the diagram below to understand the various hand and wrist components of your MyoPro 2+ Motion G Orthosis.



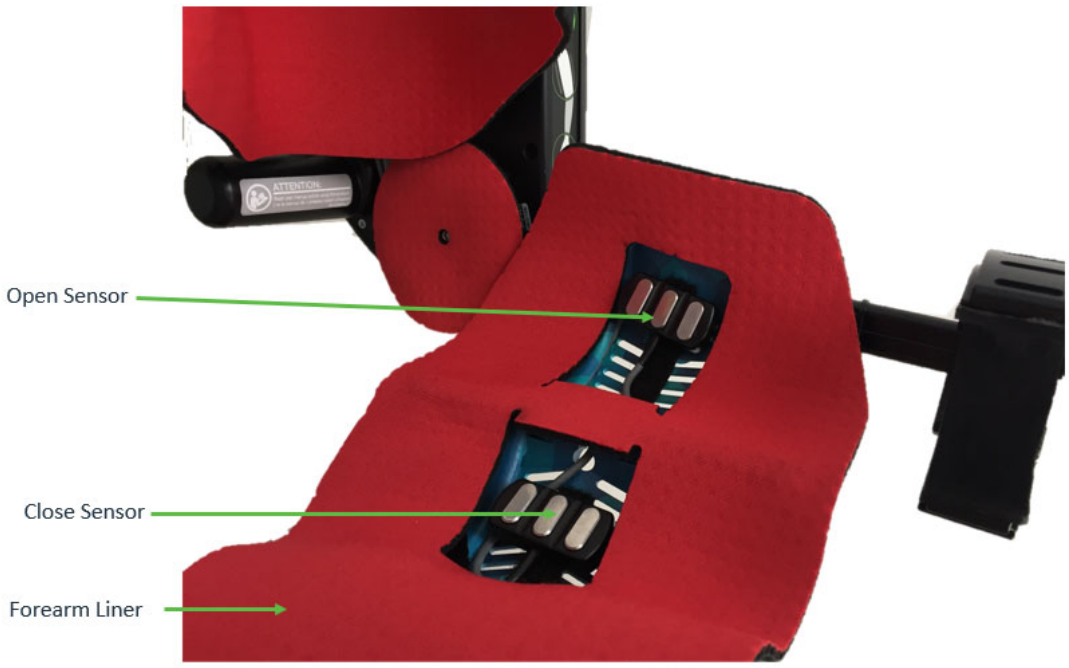
MYOPRO 2+ CLOSURE COMPONENTS

Reference the diagram below to understand the various components related to the MyoPro 2+ *closures* of the *forearm* and *humeral straps*.



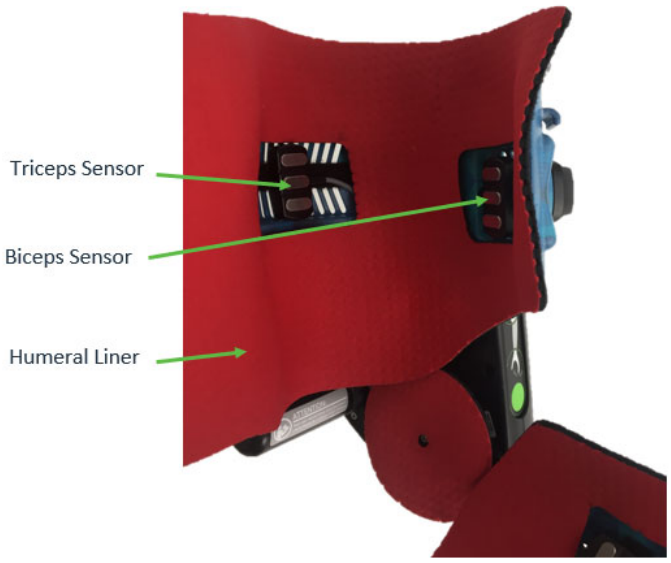
MYOPRO 2+ MOTION G FOREARM SENSORS

Reference the diagram below to understand the various components related to the MyoPro 2+ *forearm sensors*.



MYOPRO 2+ BICEPS & TRICEPS SENSORS

Reference the diagram below to understand the various components related to the MyoPro 2+ *biceps & triceps sensors*.



MYOPRO 2+ CROSS-BODY HARNESS COMPONENTS

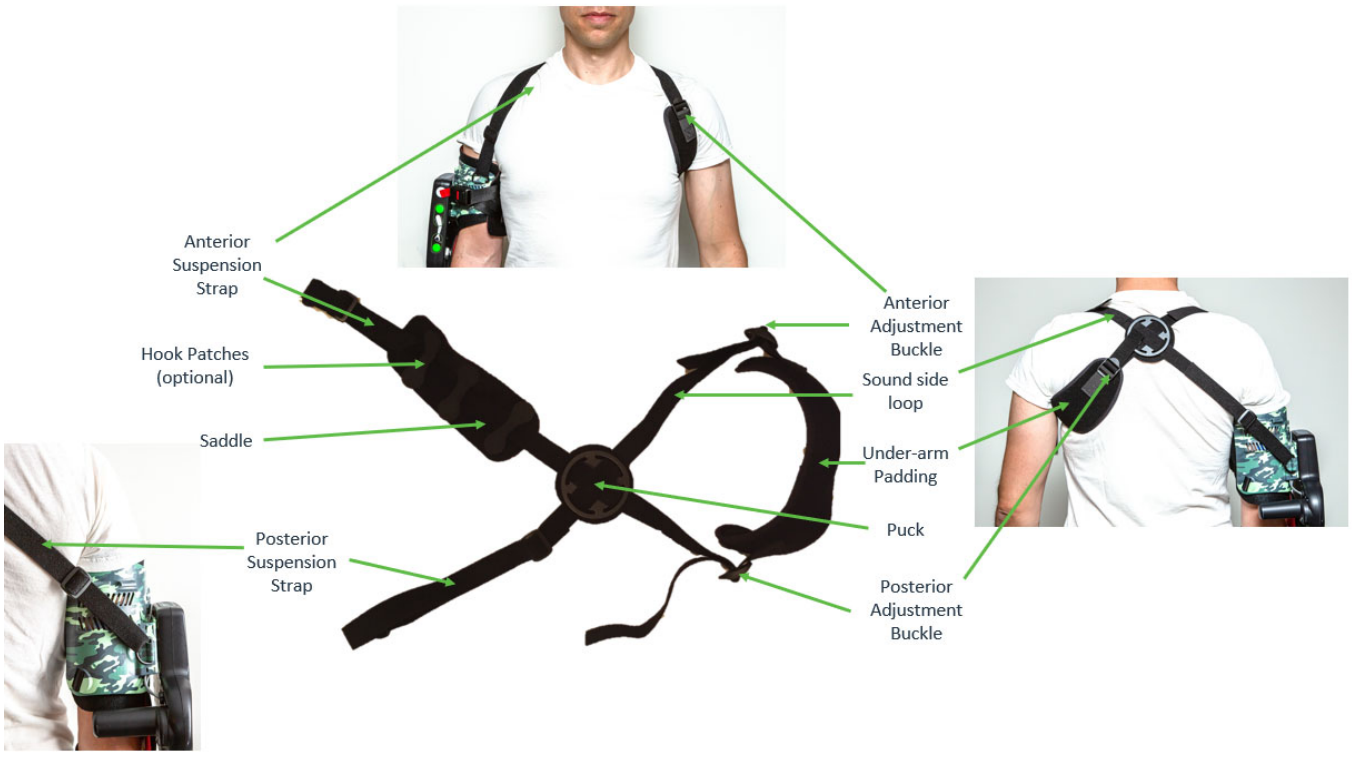
Reference the diagram below to understand the various components related to the MyoPro 2+ *cross-body harness*.

NOTE: Your Provider may have provided you with a harness which differs from the *cross-bosy harness* shown below. If you received a *figure 8 harness* with your MyoPro 2+, refer to *figure 8 harness* components diagram on page 10.

MYOPRO 2+ FIGURE 8 HARNESS COMPONENTS

Reference the diagram below to understand the various components related to the MyoPro 2+ *figure 8 harness*.

- **NOTE**: Your Provider may have provided you with a harness which differs from the *figure 8 harness* shown below. If you received a *cross-body harness* with your MyoPro 2+, refer to *cross-body harness* components diagram on page 9.



MYOPRO 2+ THUMB OPTIONS

Reference the diagram below to understand the two thumb options: *Classic* and *Extended*.

CLASSIC EXTENDED

NOTE: Your Provider will fit you with one of the two thumb types. Please consult with your Provider before switching the thumb.

THIS PAGE IS INTENTIONALLY LEFT BLANK

PUTTING MYOPRO 2+ MOTION G ON (“DONNING”)

THIS PAGE IS INTENTIONALLY LEFT BLANK

The following pages include step-by-step instructions for putting the MyoPro 2+ Model G on, referred to as “donning the MyoPro 2+”.

WARNINGS REVIEW

Before donning the MyoPro 2+ Motion G, review the warnings below:

⚠ **WARNING**: DO NOT expose the MyoPro 2+ to flame or excessive heat; personal injury may occur.

⚠ **WARNING**: The MyoPro 2+ is a prescription device and should only be used as indicated under clinical supervision of a Provider, or after receiving instruction from a clinical Provider for at-home use.

⚠ **WARNING**: The MyoPro 2+ is only to be used by the person for whom it is prescribed.

⚠ **WARNING**: Each component of the device is supplied for safety and best performance. Use all provided components for optimal operation.

⚠ **WARNING**: ONLY use the MyoPro 2+ upper limb orthosis on the prescribed elbow, wrist and hand joints. Each MyoPro 2+ is built specifically for a left arm or a right arm; never wear the MyoPro 2+ on the other arm.

⚠ **WARNING**: Tight straps may restrict the User’s circulation. Therefore, always check that straps are not too tight throughout the User’s range of motion.

⚠ **WARNING**: Do not sleep while wearing the MyoPro 2+ as straps may alter the User’s circulation.

▲ **CAUTION**: If you detect fumes, flames, melting of components around the battery or battery charger, or the device is hot to touch, **TURN THE DEVICE OFF IMMEDIATELY** and contact your Provider.

STEPS FOR PUTTING ON MYOPRO 2+ ORTHOSIS

To ensure proper fit and function, it is essential the MyoPro 2+ is donned (put on) correctly before each use. If the MyoPro 2+ is donned incorrectly, you may experience discomfort, soreness, and/or pain. You may need assistance to don your MyoPro 2+ and if so, whoever assists you should receive training for proper MyoPro 2+ donning.

Myomo offers donning instructional videos for the MyoPro 2+ on its website (www.myomo.com). If you still have difficulty donning the MyoPro 2+, consult with your Provider and/or therapist for tips and strategies specific to your situation.

Consult the illustrations above to reference the individual components of the MyoPro 2+, which are identified as *italicized* words in the following instructions.

Green Arrows ➡ indicate motion

DONNING PREPARATION

Before donning your MyoPro 2+, perform the following steps:

1) Powered-off MyoPro

1. Ensure that the MyoPro 2+ is powered off.

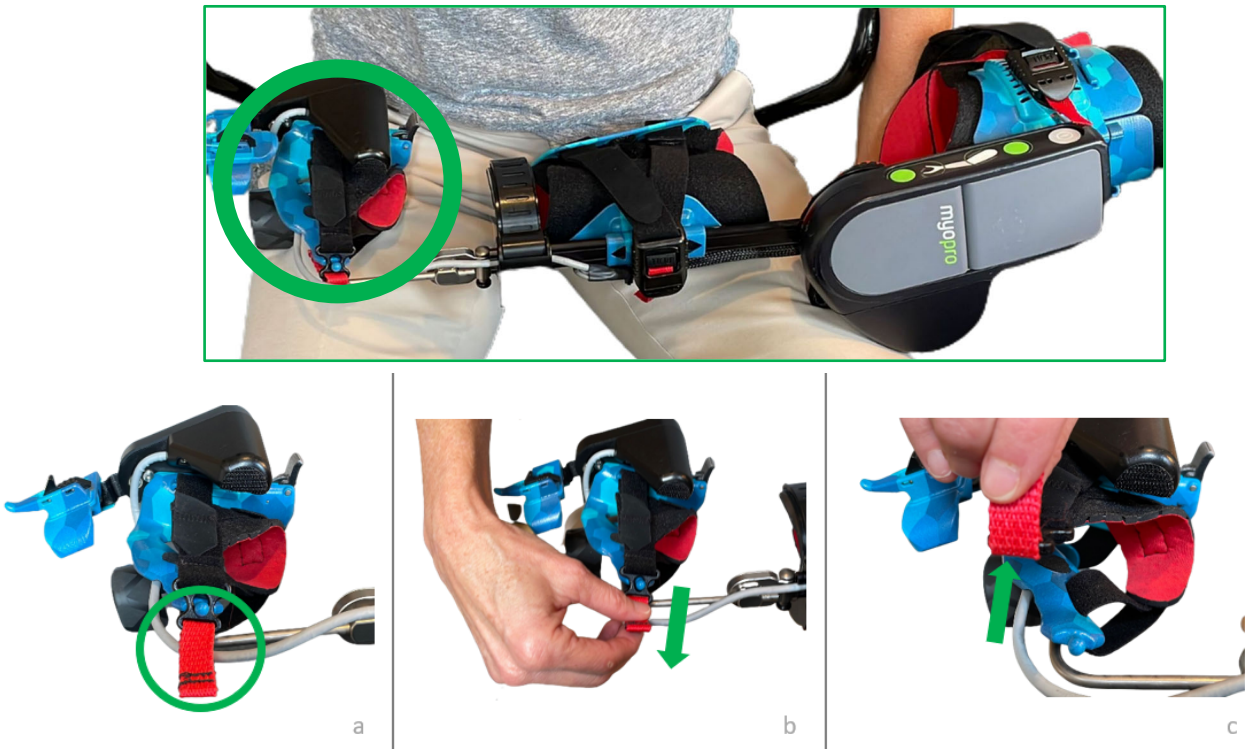
   ⓘ **NOTE**: Pads and straps should be fully air-dried from the previous use.

   ▲ **CAUTION**: Do not use a hairdryer to dry components of the MyoPro 2+.

2. Remove the *finger saddle* from the *anvil*. Simultaneously depress the spring-loaded *finger saddle latch* and remove the *finger saddle* from the *anvil*. First removing the *finger saddle* makes the donning process easier. The *finger saddle* will be re-attached later.

2 Removing the Finger Saddle

3. Loosen the hand strap by removing the hand strap hook from the hand strap anchor by pulling on the *red release tab*.



3 Unfasten the hand strap

4. Rotate the *hand motor* out of the way. Simultaneously depress the *tilt lever* to unlock and lift/rotate the *hand motor* toward the thumb side so it rotates into the open position.

3 Rotate the hand motor

5. Position the wrist *flexion/extension joint* in a neutral position (in-line with the rest of the brace). Unlock the joint by depressing the *flexion/extension button* (the black side of button). Lock the wrist *flexion/extension joint* after positioning in a neutral position.

4 Lock the wrist at neutral

6. Position the wrist *supination/pronation joint* so the *thumb support* points down. The wrist/hand should be in the same horizontal position as if you were holding a bike's handlebars. Unlock the joint by pulling the *supination/pronation latch*. Position the wrist in line with the forearm bar. Secure the *supination/pronation latch* after positioning to lock the wrist joint.

6 Rotate the wrist/hand

7. Completely loosen the *forearm magnetic latch* and the *humeral magnetic latch* by pulling on the *red release tabs*. Open the *humeral* and *forearm shells* with the respective *straps* positioned out of the way .

5 Open the forearm and humeral shells

DONNING INSTRUCTIONS

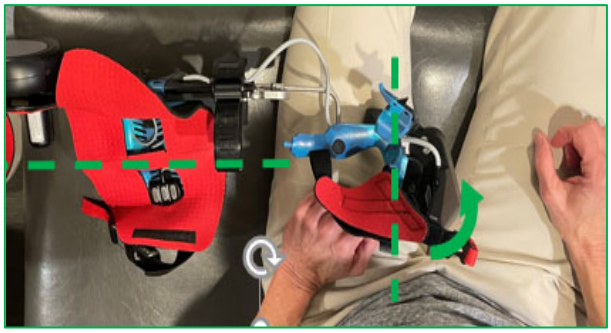
Prep: If you have tone/spasticity in your hand/fingers, it may be beneficial to employ various techniques to relax your wrist flexors/extensor muscles before proceeding with donning. Consult your therapist/physician for tone/spasticity management solutions.

1. When donning, position the MyoPro 2+ on a surface with adequate friction to prevent it moving away from you, such as your lap.

2. Begin by rotating the *hand shell* so the fingers are pointing away from you. This will prevent twisting while trying to don the hand piece, which may stimulate tone .

NOTE: The motor and battery case should rest on the outside of the arm. If the motor and battery case is aligned along the interior of the arm, you may be donning upside down or on the wrong arm.

1 Position the MyoPro across a stable platform



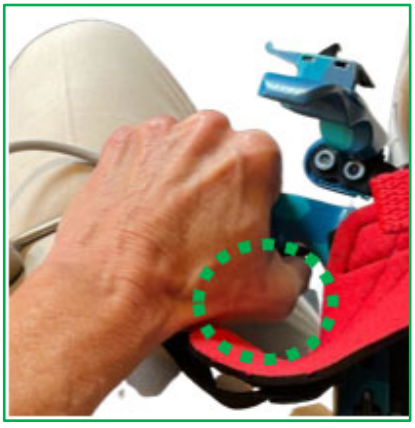
2 Turn hand shell away from body

3. Ensure the *hand motor* and *hand strap* are cleared, reference the preceding pages' steps 3 & 4.

4. Begin by placing your affected hand onto the *hand shell*. It may be easiest to focus on guiding your thumb into the opening indicated in the **step 3 photo**.

5. Position your thumb into the *thumb support*.

1 Hand shell ready to don

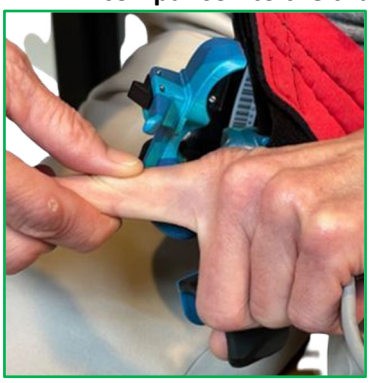


2 Guide the thumb first

3 Move thumb into thumb support

6. If your hand is tight, you will have to uncurl your fingers to pull the hand sufficiently into the hand shell.

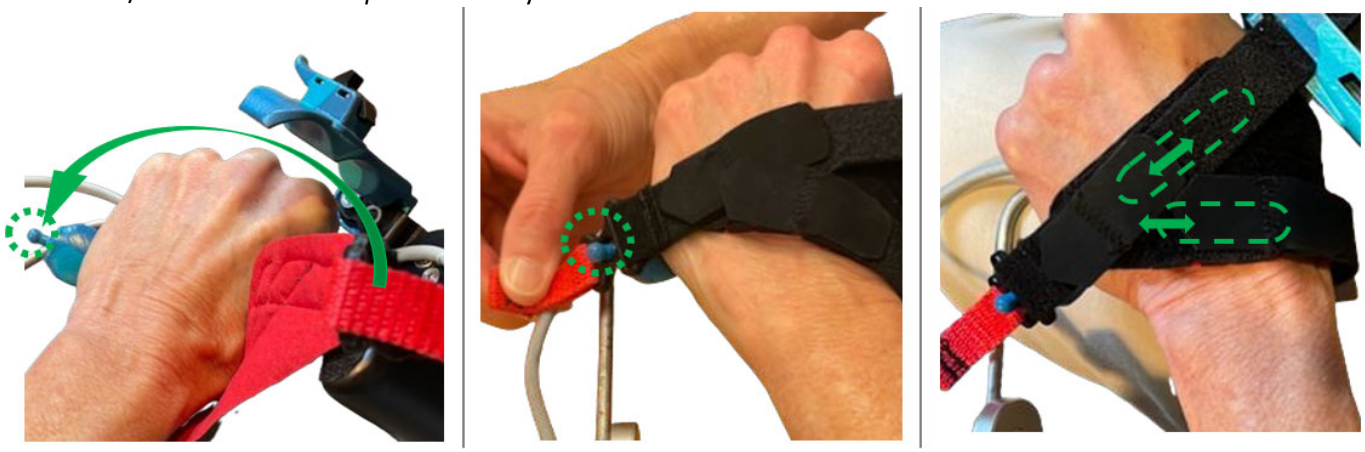
7. Position your hand so the base of the thumb is in full contact with the *hand shell*. **Everything is aligned in comparison to the thumb being fully seated against the hand shell.** The majority of fit issues occur here.



6 Uncurling the fingers over the hand shell

7 Pull the hand so the knuckles are past the plastic, the thumb web space is in contact

8. Secure the *hand strap hook* to the *hand strap anchor*. The hand should be locked in place and unable to remove without releasing the hand strap anchor. If the hand can slip out, tighten the *palmar hand strap* and/or *dorsal hand strap* as necessary.

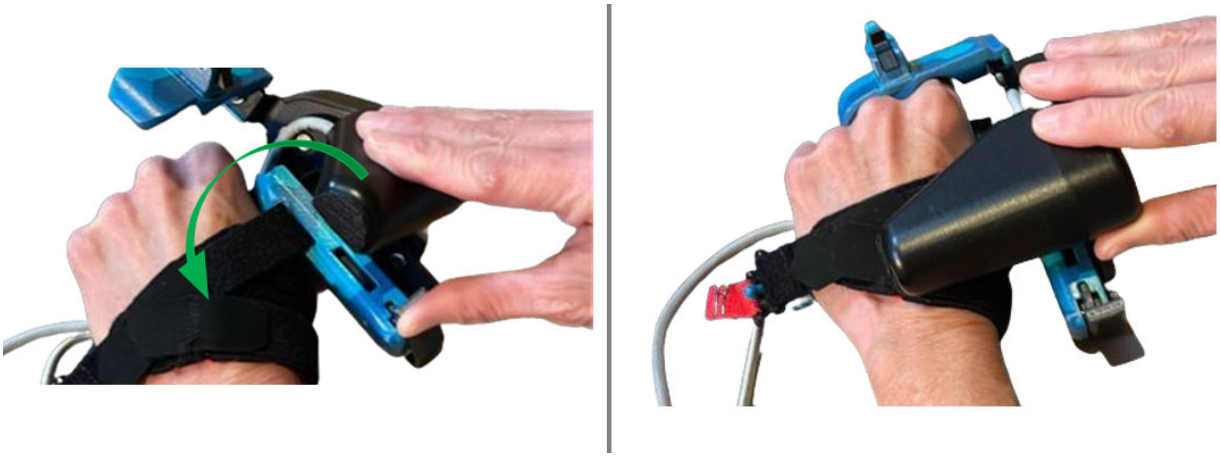


7 Connect the hand strap hook and anchor. Tighten the straps for a very secure fit.

⚠ FIT CHECK ⚠

CONFIRM THE *HAND SHELL* PLASTIC IS AGAINST THE THUMB WEB SPACE AND THAT THE KNUCKLES ARE PAST THE PALMAR CREASE. MAKING CHANGES TO THE FIT OF THE HAND PAST THIS POINT IS IMPOSSIBLE WITHOUT REMOVING THE BRACE AND STARTING OVER. THE HAND SHOULD BE LOCKED IN THE CORRECT POSITION AT THIS POINT.

9. Rotate the *hand motor* back to the position over the back of the hand by depressing the tilt lever and simultaneously rotating the hand motor back to the closed position. The *tilt lever* will toggle when the motor assumes the correct position.

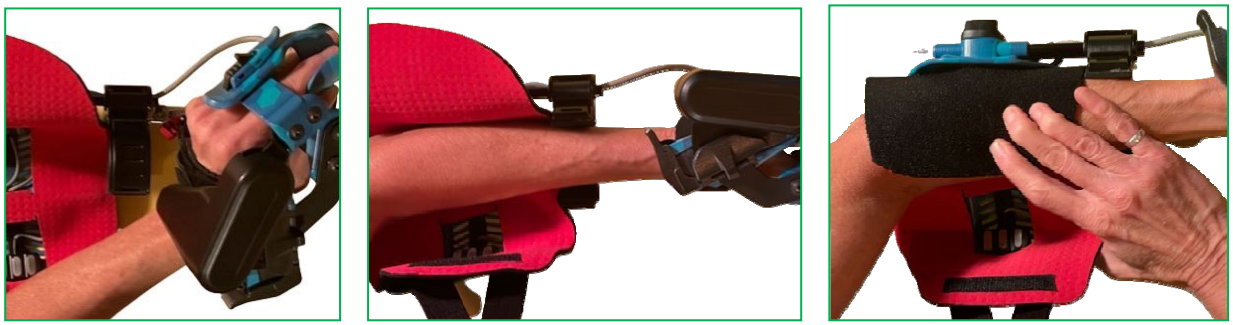


8 Move the hand motor back into place

10. Attach the *finger saddle*. First position the *finger saddle* on the end of your index and middle fingers with the *finger loop* emerging from between your fingers. Then position the *finger loop* around the *anvil*- **you may pull the anvil down towards the loop without damaging the motor**. Push on the back of the *finger loop* while pulling up on the finger saddle. Once the *latch* toggles, the *finger saddle* is locked in place.

10 Place the finger saddle under the fingers, and then lock onto the anvil

11. Secure the *forearm shell*. Velcro the *forearm liner* ends together. Close the *forearm shell* and attach the *forearm magnetic latch* to the *forearm buckle base*. Secure the *forearm strap* completely by closing the *forearm buckle.* Lock the *forearm buckle clasp*.



11.a Rest the forearm into the open forearm shell

11.b Secure Velcro lining, magnetic strapping, and then the clasp

12. Secure the *humeral shell*. Reach under the armpit to grab and then close the Velcro lining with light tension, ensuring the EMG sensors are not covered by the liner. Secure and attach the *humeral magnetic latch* to the *humeral buckle base*. Lock the *humeral buckle clasp*.

12 Close the humeral shell lining, shell, and then magnetic clasp

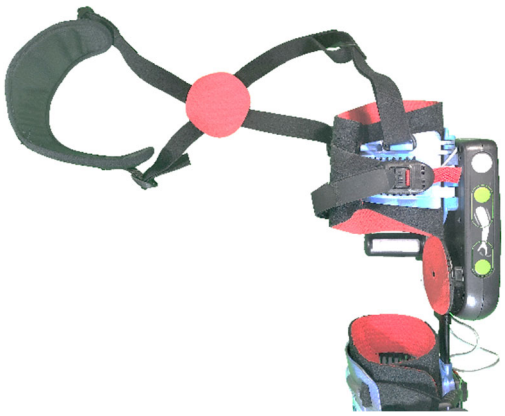
The MyoPro 2+ is now applied. For instructions on donning the harness, please reference the next pages' instructions to determine which harness you are using and the instructions for application.

STEPS FOR PUTTING ON MYOPRO 2+ HARNESS

A harness is provided with the MyoPro 2+. It serves to both protect your shoulder joint and to suspend the MyoPro 2+ in correct position on your arm, so it does not slide off.

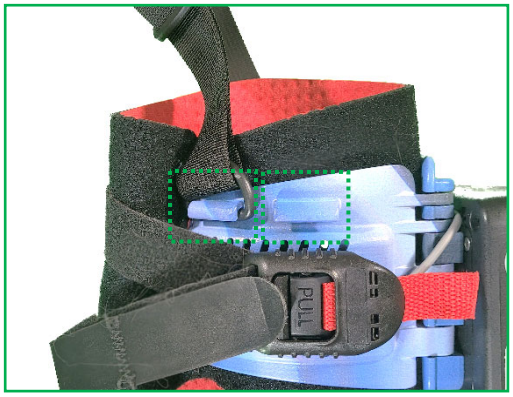
⚠ **WARNING**: A harness should always be worn when the MyoPro 2+ is donned, unless directed otherwise by your physician and/or therapist. Failure to wear a harness may result in shoulder joint discomfort, pain, and/or injury.

The MyoPro 2+ is available with two harness models depicted below. Following the appropriate instructions, depending on which harness model you have.

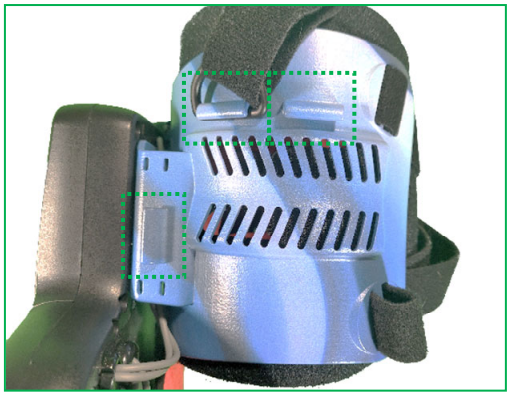
CROSS-BODY HARNESS	*FIGURE 8 HARNESS*
	

HARNESS CLIPS

Having the harness connected to the appropriate retention clip will influence the alignment of the MyoPro 2+. Your clinician will have marked or indicated which combination of retention clips to use for optimal outcomes. Ensure the anterior and posterior retention clips are securely locked in place before donning the harness. Each harness option will use (1) anterior retention clip and (1) posterior retention clip.



Two anterior clip options



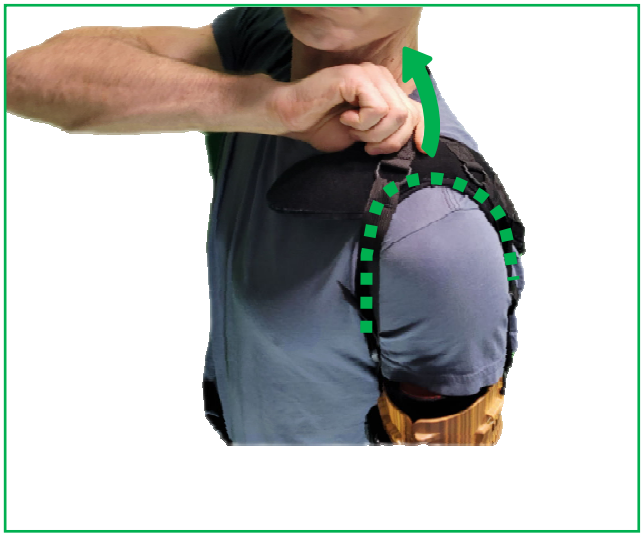
Three posterior clip options

CROSS-BODY HARNESS DONNING

If your MyoPro 2+ was provided with a *figure 8 harness*, skip this section and proceed to the *figure 8 harness* donning instructions in the next section.

For donning the *cross-body harness*, follow the steps below:

1. Place the harness saddle on your shoulder. The suspension straps should straddle your shoulder. The middle of the saddle should be at the midline of the shoulder, touching neither the neck or shoulder joint. You may have to lift your arm out to the side in order to move the saddle into the correct position.



2. Grab the *cross-body strap* behind your back and pull it underneath your armpit on the side opposite the MyoPro 2+. It may help to hold the *saddle* in place with your chin to prevent migration.

3. Secure the *cross-body strap* using the *release tab*. The *saddle* should lay flat against your body. Adjust the angle of the fastened *release tab* to make the *saddle* sit evenly and comfortably. There should be slack in the *finger adjust loop* at this point.

4. Abduct the shoulder with the MyoPro 2+ (lifting it to the side), or use furniture to help lift while pulling the *finger adjust loop* to tension. When your arm returns to your torso, you should feel the tension of the harness saddle on your shoulder, indicating the MyoPro 2+ is suspended from your shoulder girdle, not your shoulder joint. Make minor adjustments to the *finger adjust loop* tension until a good balance is reached between suspension and comfort. The Velcro will secure your tension.

CROSS BODY HARNESS DOFFING:

When doffing the Cross Body Harness, remove the cross body strap by pulling the *release tab from the front portion of the shoulder saddle*.

Note: Do not remove the harness clips from the MyoPro unless you are removing for laundering purposes.

FIGURE 8 HARNESS DONNING

If your MyoPro 2+ was provided with a *cross-body harness*, skip this section and refer to the *cross-body harness* donning instructions in the preceding section.

For donning the *figure 8 harness*, following the steps below:

Orient the harness and check for twists in the strapping. The *puck* has a surface covered in red fabric, while the other surface is an intersection of the strapping. The red surface of the *puck* indicates the side that will lay against your back once the harness is donned, while the straps face away from you.

Method 1 (flexibility-dependent)

1.1 Place the intact-side arm through the *sound side loop* with the fabric of the *puck* facing you.

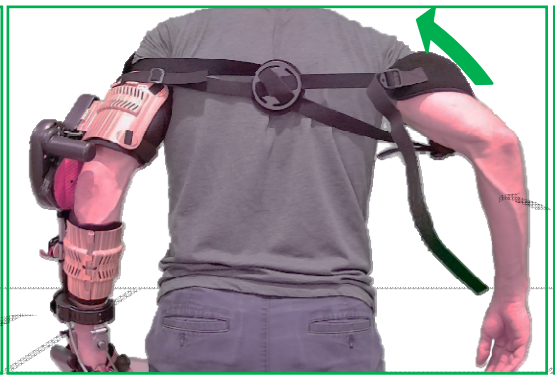
1.2 With your arm against the saddle, lift the harness over and behind your head. Gravity will do most of the work as you let it slide down towards your shoulder. You're done once it's nestled in your axilla (armpit).

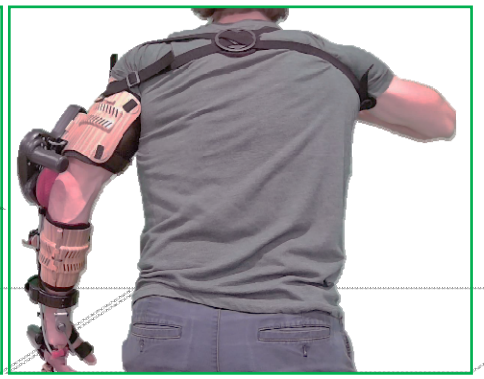
1.3 Adjust the *sound side loop* so it rests between the chest and shoulder, protecting the collar bone. It shouldn't make contact with the neck. The *anterior suspension strap* coming off the front of the MyoPro may require small adjustments to rest similarly.

Method 2 (back-pack method)

2.1 Starting with the harness behind your back, locate the puck using your sound side. Orient the puck so that the fabric side is towards your back, while the straps face away from the you. This will keep the harness oriented in the correct position as you move your hand into the *sound side loop*. Take note that both of the harness straps from the MyoPro begin around the back of the device. The *anterior suspension strap* will be moved into position at the end.

2.2 With the *sound side loop* around your intact-side wrist, begin to wriggle the loop up your arm, towards your shoulder. The final motion will require a shoulder shrug to help the strapping cross your shoulders to the front of your body.





2.3 Adjust the *sound side loop* so it rests between the chest and shoulder, protecting the collar bone. It shouldn't make contact with the neck. The *anterior suspension strap* coming off the front of the MyoPro may require small adjustments to rest similarly.

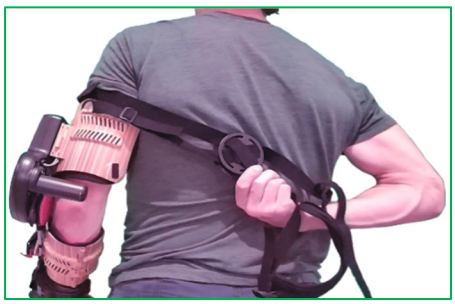
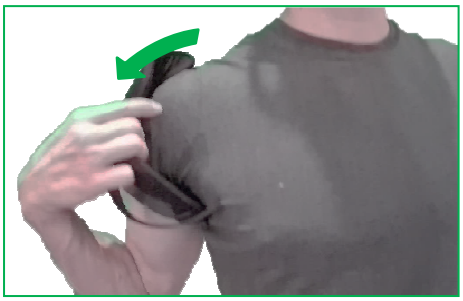


FIGURE 8 HARNESS DOFFING

Slide the *anterior suspension strap* off of the MyoPro-side shoulder. There should then be enough slack to remove the *sound side loop* off the intact side.





Resting your intact arm at your side will allow the *sound side loop* to fall down your arm. It may take minor maneuvering, but once the loop is past your elbow, simply lifting the sound side arm will finish removing the harness.

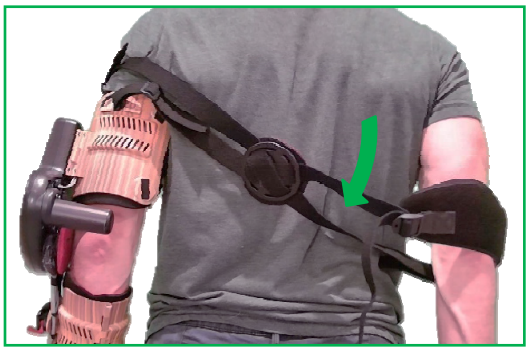
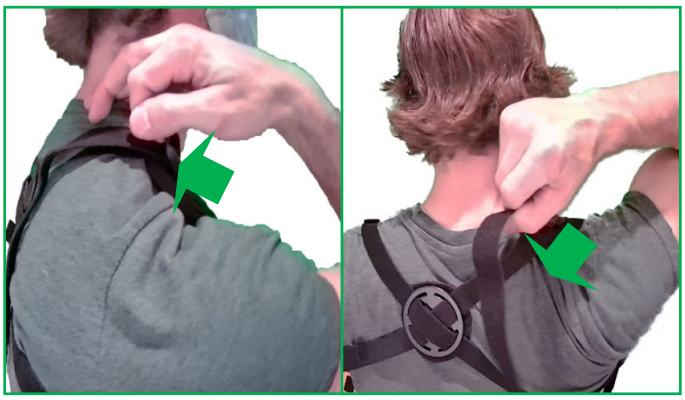


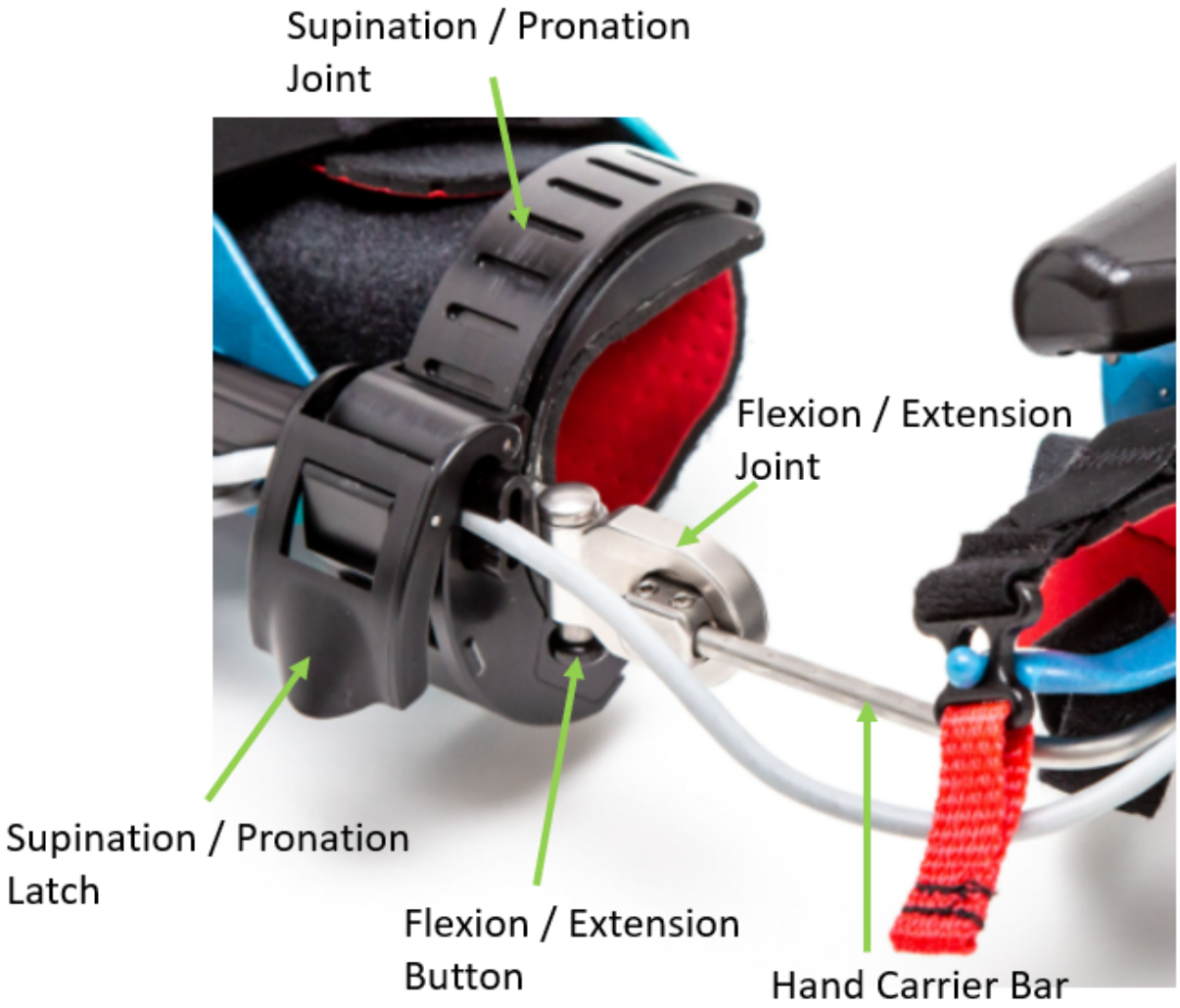

FIGURE 8 ADJUSTMENT

The harness can be made looser by pulling forward on the *anterior adjustment buckle*

The harness can be tightened by pulling back on the *sound side loop* strap that exits the *anterior adjustment buckle*



ADJUSTING WRIST MODULE

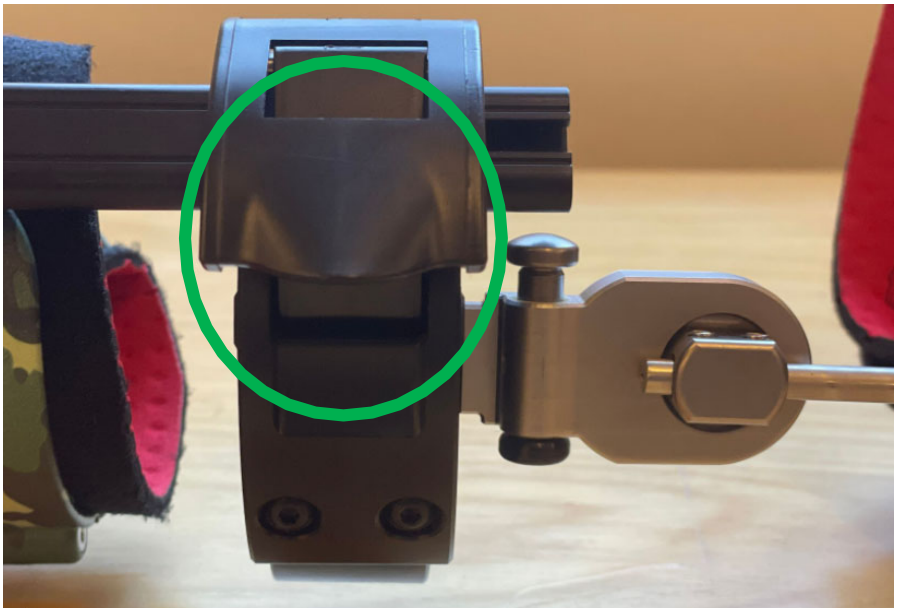


The wrist module position along the user's forearm (proximal-distal) can be adjusted two different ways.

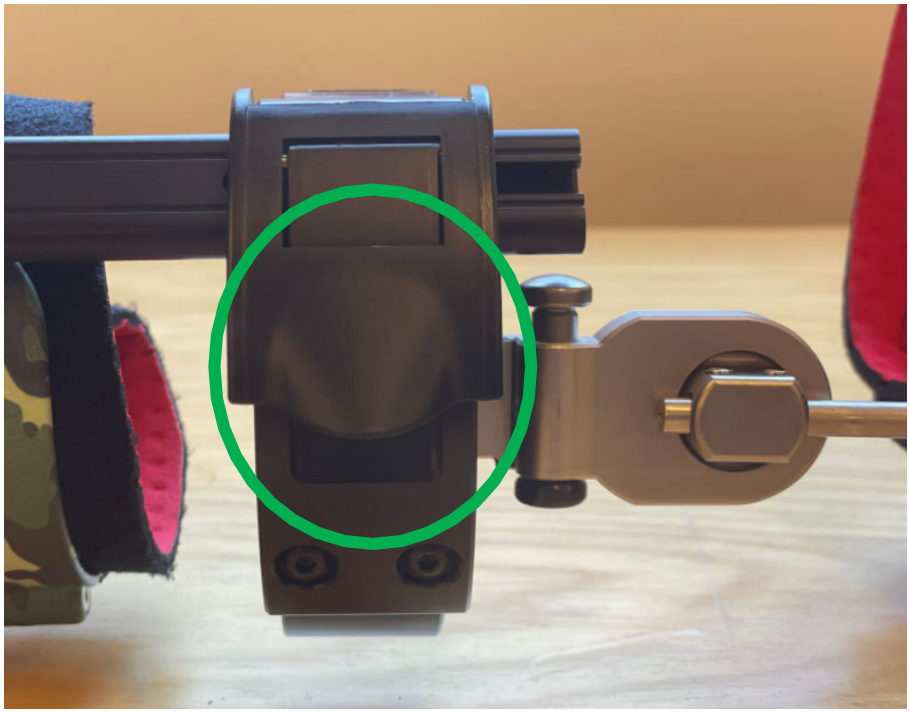
1. Method 1: Move the Hand Carrier Bar in the Flexion/Extension Joint. This can be done by loosening and retightening these set screws with a 3 mm hex key. It is recommended to tighten the set screws to 5 inch/lbs, or approximately a ¼ turn (90 degrees) after making contact.
2. Method 2: Move the wrist module along the forearm bar. This can be done by loosening and retightening this set screw with a 2 mm hex key. It is recommended to tighten the set screw to 5 inch/lbs, or approximately a ¼ turn (90 degrees) after making contact.

Method 1

ADJUST	Open the Supination/Pronation (SP) Latch to adjust the pronation and supination of the SP Joint. Close the SP Latch once the joint is in the desired location.



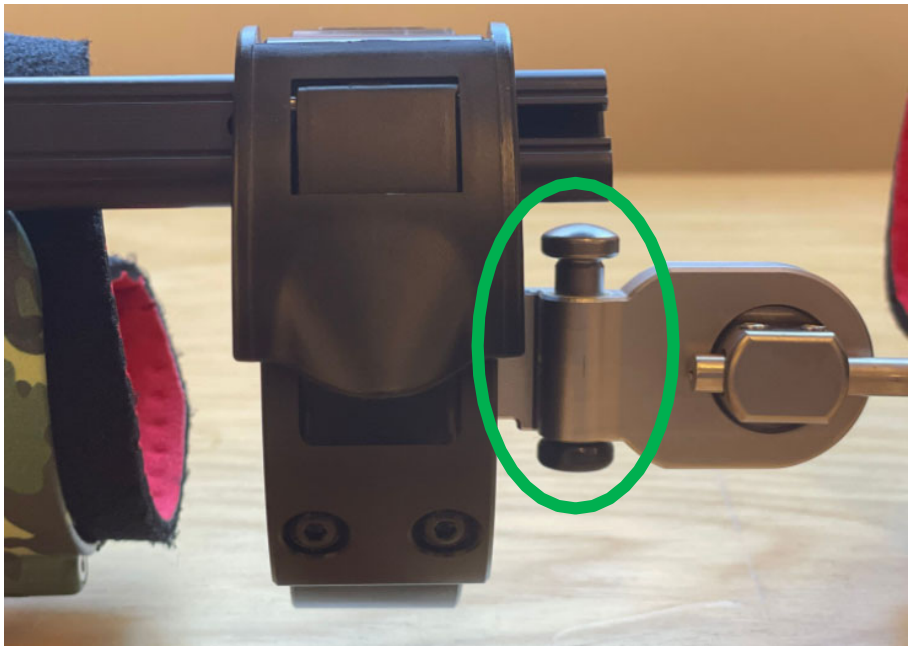
Open Latch



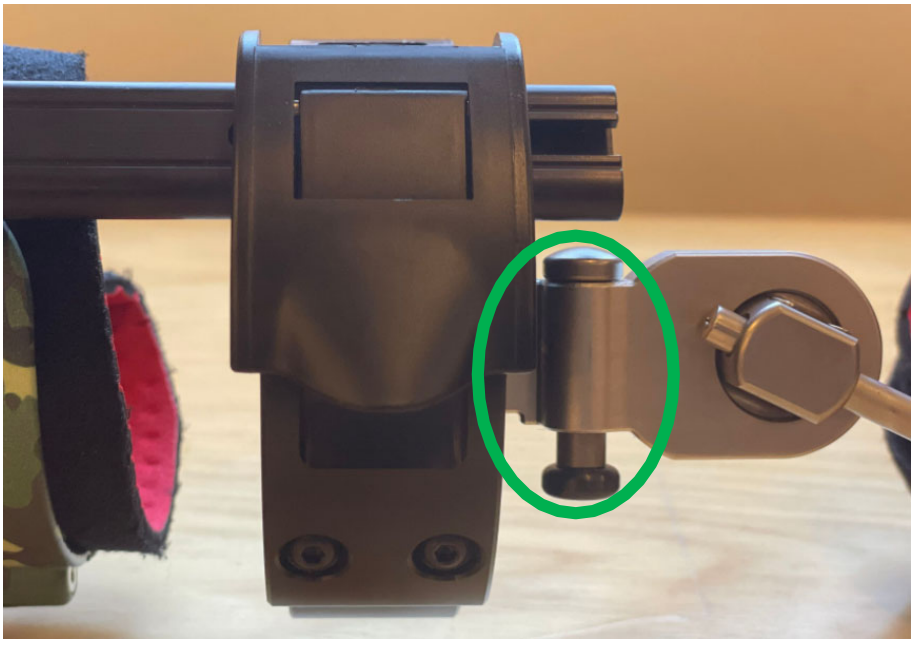
Closed Latch

Caution: The SP latch should be closed when the device is not in use to avoid accidental damage to the components.

ADJUST	Push the Flexion/Extension Button to the unlocked position (shown below) to unlock the Hand Carrier Bar, then adjust the Hand Carrier Bar. Push the Flexion/Extension Button to the locked position to lock the Hand Carrier Bar in the desired position.



Unlocked



Locked

THIS PAGE IS INTENTIONALLY LEFT BLANK

TAKING OFF MYOPRO 2+ (“DOFFING”)

THIS PAGE IS INTENTIONALLY LEFT BLANK

WARNINGS REVIEW

⚠ WARNING: If at any time during the use of this device, you notice any of the following, discontinue use and seek guidance from your Provider.

- Movement does not match the User's desired motion.
- Persistent redness, swelling, or skin breakdown (bleeding, chafing, etc.)
- Rash on the arm, hand, or fingers.
- Pain associated with wearing the MyoPro 2+ orthosis.
- Unusual noises from the orthosis (popping, clicking, etc.)
- Smells from the orthosis (smoking, burning plastic, etc.)
- Odor from the orthosis (sour smells or other indications of bio-contamination.)

STEPS FOR TAKING OFF MYOPRO 2+

To remove the MyoPro 2+, referred to as "doffing the MyoPro 2+", follow the steps below:

1. Ensure that the MyoPro 2+ is turned OFF.
2. Place the MyoPro 2+ in your lap, or on a flat surface that is not slippery.
3. Remove the *finger saddle* (see page 1 for images).
4. Undo the *hand strap hook* from the *hand strap anchor*.
5. Align the *multi-articulating wrist* into a neutral position using the *flexion/extension joint* and *supination/pronation ring.*
6. Open the *forearm cuff*. Pull on the *forearm red release tab* to release the *forearm buckle* from the *forearm buckle base.*
7. Open the *humeral cuff*. Note, once the *humeral cuff* is loose, the MyoPro 2+ may fall away from your arm. Be sure to secure the MyoPro 2+ first so that it does not fall. Pull on the *humeral red release tab* to release the *humeral buckle* from the *humeral buckle base.*
8. Gently slide your hand back through the loosened *hand straps* and the *hand shell*.
9. Attach the *finger saddle* to the *anvil* so it does not become lost.
10. Rest the MyoPro 2+ in a clean, dry location to ensure it will fully air-dry before next use.
11. Place the MyoPro 2+ into the carrying case for travel or storage.

▲ **CAUTION**: After doffing your MyoPro 2+, check your arm and hand for areas of persistent redness and/or swelling. If there are fit problems with your MyoPro 2+, contact your provider for adjustments.

NOTE: The MyoPro 2+ should remain OFF any time the MyoPro 2+ is not being worn.

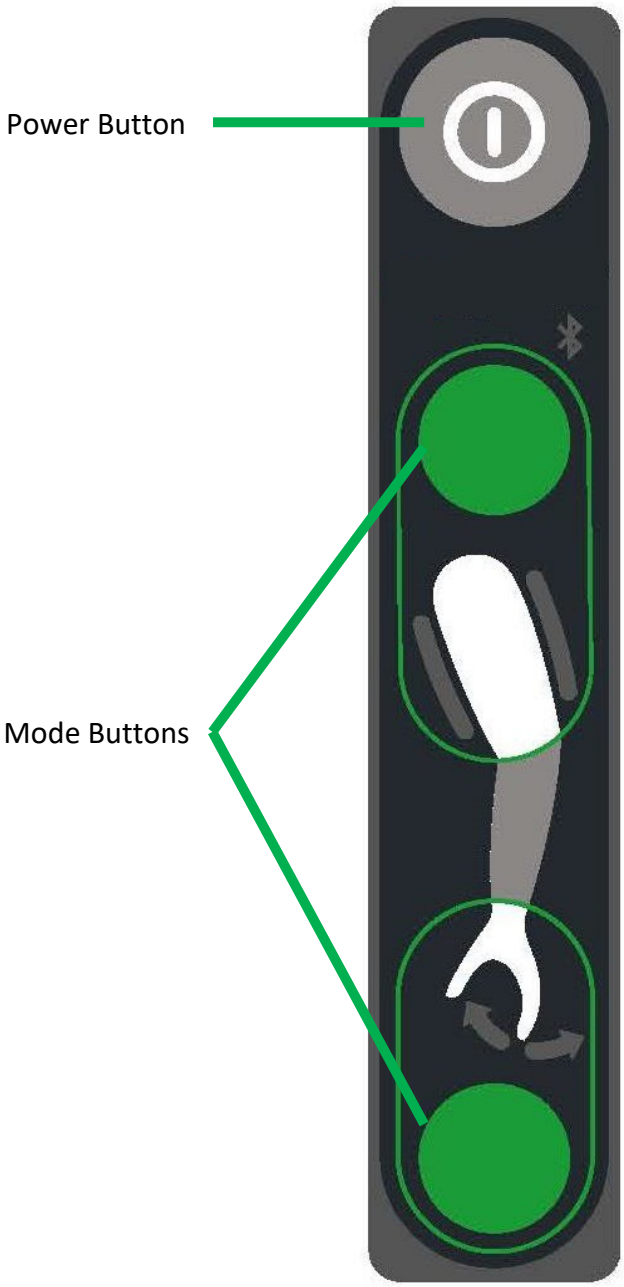
THIS PAGE IS INTENTIONALLY LEFT BLANK

OPERATING MYOPRO 2+

THIS PAGE IS INTENTIONALLY LEFT BLANK

CONTROL PANEL

See the *User Manual – Sections for All MyoPro 2+ Models* document for a comprehensive Control Panel Buttons & Lights Diagram.



MODES OF USE

⚠ **WARNING**: Use caution when using the device in shoulder positions where it is possible for the User to hit him or herself.

The MyoPro 2+ may be used in a variety of **modes**. The different modes allow you to operate the MyoPro 2+ by tensing or relaxing different muscles. You may find that you want to use different muscles – and therefore different modes – when performing specific tasks with your MyoPro 2+. Modes may be changed using the buttons on the control panel.

When the device is fit to you, your Provider will optimize the sensitivity settings within each mode depending on the strength of your EMG signal at that time. If over time you feel that the MyoPro 2+ is not assisting your arm or hand adequately, please contact your Provider; the sensitivity settings may need to be readjusted.

START MODE

When you first power on the MyoPro 2+, the elbow will be in Standby Mode. This setting may be changed by your Provider.

ELBOW MODES

The elbow has four distinct modes of use when the MyoPro 2+ is powered on.

1. Standby mode
2. Biceps mode
3. Triceps mode
4. Dual mode

These are explained in the following pages.

GRASP MODES

The grasp has four distinct modes of use when the MyoPro 2+ is powered on.

1. Standby mode
2. Open mode
3. Close mode
4. Dual mode

These are explained in the following pages.

⊙ **NOTE**: You may experience a slight vibration of the finger support when the grasp reaches a fully closed or fully open position. This would be caused by the hand motor turning on and off as it detects the limits of its range of motion. This is normal operation, and nothing to worry about.

ELBOW MODES

Standby mode	In this mode, neither the Biceps or Triceps Light will be illuminated. The elbow motor will not respond to your EMG signal from either muscle group. Though the MyoPro 2+ is powered on, no assistance is being given to your elbow, and the arm will neither flex nor extend. The sensors will be reading your EMG signal from both biceps and triceps, but the motor response is paused. Actions: • This can be useful as a resting mode if straps or sensors need to be adjusted, or if you want to take a short break without turning the device off.	
Biceps mode	In this mode, the Biceps Light will be illuminated. The elbow motor will respond to your biceps EMG signal. Actions: • When you relax your biceps, the device will extend. • When you contract your biceps, the device will flex.	

ELBOW MODES, CONTINUED

Triceps mode	In this mode, the Triceps Light will be illuminated. The elbow motor will respond to your triceps EMG signal. Actions: • When you relax your triceps, the elbow will flex. • When you contract your triceps, the elbow will extend.	
Dual mode	In this mode, both the Biceps and Triceps Light will illuminate. The elbow motor will respond to your biceps *and* triceps EMG signal. The elbow will only respond to muscle contraction (not relaxation, as in other modes) to assist you with active flexion and active extension of your elbow. You must engage both muscle groups in order for your arm to move in both directions. The MyoPro 2+ will respond to whichever muscle signal is stronger at a given moment in time. In order for Dual mode to be most effective, you should be able to isolate the desired muscle (biceps or triceps) and have a limited number of co-contractions prior to using Dual mode. When used well, this mode should allow you greater ability to hold an arm position at a mid-point between fully flexed and fully extended. Actions: • When you contract your biceps, the elbow will flex, as long as your biceps signal is greater than your triceps signal. • When you contract your triceps, the elbow will extend, as long as your triceps signal is greater than your biceps signal.	

GRASP MODES

Standby mode	In this mode, neither the Close or Open Light will be illuminated. The grasp motor will not respond to your EMG signal. Though the MyoPro 2+ is powered on, no assistance is being given to your hand, and the grasp will neither open nor close. The sensors will be reading your EMG signals from both wrist flexor and extensor muscle groups, but the motor response is paused. Actions: • This can be useful as a resting mode if straps or sensors need to be adjusted, or if you want to take a short break without turning the device off.	
Close mode	In this mode, the Close Light will be illuminated. The grasp motor will respond to your wrist flexor EMG signal. Actions: • When you relax your wrist flexors, the grasp will open. • When you contract your wrist flexors, the grasp will close.	

GRASP MODES, CONTINUED

Open mode	In this mode, the Open Light will be illuminated. The grasp motor will respond to your wrist extensor EMG signal. Actions: • When you relax your wrist extensors, the grasp will close. • When you contract your wrist extensors, the grasp will open.	
Dual mode	In this mode, both the Close and Open Light will illuminate. The grasp motor will respond to your wrist flexor *and* wrist extensor EMG signal. The grasp will only respond to muscle contraction (not relaxation, as in other modes) to assist you with active close and active open of your hand. You must engage both muscle groups in order for your hand to move in both directions. The MyoPro 2+ will respond to whichever muscle signal is stronger at a given moment in time. In order for Dual mode to be most effective, you should be able to isolate the desired muscle group (wrist flexors or wrist extensors) and have a limited number of co-contractions prior to using Dual mode. When used well, this mode should allow you greater ability to hold a hand position at a mid-point between fully closed and fully open. Actions: • When you contract your wrist flexors, the grasp will close, as long as your wrist flexor signal is greater than your wrist extensor signal. • When you contract your wrist extensors, the grasp will open, as long as your wrist extensor signal is greater than your wrist flexor signal.	

CHANGING ELBOW MODE WITH THE CONTROL PANEL

The elbow mode button cycles through the 4 elbow modes, moving to the next mode each time you press the mode button.

When the MyoPro 2+ is turned ON, the elbow will be in Standby mode unless it has been changed by your Provider.	
	Press the elbow mode button one time to put the elbow into **Biceps mode**
	Press the elbow mode button again (a second time) to put the elbow into **Triceps mode**
	Press the elbow mode button again (a third time) to put the elbow in **Dual mode**
	Press the elbow mode button again (a fourth time) to return the elbow **Standby mode**

Repeat the above cycle to scroll through and change to another mode at any point during your MyoPro 2+ use.

CHANGING GRASP MODE WITH THE CONTROL PANEL

The grasp mode button cycles through the 4 grasp modes, moving to the next mode each time you press the mode button.

When the MyoPro 2+ is turned ON, the grasp will be in Standby mode unless it has been changed by your Provider.	
	Press the grasp mode button one time to put the grasp into **Close mode**
	Press the grasp mode button again (a second time) to put the grasp into **Open mode**
	Press the grasp mode button again (a third time) to put the grasp in **Dual mode**
	Press the grasp mode button again (a fourth time) to return the grasp **Standby mode**

Repeat the above cycle to scroll through and change to another mode at any point during your MyoPro 2+ use.