

# MyoPro 2+ Quick Start Guide

*myopro 2+*



**myomo**<sup>®</sup>  
my own motion

# **WARNING:**

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



## MyoPro 2+ Quick Start Guide

# Contents

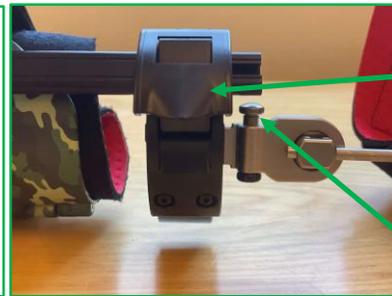
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**PREPARATION:** Ensure that the MyoPro is **POWERED OFF** and open all straps. Place the MyoPro on your lap or other stable surface for donning.

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



Begin donning with all straps open.



Lock/unlock supination ring by opening or closing latch.

Lock/unlock wrist joint by pushing pin up/down.

Wrist and forearm can be locked or unlocked as needed to facilitate easier donning



Open Hand strap and rotate hand shell toward you. Insert hand into hand shell and secure hand strap hook onto the anchor. Rotate arm into alignment with MyoPro.



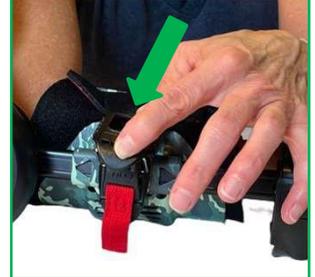
- Knuckles should be visible
- Check hand and wrist position:
- Pivot point of wrist joint should align with the anatomical wrist bend
- Palm bar should be against the web space



**STEP 2: Lower wrist and forearm into the MyoPro. Secure forearm strap.**

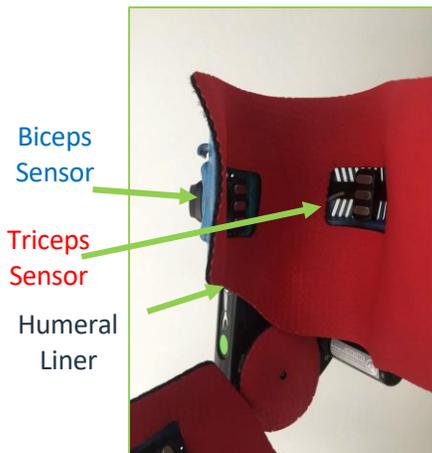
Position wrist and forearm in forearm shell. Tuck Liner and secure Velcro.

Attach the forearm magnetic latch to the buckle base.



Secure the forearm strap completely by closing the forearm buckle.

**STEP 3: Secure upper arm sensor cuff and strap.**



**BLUE** sensor over front of arm (bicep)  
**RED** sensor over back of arm (tricep)  
Position upper arm in humeral shell.



Tuck the humeral liner into the humeral shell, ensuring the biceps EMG sensor is not covered.



Close the humeral shell and attach the magnetic latch to the buckle base. Secure the strap by closing the humeral buckle.

**PREPARATION:** Ensure that the MyoPro 2+ is **POWERED OFF**. Remove finger saddle and open all straps. Place the MyoPro 2+ on a surface with adequate friction to prevent it moving away from you, such as your lap, or a couch or bench for more stability.



**STEP 1: Lock Wrist/Forearm in neutral.**



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 neutral.

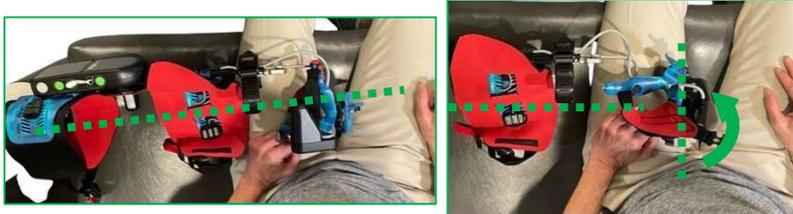


Position the wrist *supination/pronation joint* so the *thumb support points* down. The wrist/hand should be in the same horizontal position as if you were holding a bike's handlebars. Unlock the joint by pulling the *supination/pronation latch*.



Position the wrist in line with the forearm bar. Secure the *supination/pronation latch* after positioning to lock the wrist joint.

**STEP 2:** Insert hand into hand shell. Reattach finger saddle. Check hand position.



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.



Position thumb into thumb support. Pull your hand into the hand shell. Position your hand so the base of the thumb is in full contact with the hand shell.

**STEP 3:** Secure the hand strap and motor.



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



▲ FIT CHECK ▲

CONFIRM THE *HAND SHELL* PLASTIC IS AGAINST THE THUMB WEB SPACE AND THAT THE KNUCKLES ARE PAST THE PALMAR CREASE



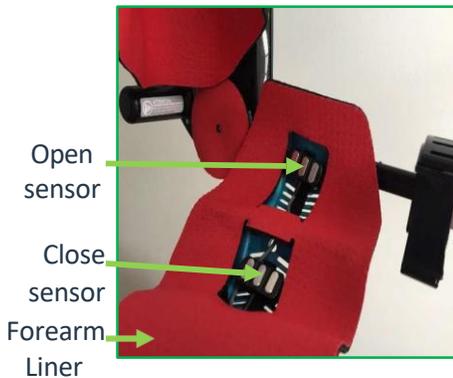
Rotate the *hand motor* back to the position over the back of the hand by depressing the tilt lever and simultaneously rotating the hand motor back to the closed position. The *tilt lever* will toggle when the motor assumes the correct position

**STEP 4: Reattach the finger saddle.**



Reattach finger saddle: first position the saddle on the end of your index and middle fingers. Then push the finger loop down onto the anvil until the finger saddle is secure. 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.

**STEP 5: Position forearm and secure forearm strap.**



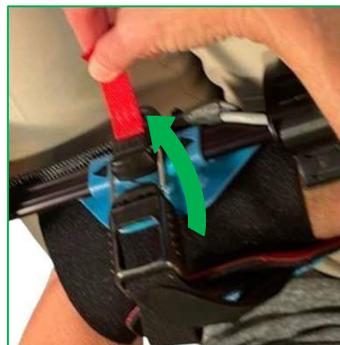
**GREEN** (close) sensor on inside of forearm  
**YELLOW** (open) sensor on outside of forearm



Position wrist and forearm into forearm shell. Pull lining over the arm and tuck it in. Do not cover sensors.



Pull lining over the arm and tuck it in. Do not cover sensors.

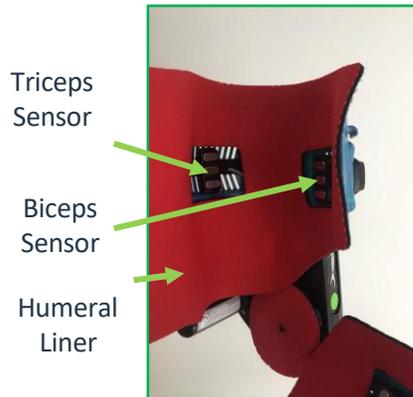


Attach the forearm magnetic latch to the buckle base.



Secure the forearm strap completely by closing the forearm buckle.

## STEP 6: Position humeral (upper) cuff and secure strap.



**BLUE** sensor over front of arm (biceps)  
**RED** sensor over back of arm (triceps)



Tuck the humeral liner into the humeral shell, ensuring the biceps EMG sensor is not covered



Close the humeral shell and attach the magnetic latch to the buckle base. Secure the strap by closing the humeral buckle.



**MYOPRO 2+ HARNESS OPTIONS**

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**

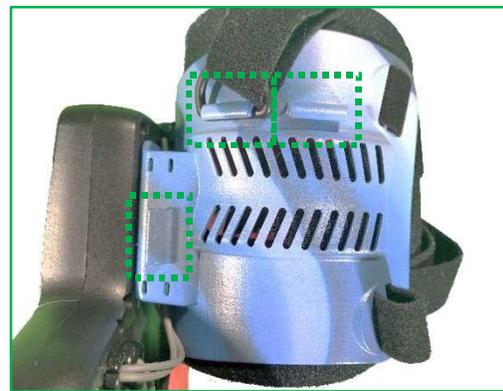


**Harness Clips:**

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

**PREPARATION:** Don your MyoPro 2+ first. Follow instructions for the harness provided to you. For detailed instructions, refer to User Manual and donning instructions

## CROSS-BODY HARNESS



- 1) Stabilize the harness saddle in the middle of your shoulder.

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) Secure the cross-body strap to the saddle.

Grab the *cross-body strap* behind your back and pull it underneath your armpit on the side opposite the MyoPro 2+.



- 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.

**TIP:** 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.

- 4) Secure cross body strap.



Make minor adjustments to the *finger adjust loop* tension until a good balance is reached between suspension and comfort. The Velcro will secure tension.

- 5) Harness Donning complete

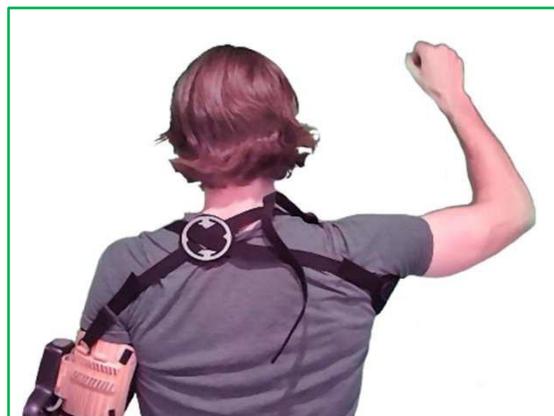
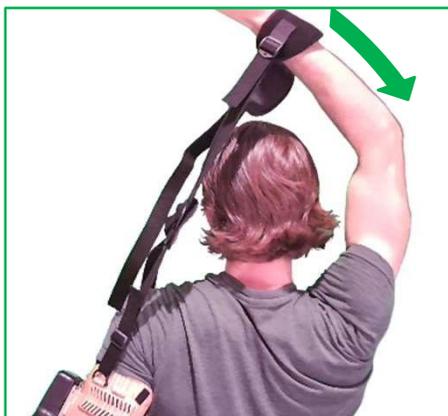


Anterior View

**Figure 8 Harness: Method 1 (flexibility-dependent)**



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



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 (arm pit).



Adjust the *sound side loop* so it rests between the chest and shoulder, protecting the collar bone. 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.

Posterior View



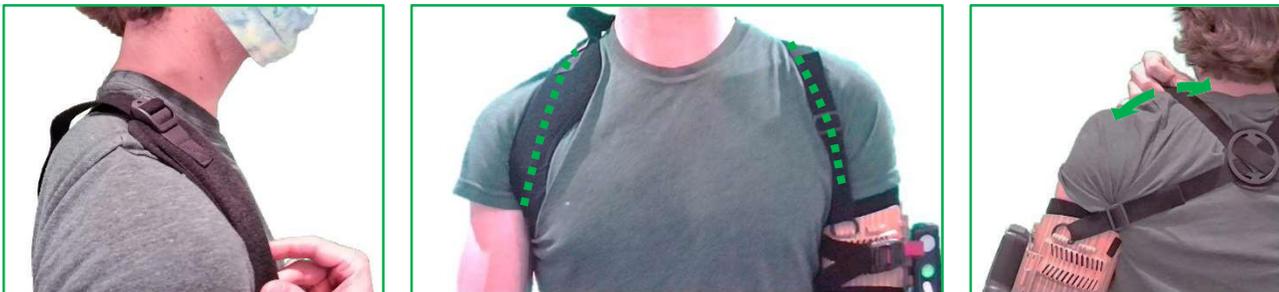
**Figure 8 Harness: Method 2 (back pack method)**



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.



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.



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: Method 2 (back-pack method)**



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.

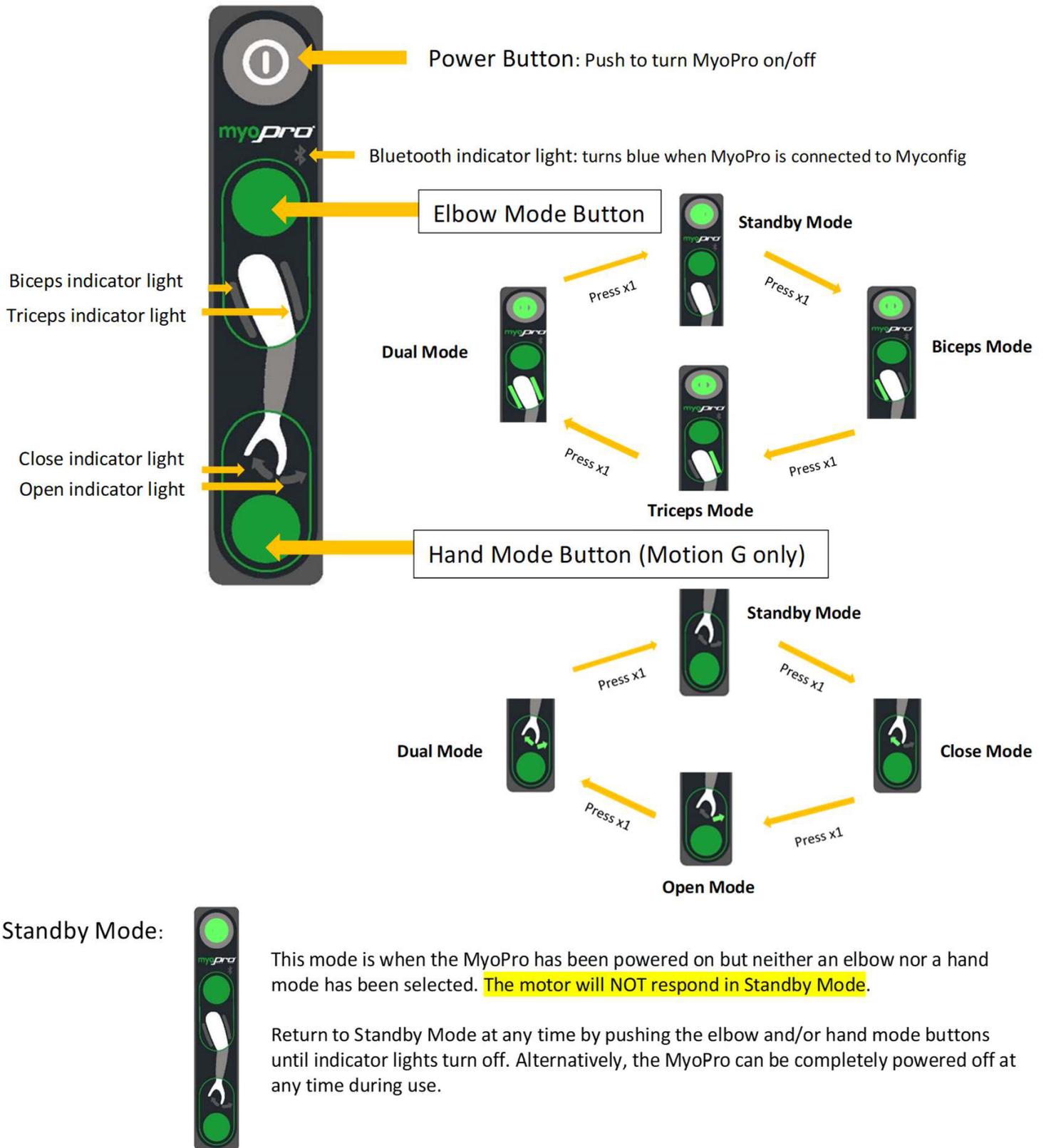


With the *sound side loop* around your intact-side wrist, begin to wriggle the loop up your arm, towards your shoulder. The final motion will require a shoulder shrug to help the strapping cross your shoulders to the front of your body.

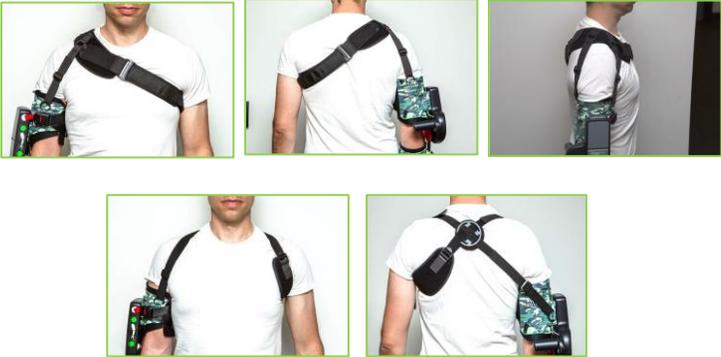


Adjust the *sound side loop* so it rests between the chest and shoulder, protecting the collar bone. It shouldn't make contact with the neck. The *anterior suspension strap* coming off the front of the MyoPro may require small adjustments to rest similarly.

## CONTROL PANEL



**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"> <li>▪ Fingers falling out of the saddle</li> <li>▪ MyoPro sliding down the arm</li> <li>▪ Discomfort/pressure points</li> </ul>	<p>Make sure the MyoPro has been donned correctly and all joints are aligned, and cuffs/straps are snug. Refer to <i>Quick Start Donning Guides</i> and <i>MyoPro 2+ User Manual</i> for detailed instructions.</p> <p><b>Hand position and hand strap routing:</b></p>  <p><b>Elbow and wrist:</b></p>  <p>Elbow and wrist joints should be aligned with MyoPro axis points (highlighted in green).</p> <p><b>Harness: Ensure the harness is effectively positioned and suspending the weight</b></p>  <p>Contact your O&amp;P provider or your Myomo Regional Manager to address discomfort and any necessary modifications</p>

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

Problem	Solution
<p>Jerky or erratic movements</p>	<p><b>Check the fit of the MyoPro on the arm.</b> If the cuffs and straps are too loose, the sensors will lose contact with the skin, causing erratic motion.</p> <p><b>Jerky motion may occur at the start of the training program, especially when practicing muscle relaxation.</b> Consistent practice of proficiency drills and working with a therapist can improve this.</p> <p><b>Sensitivity is set too high.</b> Settings in MyConfig or the Myomo Mobile App may need to be adjusted by the therapist/Myomo Regional Manager/ O&amp;P provider.</p> <p><b>EMG settling time.</b> There may be noise from static. If jerkiness is noted when the MyoPro is turned on, return to stand-by mode and stay relaxed for 1 – 2min, then try again.</p>

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

Problem	Solution
<p>MyoPro is not moving/responding</p>	<ul style="list-style-type: none"> <li>▪ Check to see if the MyoPro is in <b>Standby mode</b>.</li> <li>▪ <b>Sensitivity is set too low or threshold is set too high.</b> Settings in Myconfig or the Myomo Mobile App may need to be adjusted.</li> <li>▪ The <b>user should be relaxed</b> when selecting modes.</li> <li>▪ Make sure the user is <b>activating the right muscle group(s) for the mode.</b></li> </ul> <p><b>BICEP MODE:</b> squeeze bicep to bend, relax to straighten</p> <p><b>TRICEP MODE:</b> squeeze tricep to straighten, relax to bend</p> <p><b>DUAL MODE:</b> squeeze bicep to bend, squeeze tricep to straighten</p> <p><b>CLOSE MODE:</b> squeeze fingers or bend wrist to close, relax to open</p> <p><b>OPEN MODE:</b> extend fingers or bend wrist back to open, relax to close</p> <p><b>DUAL MODE:</b> squeeze fingers to close, extend fingers to open</p> <ul style="list-style-type: none"> <li>▪ <b>Low battery:</b> indicated by           <div style="text-align: right; margin-top: 10px;">  <p>100% 75% 50% 25%</p> <p>Push here</p> </div> <div style="margin-top: 20px;"> <ul style="list-style-type: none"> <li> Powered ON - Battery has greater than 15% charge remaining.</li> <li> Powered ON- Battery has between 15% and 5% charge remaining</li> <li> Powered ON - Batter has less than 5% charge remaining</li> </ul> <p style="margin-top: 10px;">Color of Power Button</p> </div> </li> </ul> <ul style="list-style-type: none"> <li>▪ <b>Sensors need to be wiped or cleaned</b> (clean with alcohol prep pad)</li> <li>▪ <b>User is perspiring</b> (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.</li> </ul>

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

Problem	Solution
<p>How to charge the battery</p>	<p>Push button to open battery compartment</p>  <p>Remove battery</p>  <p>Charge on cradle</p> 

## Zoom

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

1) Double click on this icon to open Zoom



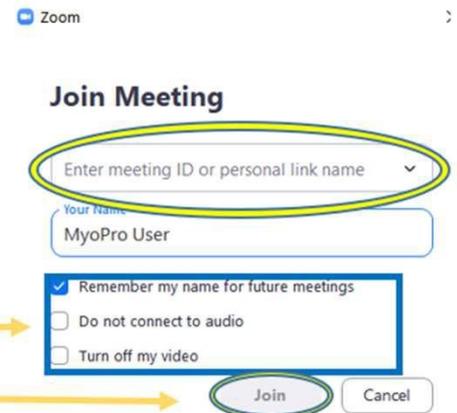
2) Click "JOIN MEETING" (Do not sign in)



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"

Click "Join"



4) While you wait for the host, test your computer audio and computer microphone to ensure that it is working.

 Please wait for the host to start this meeting.

This is a recurring meeting  
Myomo 11's Personal Meeting Room



If you are the host, please [login](#) to start this meeting.



5) Join Video



and Audio



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