

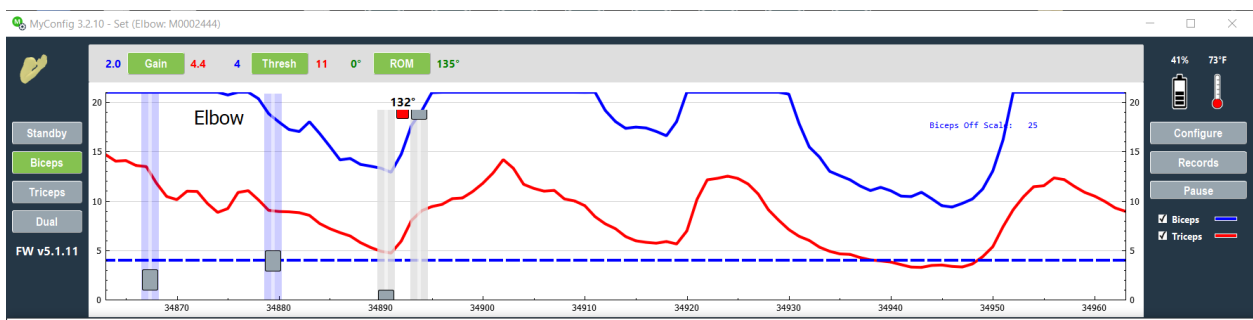
MyConfig 3.2® Training Quiz

Name: _____

Score: / 30

Please complete the following questions. Submit your quiz to stefanie@myomo.com in order to receive your score and answer key.

- Which of the following statements about the Threshold line is true?
 - The Threshold is the line that the user's EMG signal needs to cross in order to trigger the motor to move the arm/hand.
 - The Threshold should be high enough to ensure a high tone user can relax quickly below it to trigger elbow extension (in bicep mode).
 - There are 2 Threshold lines in Dual mode.
 - The closest equivalent to the Threshold in the Advanced Dual Modes is "Response".
 - All of the above
- What is the purpose of MyConfig?
 - To customize the sensitivity of the MyoPro for the user and thereby provide successful elbow and/or hand movement.
 - To see the real-time EMG activity of the user.
 - To assist with troubleshooting.
 - All of the above
- While using Bicep mode, the message "Biceps off scale" appears at the top of the screen. Why could this be happening and what is the potential solution?

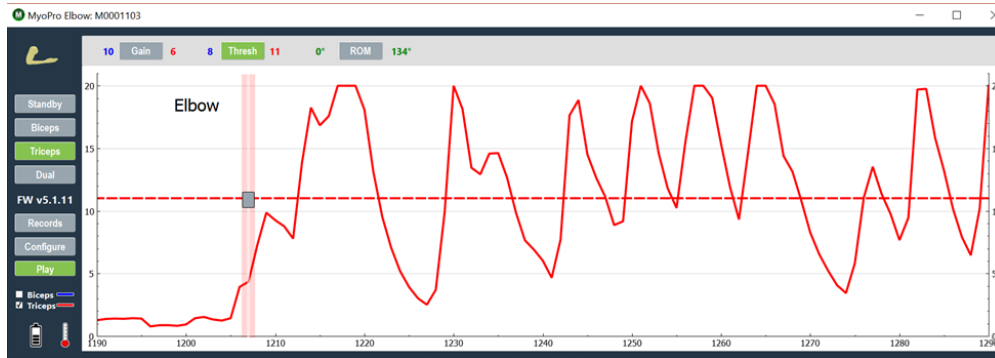


- The bicep sensor is in the wrong place, relocate the sensor.
- The bicep EMG has been overamplified, lower the Gain.
- The user has become too strong for the MyoPro, discontinue use.
- The bicep EMG has been overamplified, raise the Threshold line.
- Something is crushing the bicep sensor creating an artificial and overamplified reading, check the fit and sensor positioning.
- a and e

4. If you are not seeing a responsive EMG signal on MyConfig, what could be the reason?
 - a. The sensors are in a poor position.
 - b. The candidate does not have adequate EMG to power a MyoPro.
 - c. The sensors are not tight enough against the skin.
 - d. The sensors may be defective – test them on your arm to find out.
 - e. All of the above.
5. When a user tries to contract their biceps...
 - a. The blue line in MyConfig should rise.
 - b. The red line in MyConfig should rise.
 - c. The hand should close.
 - d. The elbow should extend.
6. When in Biceps mode, in order for the MyoPro to extend, the user must...
 - a. Co-contract biceps and triceps.
 - b. Relax biceps.
 - c. Contract biceps.
 - d. Contract triceps.
 - e. None of the above.
7. When making adjustments to the MyoPro or assessing sensor placement, what is the best mode to be in?
 - a. Standby mode.
 - b. Biceps mode.
 - c. Open mode.
 - d. Dual mode.
 - e. Close mode.
8. What is a hallmark of a high tone EMG signal?
 - a. Smooth curve
 - b. Erratic and jagged
 - c. Difficult to relax
 - d. b and c
9. Botox can affect the EMG signal: TRUE or FALSE
10. A clinician opens MyConfig but is unable to adjust Gain or Threshold. What could be the explanation for this?
 - a. They need to select Bicep mode.
 - b. The MyoPro user needs to complete 10 elbow reps before adjustments can be made.
 - c. The clinician has opened the “View” version of MyConfig, instead of the “Set” version.

11. A MyoPro user is unable to make their arm move, despite demonstrating a visible muscle contraction. What could explain why the MyoPro motor isn't responding?
 - a. The Threshold is too high and the user is not generating a strong enough EMG signal to cross it.
 - b. The MyoPro is in standby mode.
 - c. The sensors are not in the correct location on the arm.
 - d. The ROM end limits have been set to a very small range, therefore limiting the movement arc.
 - e. All of the above
12. What is the word to describe rapid, unintended movement of the MyoPro?
 - a. Stagnation
 - b. Obfuscation
 - c. Oscillation
 - d. Obliteration
13. What can be done to help a user who is fatiguing to work a little longer?
 - a. Raise the Threshold line.
 - b. Lower Gain below 4.
 - c. Put the MyoPro in standby mode.
 - d. Raise Gain.
14. High tone users may benefit from:
 - a. A raised Threshold line.
 - b. A Threshold line set below 5.
 - c. Gain set above 10.
15. Donning Assist Mode can be used to select the optimal donning position for the MyoPro hand and/or elbow joint, to facilitate independent donning: TRUE or FALSE
16. The 4 Dual Mode options are
 - a. Reverse Speed, Constant Speed, Exponential Speed, Warp Speed
 - b. Classic, Constant Speed, Proportional Speed, Ramped Speed
 - c. Controlled Speed, Max Speed, Ramping Speed, Constant Speed
17. Incremental movements through the user's ROM is possible in Dual Modes: TRUE or FALSE
18. Hold Force is only available in Dual Modes: TRUE or FALSE
19. The 2 Dual Modes that provide nuanced motor speed based on the user's effort are:
 - a. Classic and Ramped Speed
 - b. Proportional and Constant Speed
 - c. Ramped and Proportional Speed
 - d. None of the Dual Mode options offer this capability

20. While working with a MyoPro user, the clinician sees this on MyConfig:



Answer the following questions about this image:

- What mode is currently being used? _____
- What is the word used to describe this pattern of EMG activity? _____
- What is the elbow ROM currently set to? _____ extension to _____ flexion
- What is the current (approximate) elbow position, as indicated by the icon? _____
- What could be some possible causes of this pattern of EMG activity? Please list 3
 -
 -
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21. When trying to activate their bicep, a MyoPro user is observed to hold their breath, abduct their shoulder and extend their trunk. What can be done to make it easier for them to move their arm and rely less on these compensatory strategies?

- Tell the user to focus on grasp and release instead.
- Encourage the user to co-contract bicep and tricep.
- Raise Gain.
- Raise the Threshold line.

22. The fit of a MyoPro on the user's arm can impact both the quality of movement and what the clinician can expect to see on MyConfig. If a MyoPro has been donned incorrectly, resulting in a loose upper arm cuff and misalignment at the elbow and wrist joints, what might the clinician see on MyConfig?

- Erratic EMG activity resulting in oscillation and unintended movement in the MyoPro.
- A smooth EMG curve.
- A low amplitude EMG signal.
- A high amplitude EMG signal.

23. Any time the gain and/or threshold are adjusted, the new values are automatically saved?
TRUE or FALSE

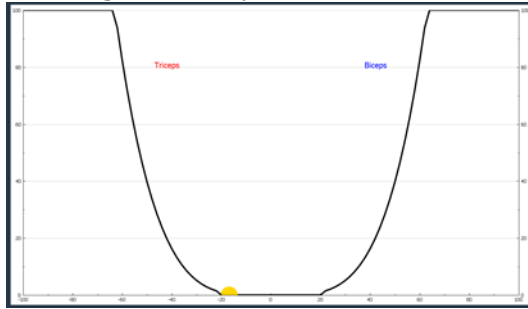
24. Programming a slower motor speed in a Dual Mode may be beneficial in mitigating a user's stretch reflex? TRUE or FALSE
25. While working with a MyoPro user, the clinician sees this on MyConfig:



Answer the following questions about the above image:

- What Dual Mode is being programmed: _____
 - What is the current direction of elbow movement: _____
 - What does the yellow ball tell us: _____
 - What is the max motor speed set to: _____
 - What parameter should be adjusted to change when the motor engages: _____
26. What effect might perspiration have on the EMG activity?
- No effect.
 - EMG signal may flatline and be unresponsive.
 - Only the EMG activity from the flexor groups will be visible.
27. Can the user's position and posture (e.g. standing vs sitting) effect the quality and amplitude of their EMG signal? YES or NO
28. Can a MyoPro be used without connecting to MyConfig? YES or NO

29. The image below represents which Dual Mode:



- a. Proportional Speed
- b. Constant Speed
- c. Ramped Speed

30. When programming settings for a brand new MyoPro user, what should be the clinician's goal?

- a. To make sure the user has to work as hard as possible to move their arm.
- b. To make sure the user can move their elbow (and hand) as smoothly as possible, with moderate effort and minimal compensatory movements.
- c. To make sure the MyoPro only responds to the user's extensor signal(s).