Myomo Mobile App User Manual

Clinician

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Myomo Mobile App User Manual, Clinician

1. Welcome

1.1 Overview of the Myomo Mobile App

The Myomo Mobile App is a companion application that can be used with compatible MyoPro®2+, MyoPro®2x, and MARK2. It is available on the App Store (iOS) and Google Play (Android). The app provides real-time visualization of muscle activity (EMG) through graphs and animations and supports treating clinicians in configuring, monitoring, and optimizing orthotic use.

When connected to the orthosis, the app enables:

- Selection of individually-prescribed modes
- Real-time visualization of arm and hand movement
- Tracking of repetitions and movement performance
- Adjustment of Range of Motion (ROM) and electromyography (EMG) parameters within Clinician Only mode

While the Orthosis® is intended to be used independently for functional daily activities, the Myomo Mobile App enhances visibility and oversight, provides objective feedback, and supports carryover from clinician-guided training to home use.

This is the User Manual for the Mobile App only.

Please review the primary device User Manuals for all safety, warning, and precaution information before use of the device.

1.2 Clinical and Patient Use of the App

The Myomo Mobile App supports safe and effective orthotic use across clinical and home environments. Treating clinicians are responsible for configuration and parameter adjustments. Patients use prescribed modes for training and functional activities.

This manual provides guidance for the treating clinician (therapist or orthotist) on using the Myomo App to set device parameters and evaluate user needs to optimized functional use of the orthosis.

The app may be used in the following situations:

- **Orthosis Training Sessions**
  During in-clinic or supervised training sessions, which are designed to improve the orthotic users' proficiency and functional use of the orthosis. The app is used to confirm device settings, monitor EMG activity, and assess movement performance in real time.

- **Home Practice**
  Patients may use the app during prescribed home programs to reinforce proper movement patterns, monitor repetitions, reinforce functional task practice, and maintain or improve consistency between therapy visits.
- **Remote or Telehealth Visits**
  During guided remote sessions, the app may be used to review performance data, verify device settings, and support real-time instruction under professional supervision, all toward helping each user enhance their ability to perform certain activities of daily living with the orthosis
- **Troubleshooting or Performance Review**
  If altered device performance, difficulty initiating movement, or unexpected behavior is reported, the app may be used to:
    - Review recent activity
    - Confirm current mode and settings
    - Evaluate EMG signal quality
    - Assist in identifying potential issues prior to contacting Myomo Support

1.3 Safety & Important Notes

The Myomo Mobile App is designed to support safe and effective use of the orthosis. Please review and follow the important safety information below.

Clinician-Controlled Settings

The Myomo Mobile App is the primary interface for establishing and modifying orthosis settings. ROM and EMG parameters must only be adjusted by a treating clinician within Clinician Only mode.

Adherence to Clinical Instructions

Orthotic use – including wear schedule, duration, mode selection, and positioning—must follow clinician instructions. Deviation from prescribed use may reduce effectiveness or increase the risk of discomfort or injury.

Discontinue Use if Adverse Symptoms Occur

If the patient experiences pain, discomfort, unexpected movement, skin irritation, or abnormal device behavior, use should be discontinued immediately. The treating clinician or Myomo Support should be contacted before resuming use.

App as a Support Tool

The Myomo Mobile App is a support tool and does not replace professional medical judgment, diagnosis, or treatment planning.

Caregiver Assistance

Caregiver assistance may be appropriate when needed. Caregivers must follow the same clinician-directed instructions and safety guidelines.

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2. Getting Started

2.1 Supported Phones & Software

The Myomo Mobile App is designed to support a **majority of Apple and Android smartphones** that meet the operating system requirements listed below. Device performance may vary depending on hardware, operating system version, and manufacturer settings.

- **Apple (iOS) devices**
  Most iPhone models that support **iOS 18** are compatible with the Myomo Mobile App.
- **Android devices**
  Most Android smartphones that support **Android OS versions 12 through 15** are compatible with the Myomo Mobile App.
- **Supported operating systems**
  - iOS: 18
  - Android: 12–15

Some older devices or devices with customized operating systems may not be fully supported. If you are unsure whether the smartphone is compatible, contact Myomo Support for assistance.

2.2 Downloading the Myomo App

Follow the steps below to download the Myomo Mobile app to the smartphone. Refer to **Figure 1** below for a visual guide showing the download process for both Apple and Android devices.

Figure 1. Myomo App Download Quick Guide

The Myomo Mobile app is **free to download and use** for both orthotic users, caregivers,and treating clinicians.

To download:

1. **Open the device's app store**
    - On **Apple devices**, open the **Apple App Store**
    - On **Android devices**, open the **Google Play Store**
2. **Sign in to the user's account**
   Sign in using the user's Apple ID or Google account if they are not already signed in.
3. **Search for the app**
   In the search bar, type **"Myomo App"** and select the app published by **Myomo, Inc.**
4. **Download the app following the on-screen instructions**

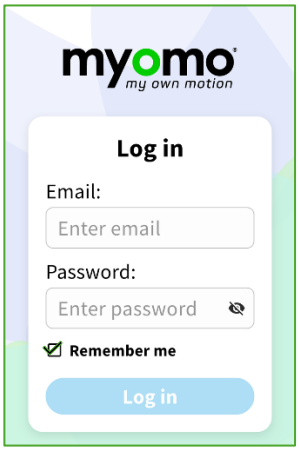
   Wait for the download to complete before opening the app.
5. **Email verification (if required)**
   Some devices or accounts may require email verification before downloading or opening the app. Follow the on-screen instructions if prompted.

   Did the user forget their Apple ID or Google account password?

   If they cannot sign in, follow the on-screen instructions:

   - Select **"Forgot password"** or **"Sign in & forgot password"** on the App Store or Play Store sign-in screen.
   - Enter the email address associated with the user's Apple or Google account.
   - Have the user follow the instructions sent to their email to reset the password.

2.4 Logging into the Myomo App



Open the app and sign in to the Myomo App using the patient's account credentials. The log in page appears when the app is first installed. It is recommended that users check the box labeled "Remember me". The user will remain logged in on this device unless they manually log out (not recommended).

2.5 App Permissions Explained

After installing the Myomo Mobile App, the smartphone may ask to allow certain permissions. These permissions are required for

the app to function properly and to communicate with the orthosis. The app only uses these permissions for their intended purpose.

- **Bluetooth (Required)**
  Bluetooth access is required for the Myomo Mobile app to connect to and communicate with the orthosis. This allows the app to display device information, support clinician-guided adjustments, and monitor use. Bluetooth must be turned on while using the app with the orthosis.
- **Notifications (Optional)**
  Notifications allow the app to send reminders and alerts, such as recommended updates, connection status messages or treating clinician-recommended prompts. The user may choose to allow or disable notifications in the phone's settings. Disabling notifications will not prevent them from using the app but may limit reminders or alerts.
- **Location (Android devices only – Required for Bluetooth scanning)**
  On Android devices, location permission is required by the operating system to allow Bluetooth scanning. The Myomo Mobile App does not track location or store location data. This permission is used only to enable the phone to find and connect to the orthosis.

If the user is prompted to allow permissions, select **"Allow"** or **"While using the app"** when available. If permissions are denied, some app features may not work correctly. Permissions can be reviewed or changed at any time in the device's settings.

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3. Connecting to the Orthosis

3.1 Turning the Orthosis On

Before opening the Myomo Mobile App, make sure the orthosis is ready for use.

1. **Charge the orthosis battery**
   Ensure the battery is sufficiently charged before use. A low battery may prevent the device from powering on or connecting to the app.
2. **Check battery status using the power button color**
   - **Green light**: The orthosis is powered on and ready for use.
   - **Yellow light**: The battery is low and will need to be charged soon.
   - **No light**: The battery may be depleted and needs to be charged before use.
   - **Don the orthosis on the user's arm**
     Make sure the orthosis is positioned correctly and secured comfortably on the user's arm before proceeding.
3. **Power on the Orthosis**
   Press the **power button** at the top of the motor panel (shown in the image).
   - Wait approximately **3 seconds** for the power button to cycle.
   - When the power button turns **green**, the orthosis is on and ready to use.
4. **Open the Myomo Mobile App**
   Once the orthosis is powered on and showing a green light, open the Myomo Mobile App on the smartphone.

Important:
When using the Myomo Mobile App, **do not press any additional buttons on the orthosis control panel**. All interactions should be made through the app to prevent delays or mismatches between the app display and device operation.

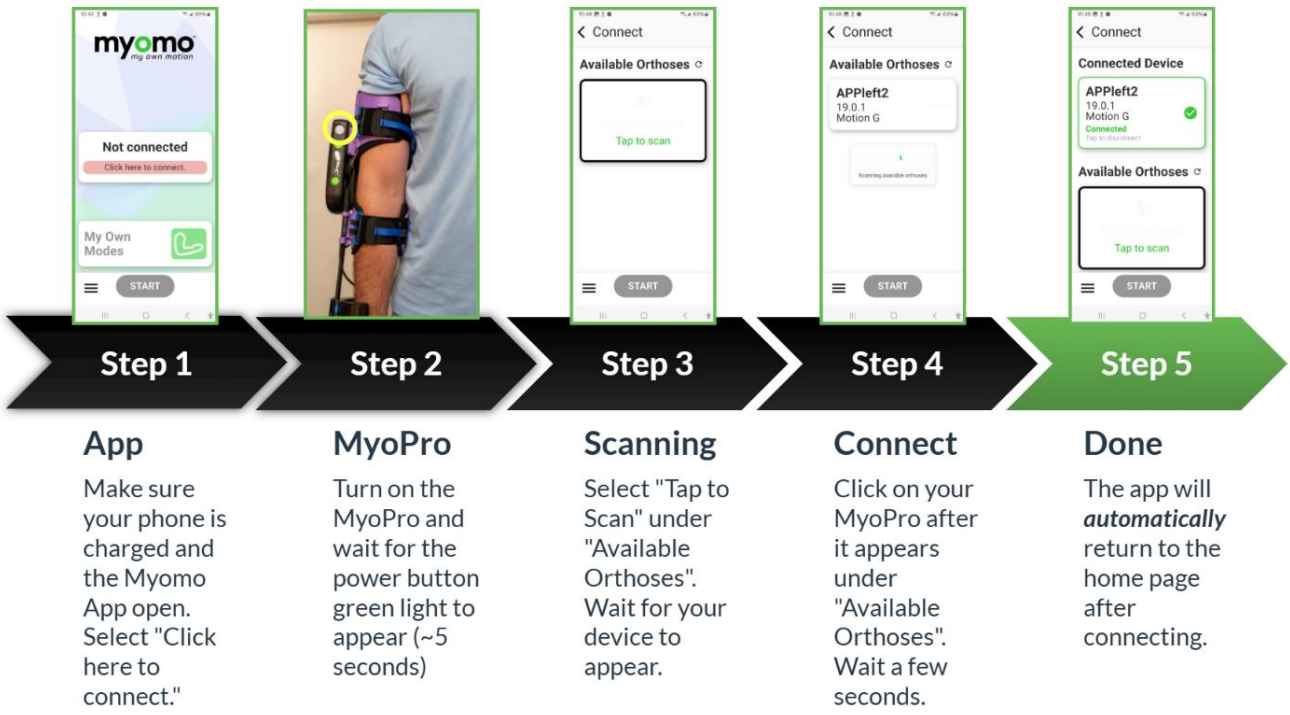
3.2 Bluetooth Pairing

After the user has successfully logged into the Myomo App, connect the user's orthosis to the Myomo Mobile App. Bluetooth must be turned on before opening the app. Follow the appropriate steps for Apple (iOS) or Android devices to ensure Bluetooth is turned On.

Once Bluetooth has been turned on:

1. Return to the Myomo App home screen.

2. Select “Click here to connect”.
3. If the orthosis has not already been powered on, turn on the orthosis and wait for the power button (green light) to appear. This usually takes between 3-5 seconds.
4. Select “Tap to Scan” under “Available Orthoses”. Wait for the device to appear in the white text box.
5. Click on the orthosis after it appears under “Available Orthoses”.
6. Wait a few seconds. The app will automatically return to the home page after connecting.



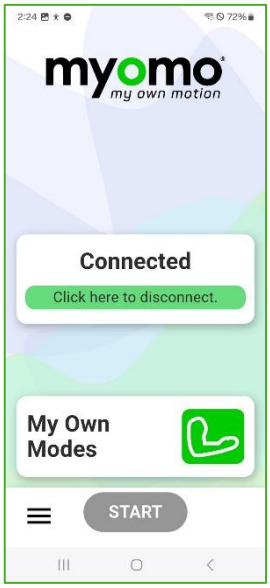
Note 1:
Do not attempt to pair the orthosis directly through the phone’s Bluetooth settings. **Pairing and connection are handled within the Myomo Mobile App.**

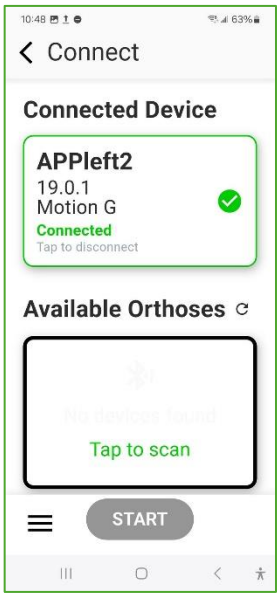
If the orthosis does not appear in the app, make sure:

- The orthosis is powered on and shows a green light
- Bluetooth is enabled on the smartphone
- The phone is within a few feet of the orthosis

Note 2:

The blue, Bluetooth light on the orthosis control panel is *not the indicator* that the device has been connected successfully to the app. Instead, confirmation of connection will appear from the app screen. Examples of successful connection are shown below:





3.3 Connection Status Screens

The Myomo Mobile App displays connection status messages to indicate whether it is communicating properly with the orthosis. These messages help guide the user if a connection issue occurs. See **Table A: App Connectivity Status Messages** for a complete list of status messages and their meanings.

- **Connected**
  When the app displays **"Connected,"** the orthosis is successfully paired and communicating with the Myomo Mobile App. The app and device can continue to be used as instructed. Refer to **Table A** for confirmation of normal connection indicators.

- **Connection lost** ("Bluetooth connection lost")
  If the app displays **"Bluetooth connection lost,"** the orthosis was previously connected but communication was interrupted. This may happen if the device moves out of Bluetooth range or if there is temporary interference.

  When this occurs, the app will display a **Bluetooth connection lost** screen and a "Retry" button will appear. Click the "Retry" button to attempt to reestablish a Bluetooth connection to the orthosis.

If reconnection does not occur after a few tries, follow the steps listed under **Connection Failed** and review **Table A** below for troubleshooting guidance.

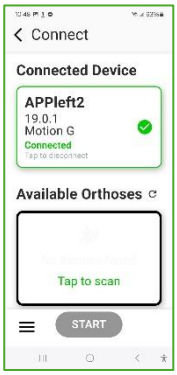
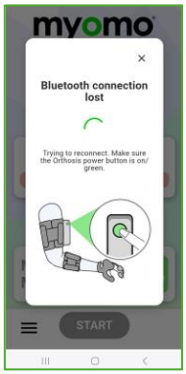
- **Connection Failed** (“No Orthoses Detected”)

  If the app displays **“No Orthoses Detected,”** it was unable to establish a connection with the orthosis. This may occur if the device is powered off, out of range, or experiencing a temporary communication issue.

  When this message appears, a **“Retry”** button will be displayed on the screen. To reconnect:

  - Power the orthosis **off**, then **back on**.
  - Confirm the power button turns **green**.
  - Select the **“Retry”** button in the Myomo Mobile App.

Table A: App Connectivity Status Messages

Status	What this Means	Action Needed	Screenshot(s)
Connected	After pairing, the Myomo Mobile app home screen displays “Connected” in the center of the screen, indicating successful communication with the orthosis.	No action needed. Continue using the orthosis and app as instructed.	 
Connection Lost (“Bluetooth connection lost”)	The Bluetooth connection was interrupted between the orthosis and app. A “Retry” prompt or a Bluetooth connection lost screen may appear while the app attempts to reconnect automatically.	Confirm the power button on the orthosis control panel is green and the blue, Bluetooth light on the device is illuminated, and select “Retry” in the app when prompted. Allow the app time to reconnect.	 
Connection Failed (“No Orthoses Detected”)	The app cannot detect the orthosis. A “No Orthoses Detected” screen or image will be displayed.	Ensure the orthosis is powered on, charged, and within range. If the issue continues, follow troubleshooting steps or contact Myomo Support.	

3.4 Automatic Reconnection

If the orthosis is powered on and within Bluetooth range, the Myomo Mobile app will automatically attempt to reconnect to the **last paired orthosis**. For this automatic reconnection to occur, **the user must be signed in to the Myomo Mobile app**.

Once signed in and the app is opened, no additional action is required. The app will search for the previously paired device and reconnect automatically. A connection status message will be displayed on the screen to confirm when reconnection is successful.

If automatic reconnection does not occur:

- Confirm the orthosis is powered on and showing a green light

Confirm the blue, Bluetooth light on the orthosis is illuminated

- Verify Bluetooth is enabled on the smartphone
- Make sure the user is logged in to the Myomo Mobile App
- Move the phone closer to the orthosis

If the app does not reconnect, follow the steps in the **Connection Failed** section for further guidance.

3.5 Troubleshooting Connection Issues

If the user is unable to establish or maintain a connection between the orthosis and the Myomo Mobile App, follow the steps below in order.

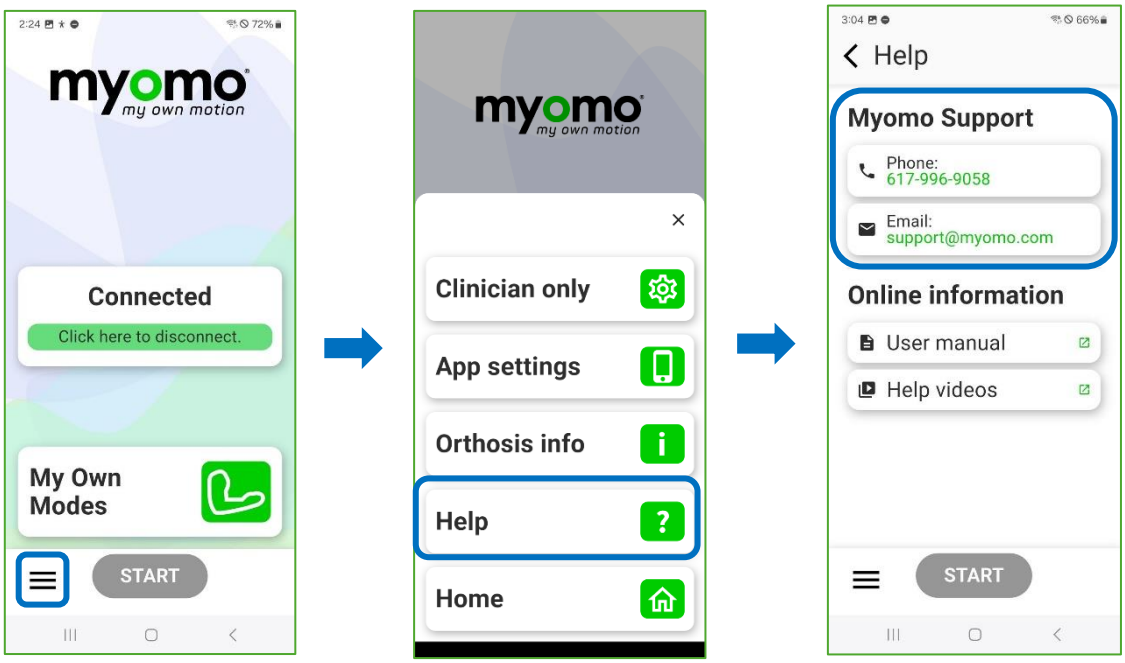
1. **Ensure Bluetooth is enabled on the phone**
   Open the phone's **Settings** and confirm that Bluetooth is turned **On**. Bluetooth must remain enabled while using the Myomo Mobile App. If Bluetooth is already on, try turning it **off** and then **back on** before returning to the app.
2. **Confirm the orthosis is powered on and charged**
   Make sure the orthosis battery is sufficiently charged and the device is powered on.
    - A **green power button** indicates the orthosis is on and ready to connect.
    - If the power button does not light up, the battery may be depleted and should be charged before attempting to connect again.
3. **Power cycle both the orthosis and smartphone**
   If the connection issue continues:
    - Turn the orthosis **off**, wait a few seconds, and then turn it **back on**.
    - Restart the smartphone completely.

- After both devices are powered back on, open the Myomo Mobile app and attempt to reconnect.

4. **Contact Myomo Support through the app**
   If still unable to connect, select the **"Help"** menu button within the Myomo Mobile App. This will provide direct access to Myomo Support contact information, including phone and email options.

   Follow the on-screen instructions to reach the support team for further assistance.

   See the screenshot below for an example of where to find the Help menu.



4. Home Screen & Navigation

4.1 Home Screen Overview

The Home screen shows connection status, access to My Own Modes, and the Start button.

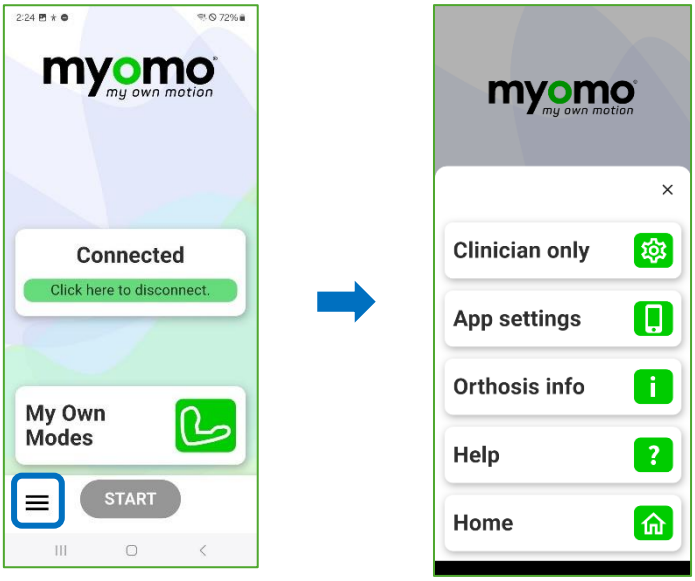
The Home screen is the main navigation point for the Myomo Mobile App. From this screen, users and clinicians can access menus, view device status, and select available modes.

Details regarding the “Connected” button in the middle of the screen can be found in Section 3.

4.2 Home Screen Navigation

Accessing the Menu

From the Home screen, select the **collapsed menu icon** (also known as the “hamburger button”) located in the **bottom left-hand corner** of the screen. This opens a drop-down menu with additional options.



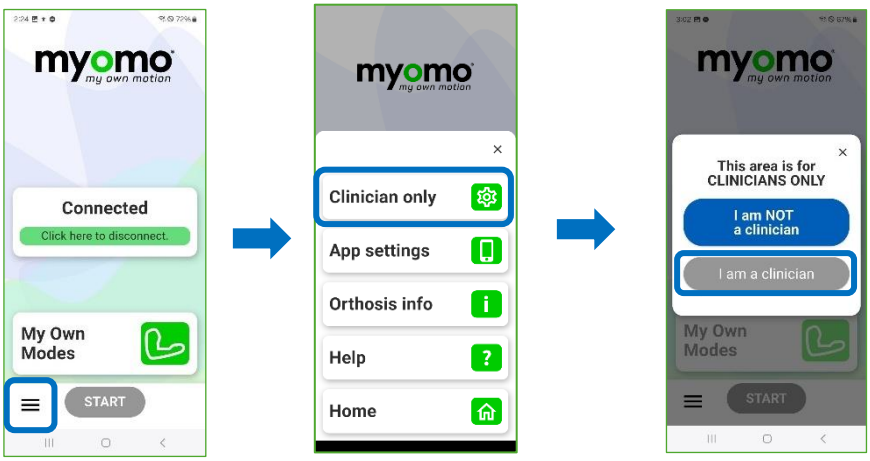
Clinician Only Section

At the top of the drop-down menu, there is a **“Clinician Only”** option. Selecting this will display a confirmation screen indicating that this section is restricted to trained clinicians

only. Orthotic users and caregivers should not proceed beyond this screen unless directed by clinicians.

This Configure section can be accessed by choosing “Clinician only” and “I am a clinician”. This enables the clinician to set up Elbow/Hand Range of Motion, Elbow/Hand EMG (electromyography) parameters for single and dual modes, and view Elbow/Hand EMG graphs with an optional anatomical model for viewing the orthosis actions. ***Users/Caregivers should not access this section unless given explicit instructions to do so by our Myomo team or their therapist(s).***

Note: EMG and ROM (range of motion) settings can only be accessed through the “Clinician Only” navigation. **EMG and ROM settings cannot be modified in My Own Modes.**

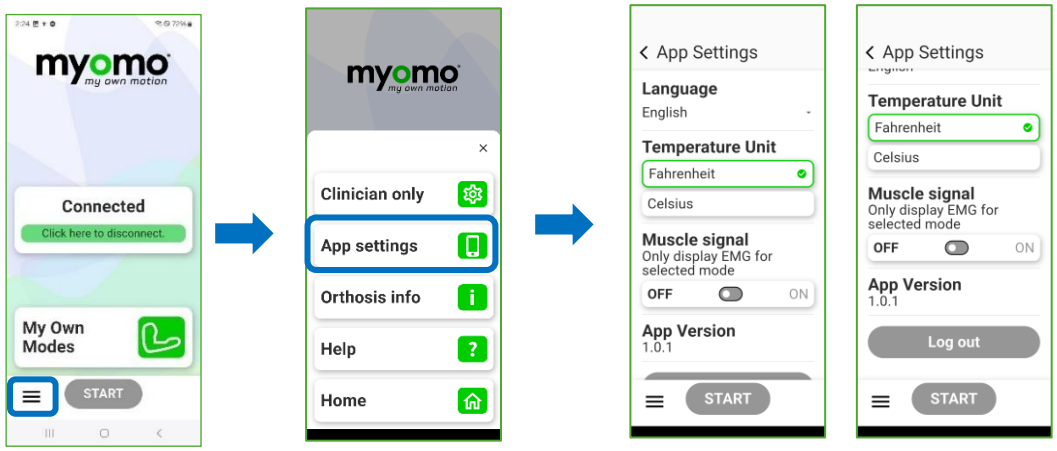


App Settings

The **App Settings** section includes general application preferences and information, such as:

- Language selection
- Temperature units (Fahrenheit or Celsius)
- Muscle signal (EMG) display options – turning this ON will force all the EMG graphs to display only the one EMG signal for the single modes (instead of defaulting to both)
    - Display EMG for the selected mode only – “ON”
    - Display EMG for both major muscles of the joint – “OFF”
- Current app version information

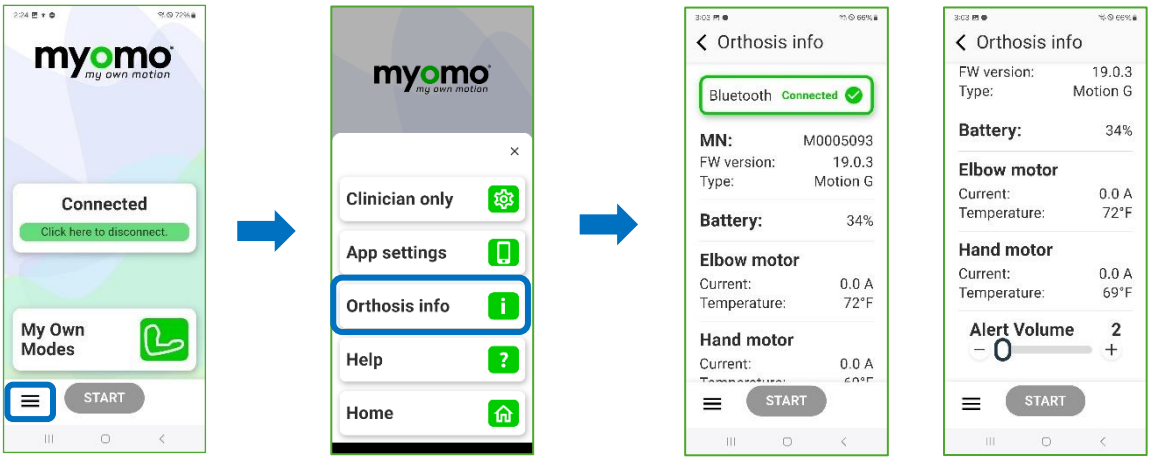
This section also includes the option to **log out** of the app. Logging out is not typically recommended unless instructed by Myomo Support.



Orthosis Information

Select **Orthosis Info** to view detailed information about the connected orthosis. This section allows you to:

- Confirm whether the orthosis is connected via Bluetooth
- View the motor number of the orthosis
- Identify the device type
- Check battery life of the orthosis
- Review elbow and hand motor temperature (selected units) and current draw (Amps)
- Adjust alert volume – increases/decreases the volume of the alarm. The alert volume will sound if motor temperature becomes too high or if motor components experience mechanical stress.

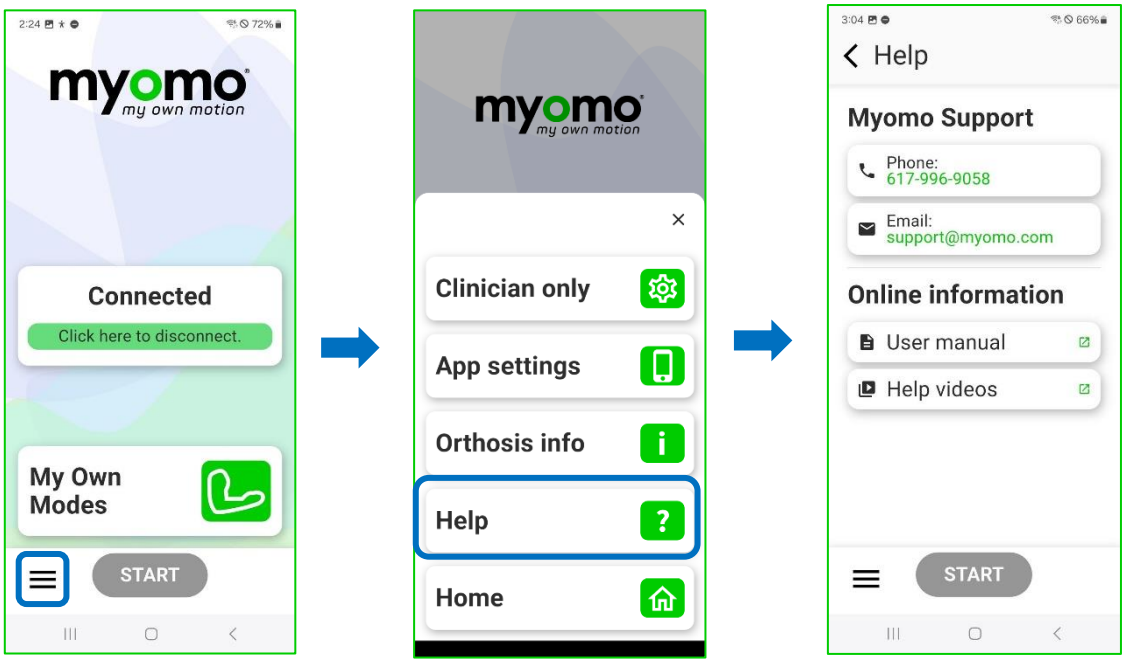


Help Section

The **Help** section provides support resources, including:

- Myomo Support phone number and email
- Direct links to the User Manual
- Direct links to Help videos on the Myomo website

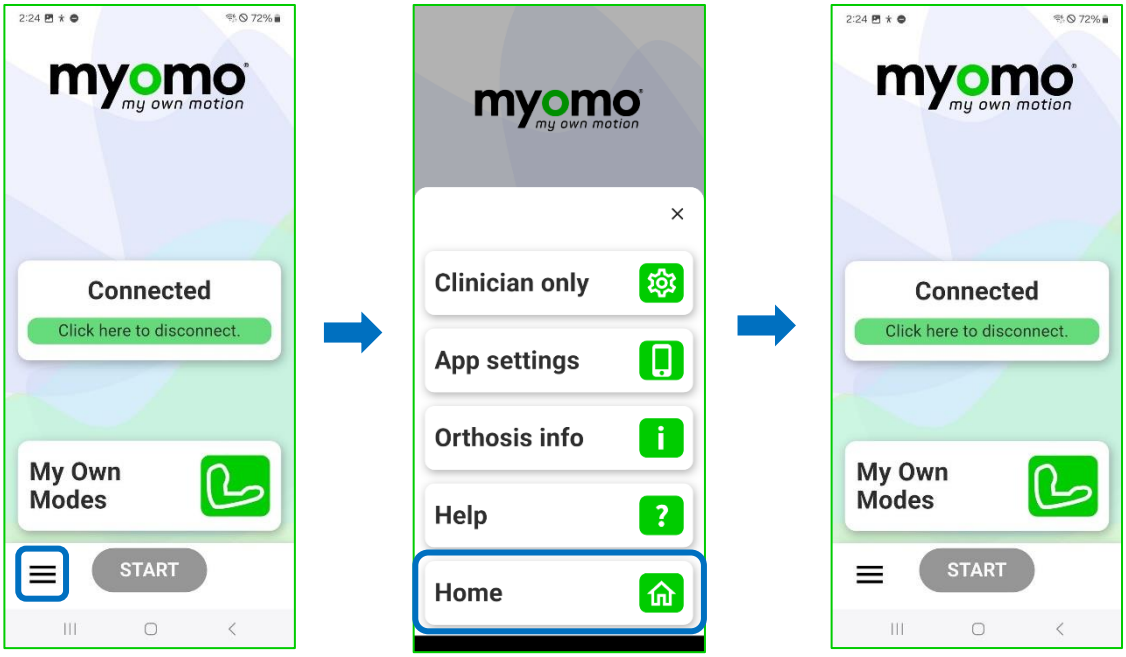
This section should be used if you and/or the user experience issues with the app or device.



Returning to the Home Screen

To return to the Home Screen:

- Select the **back arrow** in the upper left-hand corner of the screen until the Home Screen is reached, or
- Open the collapsed menu and select **“Home”** (shown below)**.**


myomo
my own motion
Connected
Click here to disconnect.
My Own Modes
START
Clinician only
App settings
Orthosis info
Help
Home

5. Clinician Only – Configure

5.1 Clinician Overview

The **Clinician Only – Configure** section is a restricted-access feature intended for trained medical professionals responsible for evaluating, programming, and optimizing orthosis performance. This section is separate from the patient-facing My Own Modes to ensure that configuration settings are accessible only to qualified users and are not modified during routine patient use.

The Configure section allows treating clinicians to adjust device parameters based on individual patient presentation and functional goals. These adjustments include:

- Range of Motion (ROM) settings
- Electromyography (EMG) settings, including gain and threshold
- Mode-specific configuration parameters
- Selection of single or dual modes for elbow and hand function

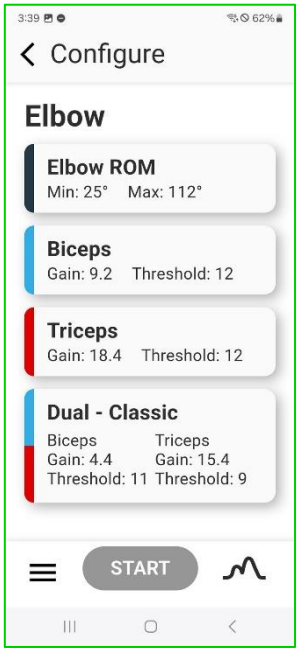
Single modes allow configuration of elbow or hand movement independently. Dual modes allow coordinated control of both joints within the same operational mode. In advanced dual modes, clinicians can define how EMG signals initiate and sequence elbow and hand movement, enabling more precise control strategies tailored to the patient's motor control abilities and functional objectives.

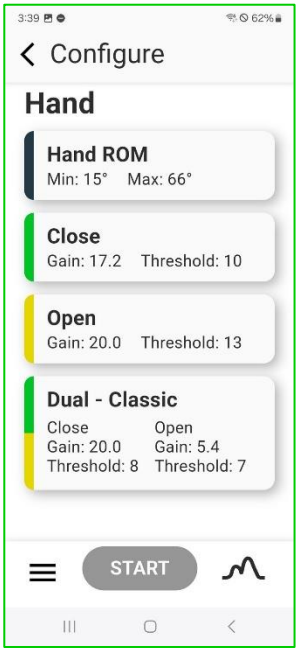
The Clinician Only – Configure section supports individualized programming while maintaining separation from patient-facing features to promote safe and consistent device use.

5.2 Accessing Clinician Only - Configure Section

Please see **Section 4.2** above for more details on how to access the Clinician Only – Configure section from the home screen.

Once accessed, the Configure screen allows adjustment of both ROM and EMG parameters. Screenshots below highlight the Configure page after navigating from the home screen. They have been separated into the Elbow vs. Hand joints.





5.3 My Own Modes vs. Configure

The Myomo Mobile App is intentionally divided into two distinct functional areas to promote safe use and protect programming integrity.

My Own Modes is the patient-facing section of the app. It allows the patient to access and use only those modes that have been prescribed and configured by the clinician. Within this section, the patient can:

- Select from established modes
- View real-time EMG and movement feedback
- Track repetitions and performance
- Participate in prescribed proficiency training or functional activities

Patients cannot modify ROM limits, EMG thresholds, activation parameters, or mode structure within My Own Modes. This separation ensures that settings remain consistent and aligned with the established plan of care. My Own Modes is described later in this User Manual.

Configure, located within **Clinician Only**, is restricted to trained medical professionals. This section provides access to advanced programming controls required to individualize device performance, including:

- Adjustment of Range of Motion (ROM) parameters

- Modification of EMG sensitivity and activation thresholds
- Configuration of mode-specific behaviors
- Selection and customization of single or dual joint control (elbow and hand)
- Programming of advanced dual modes, including EMG signal mapping and sequencing strategies

All changes to device responsiveness, movement limits, and control strategies for movement and function must be performed within Configure. These adjustments directly affect how the orthosis interprets muscle signals and generates movement and therefore require clinical judgment and training.

This structured separation between **use** (My Own Modes) and **configuration** (Clinician Only – Configure) is designed to:

- Maintain programming integrity
- Reduce the risk of unintended setting changes
- Support regulatory and safety requirements
- Ensure that EMG parameters reflect evaluation and treatment goals

Treating clinicians are responsible for establishing, modifying, and validating all configuration settings prior to patient use.

5.4 Preventing UI Mismatch (Clinician Only – Configure)

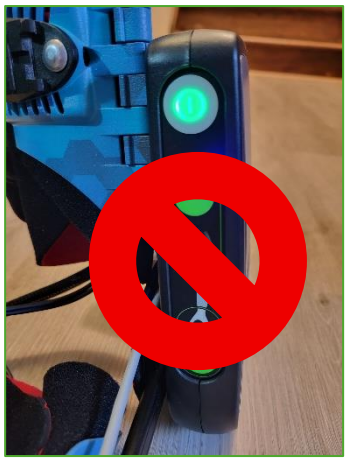
To maintain synchronization between the orthosis and the Myomo Mobile App, **all mode and setting changes must be performed within the app while connected**. The device control panel should not be used to change modes or adjust operational states when the app is actively connected.

If the device control panel is used to change modes or settings while the app is connected, the communication state between the device and the app may become unsynchronized. This can result in:

- A temporary freeze of the app interface
- A mismatch between the mode displayed in the app and the mode active on the device
- Delayed or inconsistent visual feedback
- Inaccurate representation of programmed settings

Because Configure includes advanced parameter adjustments that directly affect device responsiveness and joint sequencing, maintaining accurate real-time synchronization is essential during programming.

Best Practice:



- When connected to the orthosis, perform all mode transitions and configuration adjustments within the app.
- **Do not use the device control panel while the app session is active.**
- If a mismatch or freeze occurs, disconnect and reconnect the app to re-establish communication before proceeding with further adjustments.

Adhering to this procedure ensures programming integrity, accurate visual feedback, and consistent device performance during evaluation and parameter optimization.

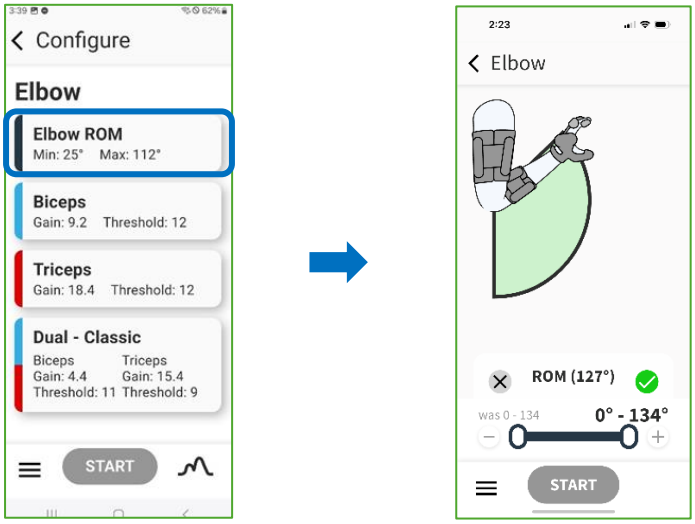
5.5 Range of Motion Configuration

Upon entering the **Clinician Only – Configure** section, the first parameter that should be reviewed is **Range of Motion (ROM)**. ROM settings establish the allowable movement limits for the device and serve as the foundation for safe and effective programming.

Within the app, ROM configuration is organized by joint (**Elbow** and **Hand**), Each joint is accessed and adjusted independently, allowing the clinician to evaluate and program movement parameters specific to the patient's presentation and functional goals.

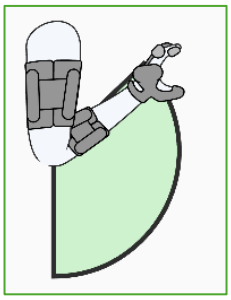
5.51 Elbow Range of Motion (ROM)

Tap the Elbow ROM on the Configure Screen.



Elbow ROM is adjustable between **0–136°** (approximately).

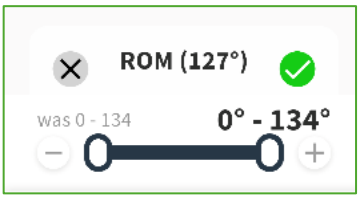
Passively move the patient's elbow through their ROM to confirm end-ranges. The orthosis ROM should match the patient's available PROM, unless a specific range is being set for a functional goal or comfort.



The **green shaded region** (shown in the picture to the right) shows the range of motion the elbow will move through once the orthosis is powered on.

This provides an easy visual representation of elbow movement.

To **adjust ROM**, click on the **+/– buttons** or **drag the white circles** on either end of the slider bar to the desired ROM.



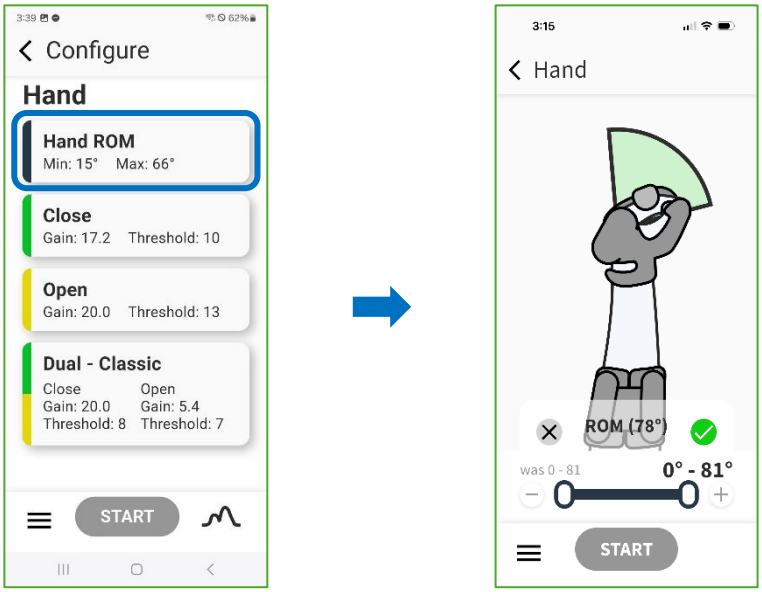
The **(–) button** will adjust the **extension limit**, the **(+) button** will adjust the **flexion limit**. The white circles will be highlighted green when they are actively being adjusted.

Once the **desired ROM** is set, tap the **green checkmark** to save settings. The light grey text "was 0 - 134" will change to the new saved settings.

The number shown after "ROM" in this image (127°) represents the real-time position of the elbow.

5.52 Hand Range of Motion (ROM)

Tap the Hand ROM on the Configure Screen.

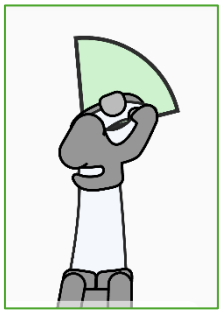


Hand ROM is adjustable between **0–80°** (approximately). This is **based on MCP ROM**.

Passively move the patient's fingers through their ROM to confirm end-ranges. The orthosis ROM should match the patient's available PROM, unless a specific range is being set for a functional goal or comfort.

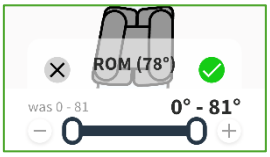
The **green shaded region** (shown in the picture to the right) shows the range of motion the hand/fingers will move through once the orthosis is powered on.

This provides an easy visual representation of grasp function.



To **adjust ROM**, click on the **+/– buttons** or **drag the white circles** on either end of the slider bar to the desired ROM.

The **(–) button** will adjust the **extension (open) limit**, the **(+) button** will adjust the **flexion (close) limit**. The white circles will be highlighted green when they are actively being adjusted.

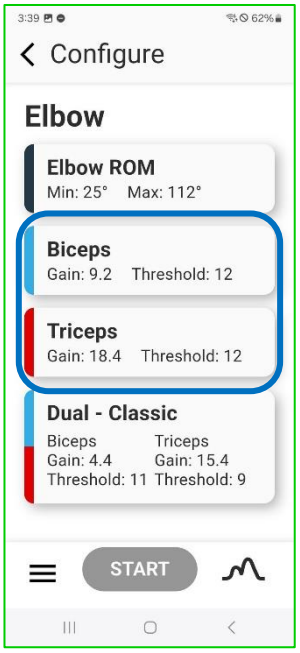


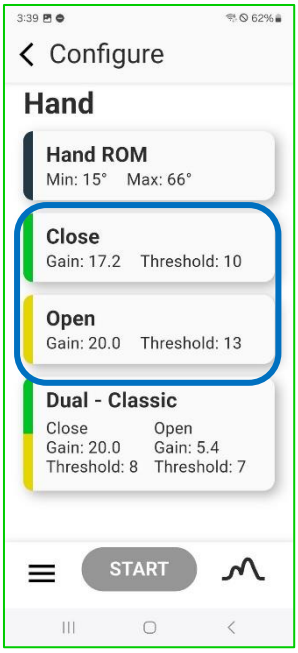
Once the **desired ROM** is set, tap the **green checkmark** to save settings. The light grey text "was 0 - 81" will change to the new saved settings.

The number shown after "ROM" in this image (78°) represents the real-time position of the elbow.

5.6 Overview of Single Modes

Single modes use one muscle group to control the respective motor's movement. You will need to select the Mode to adjust from the Configure screen. Screenshots of where to access the Single Modes from the main Configure screen are shown below.



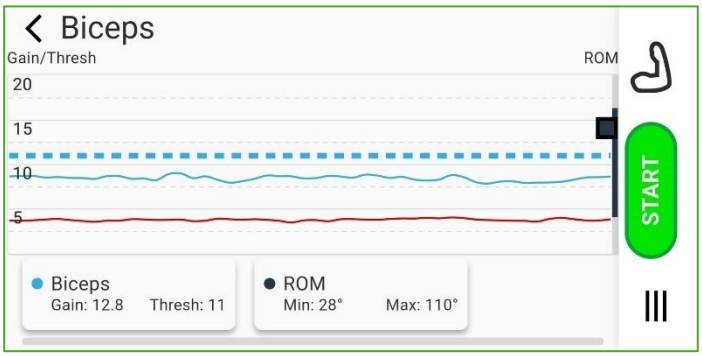


After selecting the desired single mode, each will lead to a horizontal EMG graph of the selected Mode. The EMG color corresponds to specific muscle groups: **Blue** for Biceps, **Red** for Triceps, **Green** for Close, and **Yellow** for Open.

5.61 Standby

After selecting the desired Single Mode in the app, the orthosis motors will be inactive but the live EMG line will be visible on the screen in a horizontal position. The selected Mode's name will appear at the top, left corner of the screen next to the Back arrow. **There will be a green "START" button at the bottom of the screen.**

Electrode and ROM settings appear as cards at the bottom of the screen and can be selected to make adjustments before engaging the motor. The motor's real-time position within the set ROM is displayed along the right side of the screen as a heavy black line (set ROM range) and a black box (current position). Pressing the Start button will engage the motor. See below for an **example** of the **Standby** screen in **Single Biceps Mode**.

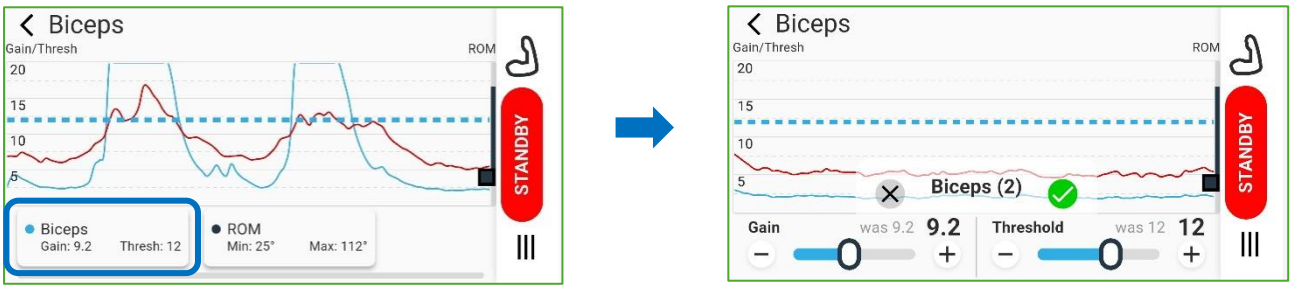


5.62 Elbow Single Modes

Biceps and **Triceps** single modes control **elbow movement**. After selecting the desired elbow mode, the EMG card at the bottom of the screen allows you to adjust the EMG settings.

After tapping on the EMG card, the EMG settings can then be adjusted. The **Gain** and **Threshold** can be changed with the **slider bars** or the **plus (+)** or **minus (-) buttons**. *The green check circle must be tapped to save any setting changes to the orthosis*. Tapping the grey X circle will cancel the changes. Tapping either button will return you to the main screen.

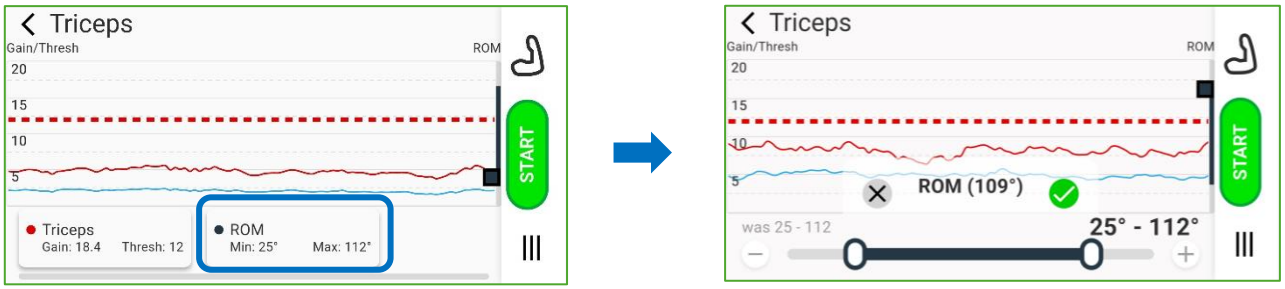
An example of changing the **Gain** or **Threshold** for the **Single Biceps Mode** is shown below.



Likewise, tapping on the **ROM card** within the single mode allows you to adjust the active ends of the elbow's ROM. This is very similar to changing the ROM from the main Configure menu (please see **Section 5.51** for more information).

After tapping on the ROM card, the ends of elbow ROM can be adjusted with the **sliders** or the **plus (+)** and **minus (-)** buttons. The green check circle must be tapped to save the settings to the orthosis. Tapping the grey X circle will cancel the changes. Tapping either button will return you to the main screen.

An example of changing the **ROM settings** within the **Single Triceps Mode** is shown below.

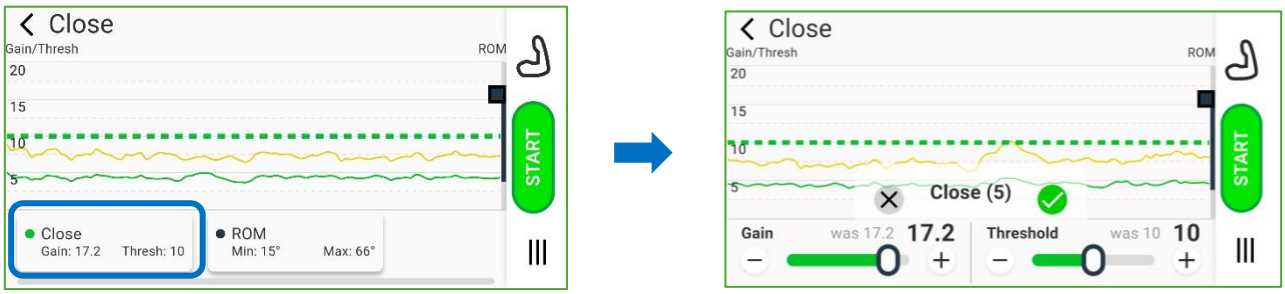


5.63 Hand Single Modes

Close and **Open** single modes control hand movement via the forearm flexors and extensors of the user's affected arm. Just as with the Elbow single modes, after selecting the desired hand mode, the EMG card at the bottom of the screen allows you to adjust the EMG settings.

After tapping on the EMG card, the EMG settings can then be adjusted. The **Gain** and **Threshold** can be changed with the **slider bars** or the **plus (+)** or **minus (-) buttons**. *The green check circle must be tapped to save any setting changes to the orthosis*. Tapping the grey X circle will cancel the changes. Tapping either button will return you to the main screen.

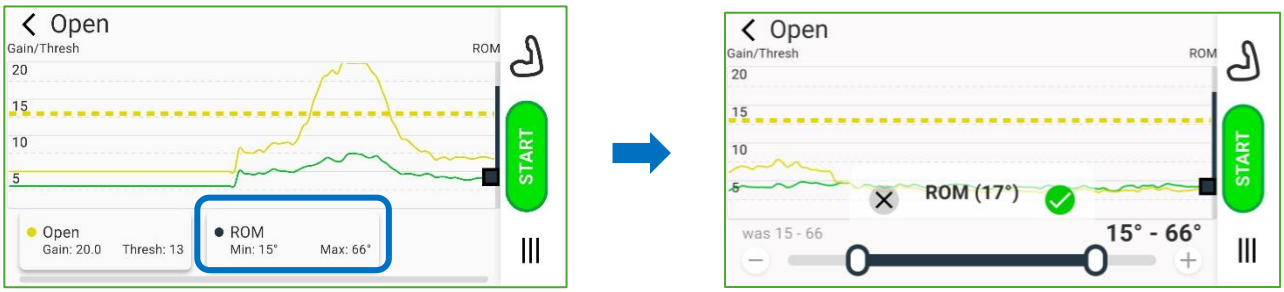
An example of changing the **Gain** or **Threshold** for the **Single Close Mode** of the hand is shown below.



Likewise, tapping on the **ROM card** within the single mode allows you to adjust the active ends of the elbow's ROM. This is very similar to changing the ROM from the main Configure menu (please see **Section 5.51** for more information).

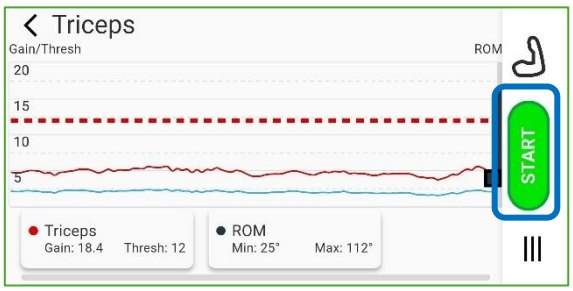
After tapping on the ROM card, the ends of elbow ROM can be adjusted with the **sliders** or the **plus (+)** and **minus (-)** buttons. The green check circle must be tapped to save the settings to the orthosis. Tapping the grey X circle will cancel the changes. Tapping either button will return you to the main screen.

An example of changing the **ROM settings** within the **Single Open Mode** of the hand is shown below.



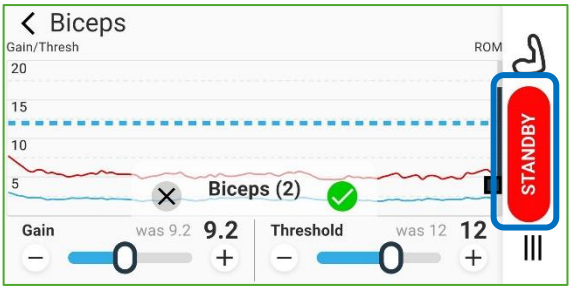
5.64 Activating Single Modes

Tapping the green "START" button will engage the motor.



Tap "STANDBY" to stop motor output; EMG signals can still be seen on the screen.

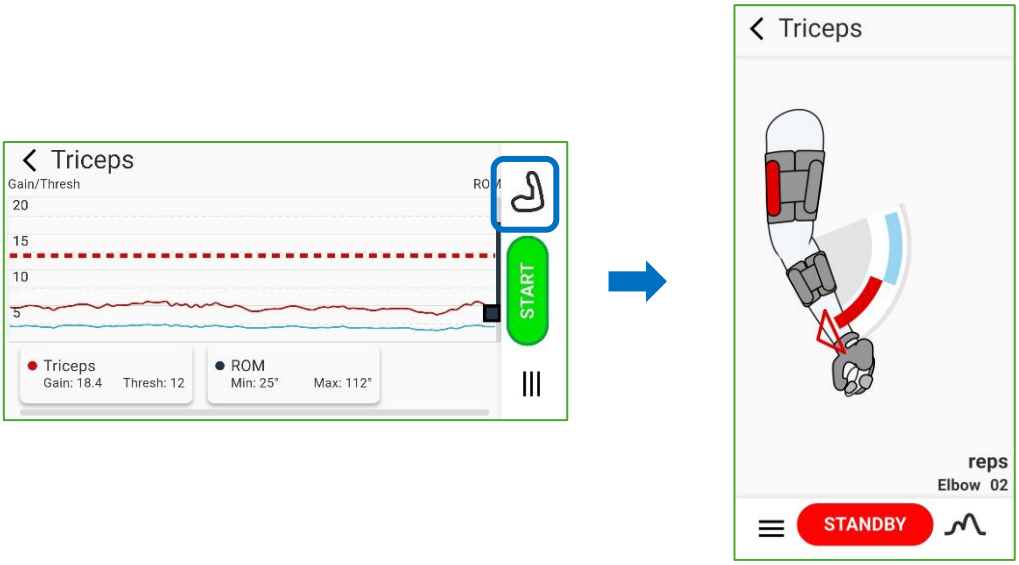
Once you tap the "STANDBY" button, it will return to being the "START" button.



5.65 Anatomical View in Single Modes

This screen provides visual feedback of EMG input and translates this into orthosis movement with a real-time arm model. To access this anatomical view, tap the arm icon on the right side of the screen from the EMG graph. Note: the anatomical view will be in a vertical orientation. There is also a rep counter with the anatomical view in the bottom, right-hand corner of the screen. This resets each time the anatomical screen is opened from the Single Mode screen.

In the anatomical screen, the motion of the orthosis is represented as an open arrowhead. Once the patient provides enough signal to cross the threshold, the arrowhead will fill and the orthosis will move in the indicated direction.



5.66 Understanding the Arrows on the Anatomical Screen

The anatomical screen uses **colored arrows** to help guide the user's movement and show how their muscles are controlling the orthosis. These arrows provide real-time visual cues that indicate **which muscle to activate** and **which direction the movement will occur**.

Selected Muscle/Mode

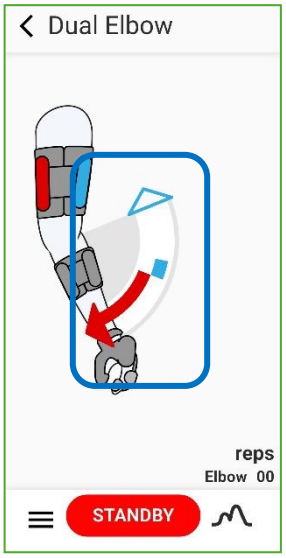
The selected mode and sensor location that shows which **muscle needs to activate** to initiate movement using the appropriate color (see above).

Directional Cues

- **An unfilled triangle** appears first to show the **intended direction of movement**. The unfilled arrows cue the user to prepare for movement and indicate which muscle they should begin to activate.

- The **colored arrow** displays and moves in the direction of the triangle as the muscle is activated (for example, **blue** for **biceps** and **red** for **triceps**), helping the user identify which muscle group is controlling the movement.

Muscle Activation and Orthosis Movement



- As the user activates the intended muscle for the mode selected, the arrow moves toward the triangle.
- As the arrow moves into and fills the triangle, the user has generated enough muscle activity to initiate motion in the orthosis.
- The orthosis will move in the opposite direction when they "relax" the activated muscle and activate the opposing muscle group. This causes the original triangle to change from the filled color to unfilled, and the opposing triangle to fill up.
    - For example, when enough **triceps** muscle is activated and the EMG signal reaches the required level, the **red arrow fills** as the arm moves into **elbow extension**.
    - When the **biceps** begin to contract, the **blue unfilled arrowhead** cues the user to initiate a biceps contraction. As the contraction increases and crosses the threshold, the arrow fills and the elbow moves into **flexion**.

Supporting Learning and Control

The arrows are designed to:

- Reinforce correct muscle activation
- Help the user your contractions more effectively
- Improve understanding of how the user's muscle effort translates into movement

By following the arrow cues, the user can better coordinate their movements and build confidence while practicing prescribed modes.

5.7 Overview of Dual Modes

5.71 Purpose of Dual Modes (Elbow and Hand)

Dual Modes allow an orthotic user to control movement using **two muscle groups working in opposition**, which more closely mimics natural elbow and hand movement. These modes are designed to support coordinated, opposing motions at both the **elbow and hand**, helping users perform more functional, everyday tasks.

How Dual Modes Work

In Dual Modes, the orthosis responds to **reciprocal muscle activity**. This means one muscle group activates movement in one direction, while the opposing muscle group relaxes at the same time. This mirrors how the elbow and hand can normally move during daily activities

Each Dual Mode uses a specific control strategy, but **all Dual Modes include the hold feature**, which provides extra resistance when muscle signals are relaxed to help keep either the elbow or hand in a consistent position. For example, the hold feature allows a user to hold a static elbow position while they perform movements with the hand. This added stability can improve control and safety during use, especially when holding objects.

Coordinated Elbow and Hand Control

Dual Modes allow the elbow and hand motors to work together in a more coordinated way. This can help users:

- Bend or straighten the elbow while opening or closing the hand
- Transition smoothly between movements

This coordination supports more natural and efficient movement patterns.

Who Should Use Dual Modes

Dual Modes are intended for more **advanced users** who can independently activate both major muscle groups of a joint (for example, both biceps and triceps at the elbow, or both flexors and extensors at the hand).

Because Dual Modes require greater muscle control:

- They should only be used if prescribed by a treating clinician
- Initial use is typically guided by clinician or therapist
- Practice may be required to become comfortable with the timing and coordination of movement

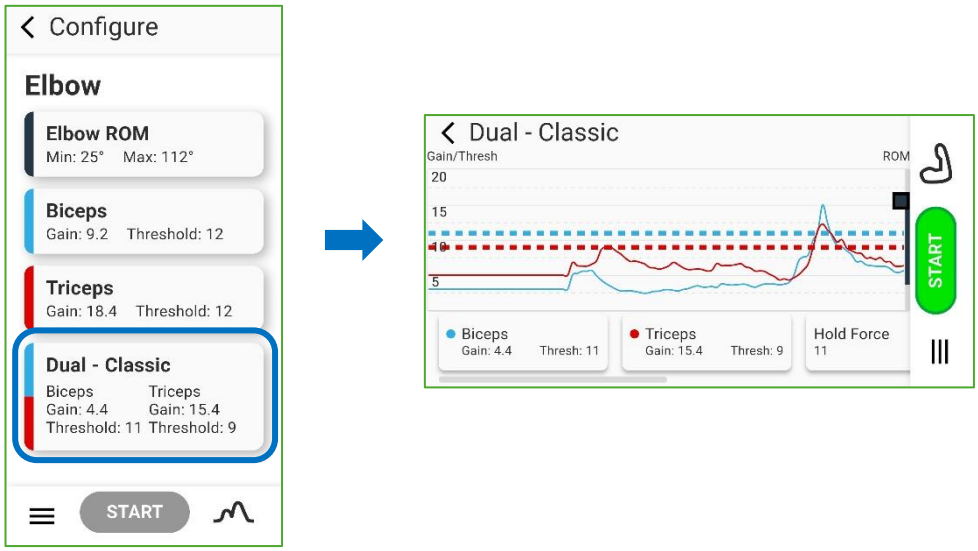
Benefits for Daily Activities

For users who can use Dual Modes, these modes can further support participation in **functional activities and activities of daily living (ADLs)**, such as cooking, dressing, and eating. By more closely replicating natural movement, Dual Modes may help improve confidence and independence during everyday tasks.

Dual Mode Example

Dual Modes can be selected in a few ways from the app depending on the goals and needs of the orthotic user. The clinician determines which Dual Mode is appropriate based on the patient's motor control abilities and functional goals and should direct the patient regarding which mode to begin with. The sequence for selecting Dual Modes for the elbow and/or hand is the same.

Programming Dual Modes can be accessed within the **Clinician Only – Configure** section of the app. From the main menu, select **Clinician Only** and confirm access to enter the **Configure** screen. Within Configure, clinicians can establish or modify single and dual mode structures, adjust ROM and EMG parameters, and define control strategies prior to patient use. Below, the sequence to determine the appropriate Dual Mode from the Configure page is shown for the Elbow:



Note that the default setting for any Dual Mode in the Elbow or Hand will be Dual-Classic.

For patient training or demonstration, navigate to **My Own Modes** to show patients how to select and practice within their prescribed modes. Please refer to **Section 6.2 Navigating My Own Modes** for more information.

5.8 Elbow Dual Classic Mode

Classic Dual Mode for the **Elbow** allows the orthosis to respond to two opposing muscle signals to control elbow flexion and extension within a single operational mode. While navigation and parameter structure are very similar to Single Mode, Dual Classic incorporates input from both muscle groups to enable bidirectional control.

Accessing the dual mode settings for the elbow or hand follows the same general navigation pathway as single modes. From **Clinician Only – Configure**, select the

appropriate joint and choose **Dual Classic**. Although the layout is familiar, there are important functional differences.

In Dual Classic – Elbow:

- The orthosis monitors both flexor and extensor EMG signals of the upper arm
- Movement is initiated when the selected muscle group exceeds its programmed activation threshold
- The device drives elbow flexion when the flexor signal exceeds threshold and drives extension when the extensor signal exceeds threshold

The following parameters are configurable within **Dual Mode of the Elbow**: Threshold, Gain, Range of Motion (ROM), and Hold Force.

Threshold
Threshold defines the minimum EMG signal required to initiate movement. In Dual Classic, separate thresholds are set for flexion and extension muscle groups. Proper threshold setting ensures the device responds to intentional activation while minimizing unintended movement due to background muscle activity.

Gain
Gain determines how strongly the orthosis detects and responds to volitional muscle activity. It is synonymous with “sensitivity”. Higher gain increases motor output relative to muscle activation, resulting in faster or more forceful movement. In Dual Classic, gain can be independently adjusted for flexion and extension to accommodate strength asymmetry or motor control differences.

Range of Motion (ROM)
ROM establishes the allowable movement limits for elbow flexion and extension. These limits function the same as in Single Mode, defining the maximum and minimum joint positions the device will reach. ROM should be set according to clinical evaluation to ensure safe and functional movement boundaries.

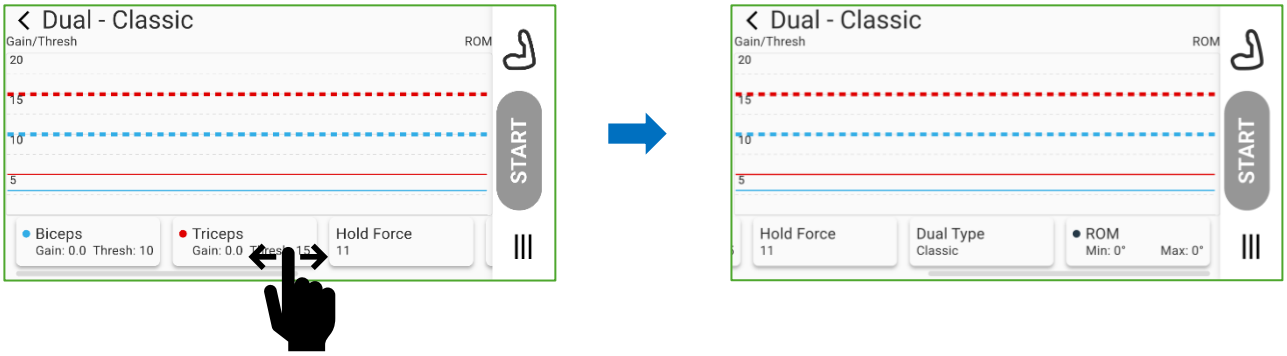
Hold Force
Hold Force determines the amount of assistance or resistance provided once the elbow reaches a position and muscle activation decreases. In Dual Classic, Hold Force helps maintain the achieved position against gravity or mild external forces. This parameter is particularly important for patients with limited sustained muscle activation.

Although these parameters mirror Single Mode functionality, the key distinction is that the orthosis now continuously evaluates and responds to both muscle inputs within one mode. This allows more dynamic and coordinated elbow control.

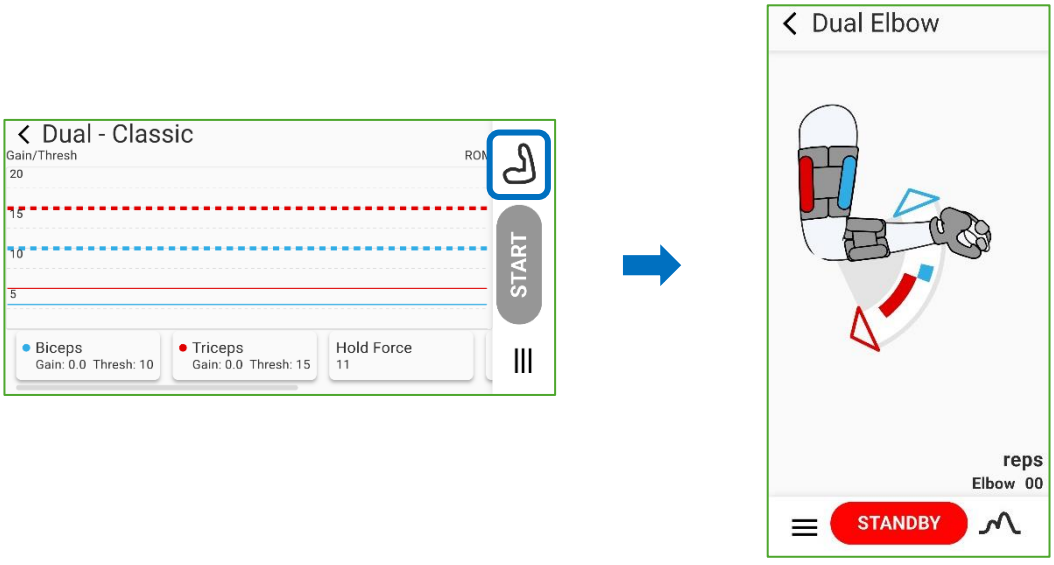
Navigation Within Dual Classic Mode

Navigation in Dual Modes is similar to Single Modes, with additional configuration cards available.

On the bottom of the screen, there are multiple parameter cards. In Dual Classic mode, additional cards appear to accommodate programming for both muscle groups and joint behaviors. **Swipe horizontally across the bottom cards** to access all available settings. Some parameters are not visible on the first card view and require swiping to review and adjust. See below for an example:



For improved visualization of EMG signals, the **display** maintains a **horizontal orientation**. As in Single Mode, **the anatomical view** can be accessed by selecting the elbow icon in the right-hand corner of the screen. This model provides a visual representation of joint position and movement. Please see below for an example:



When the device is in standby, the anatomical model will appear greyed out, indicating that active movement is not occurring.

5.9 Hand Dual Classic Mode

Classic Dual Mode for the Hand allows the orthosis to respond to two opposing muscle signals to control hand opening and closing within a single operational mode. While navigation and parameter structure are very similar to Single Mode, Dual Classic incorporates input from both muscle groups to enable bidirectional hand control.

Accessing the dual mode settings for the elbow or hand follows the same general navigation pathway as single modes. From **Clinician Only – Configure**, select the appropriate joint and choose **Dual Classic**. Although the layout is familiar, there are important functional differences.

In **Dual Classic – Hand**:

- The orthosis monitors both hand flexor and hand extensor EMG signals of the forearm.
- Movement is initiated when the selected muscle group exceeds its programmed activation threshold.
- The device drives hand closing (grasp) when the flexor signal exceeds threshold and drives hand opening (release) when the extensor signal exceeds threshold.

This configuration allows the patient to actively initiate and control grasp and release using intentional activation of opposing muscle groups, supporting more dynamic functional hand use.

The following parameters are configurable within **Dual Mode of the Elbow**: Threshold, Gain, Range of Motion (ROM), and Hold Force. Please see **Section 5.8 Elbow Dual Classic Mode** for more information on these specific settings and their definitions.

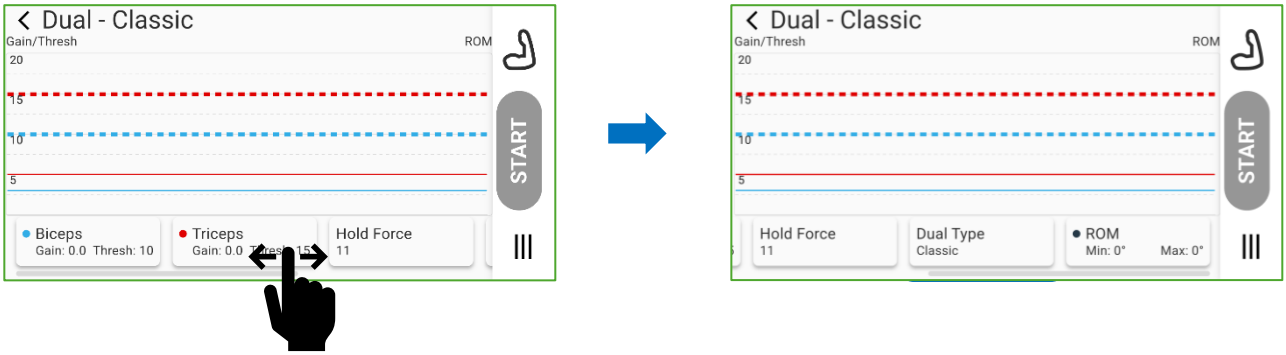
5.10 Advanced Dual Modes

The **Advanced Dual Modes** provide expanded control strategies beyond Dual Classic and are intended for to be used for greater customization of motor responsiveness and functional performance. These modes modify how EMG input translates into motor output and allow refinement of speed, effort scaling, and movement dynamics.

When entering Dual Mode within **Clinician Only – Configure**, the default selection is **Dual Classic**. Additional advanced dual modes may be selected using the cards located along the bottom of the screen. Swipe horizontally across these bottom cards to:

- Select an advanced dual mode (Constant, Proportional, or Ramped)

- Access and adjust mode-specific parameters



The EMG graph display differs slightly in the advanced dual modes compared to Classic. In Constant, Proportional, and Ramped modes, a **yellow indicator** appears on the graph to represent real-time EMG signal intensity and corresponding motor output.

Overview of Advanced Dual Modes

Dual Classic (Default Dual Mode)

Dual Classic remains the foundational dual configuration and functions similarly to Single Mode, with the addition of bidirectional muscle control. The EMG graph format mirrors Single Mode presentation.

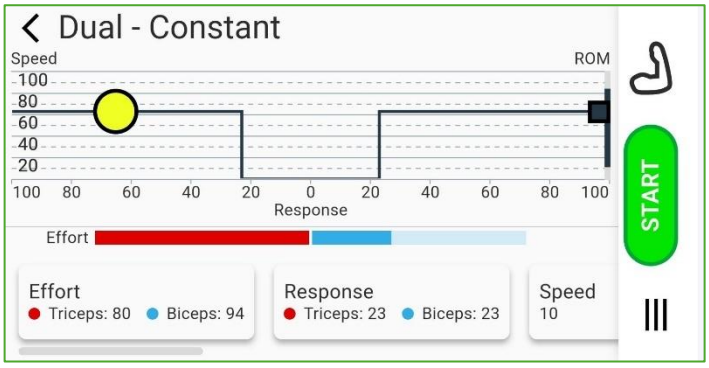
In addition to standard parameters, Dual Classic includes an additional card:

- **Hold Force** — determines the amount of motor assistance provided to maintain a static joint position once movement has occurred.

Dual Constant Mode

Dual Constant allows the clinician to set a fixed motor speed once activation criteria are met.

- The motor moves at the selected speed regardless of the magnitude of patient effort above threshold.
- This mode provides predictable and consistent motor output.



Additional configuration cards include:

- **Effort**
- **Response**
- **Speed**
- **Hold Force**

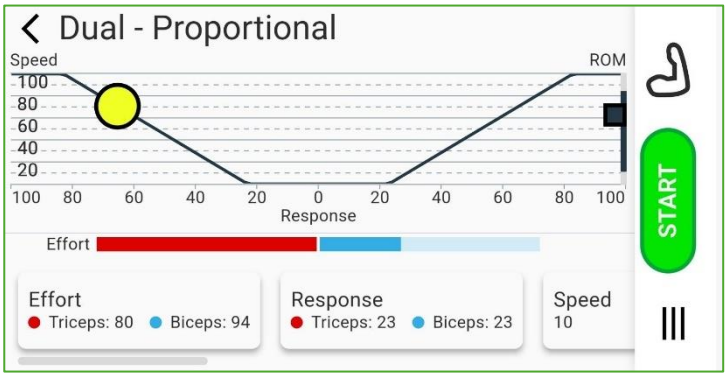
Dual Proportional Mode

Dual Proportional emphasizes a direct relationship between patient effort and motor speed.

- As EMG effort increases, motor speed increases proportionally.
- This mode supports graded control and may be appropriate for patients with more refined motor activation.

Additional configuration cards include:

- **Effort**
- **Response**
- **Speed**
- **Hold Force**



Dual Ramped Mode

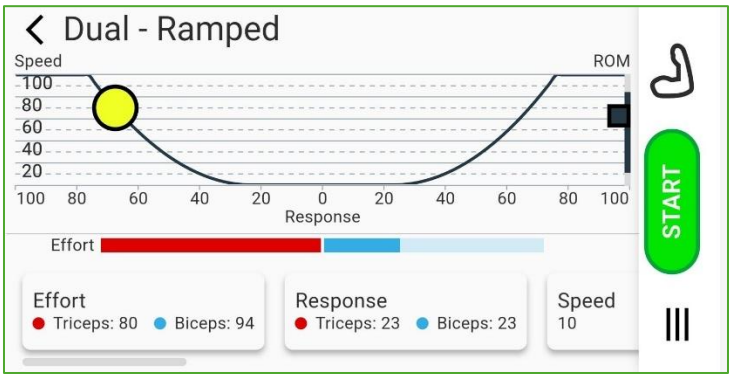
Dual Ramped incorporates a nonlinear, exponential relationship between effort and speed.

- The EMG graph displays a bell-shaped curve.

- Motor speed increases exponentially as effort increases.
- This mode may support patients who respond well to movement patterns that more closely approximate natural, functional motion.

Additional configuration cards include:

- **Effort**
- **Response**
- **Speed**
- **Hold Force**
- **Curviness**



Advanced Dual Mode Parameter Definitions

Understanding the function of each configuration card is essential for accurate programming.

Effort

Effort is inversely related to gain in Single Mode. Increasing Effort requires greater muscle activation to generate motor output. In practical terms, higher Effort settings require the patient to work harder to engage the motor.

Response

Response functions similarly to threshold. It determines the activation point at which the motor begins moving. Lower Response values allow earlier motor activation; higher values require stronger EMG signals before movement begins.

Speed

Speed defines the motor's movement velocity in Constant, Proportional, and Ramped modes. Increasing Speed increases the rate of joint movement and directly affects the slope of the EMG-to-motor output relationship.

Curviness (Dual Ramped Only)

Curviness adjusts the exponential relationship between effort and speed in Dual Ramped mode. Increasing Curviness causes motor speed to accelerate more rapidly as effort increases, more closely reflecting natural movement patterns during functional tasks.

Each advanced dual mode modifies how EMG input translates to motor behavior. Selection and adjustment should be guided by clinical assessment, motor control presentation, and functional goals.

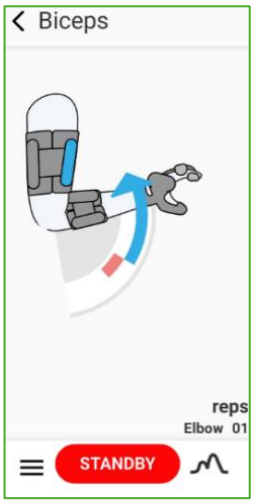
6. My Own Modes – Clinician Teaching View

6.1 What is My Own Modes?

My Own Modes is a user-friendly feature that permits use of the orthosis as prescribed by treating clinicians while receiving real-time visual feedback. This feature is designed to help users better understand how their muscles initiate movement, improve participation, and support safe, effective training with the orthosis.

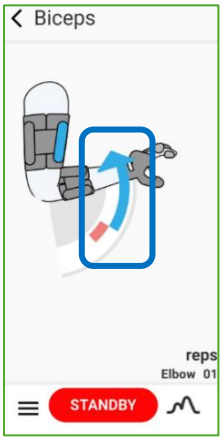
Real-Time Anatomical Visualization

When using My Own Modes, the app displays an **anatomical model** of the arm or hand that responds to muscle activity. Movements are shown in real time based on EMG (muscle signal) input, helping the user see how effort translates into movement with the orthosis. A screenshot of this anatomical screen is shown below.



Movement Guidance and Cues

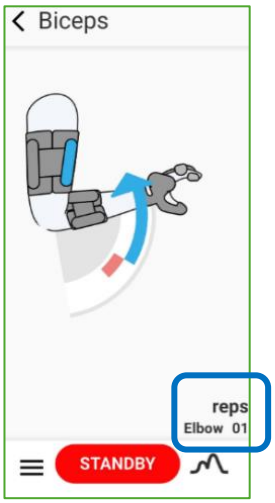
- When a mode is selected, the paired sensor location is highlighted over the muscle location to help the user understand which muscle they should activate.
- **When the muscle is activated, the paired arrow** appears and moves in **the direction of the intended motion.**
- These visual cues guide the user on when and how to move, helping them follow instructions more easily and confidently.



Repetition Tracking

A **repetition counter** is displayed in the lower corner of the screen. This helps with:

- Tracking how many repetitions have been completed
- Staying focused during practice
- Better follow proficiency and functional goals



Benefits for Training and Practice

My Own Modes is designed to:

- Improve understanding of how the orthosis responds to the user's muscle signals
- Increase engagement and confidence during practice for users
- Support consistent use during therapy sessions and home proficiency practice

Important Notes About Settings

- **EMG and ROM settings cannot be changed within My Own Modes.**
- Changes can be made to the settings by following the appropriate steps to access the **Configure** screens (see **Section 5** above)

Clinical Guidance and Limitations

My Own Modes is a training and support feature designed to help you view, practice, and better understand movements using the orthosis. **It does not replace the knowledge, judgment, or care of a trained medical professional**.

The information and feedback shown in My Own Modes:

- Is intended for **educational and training purposes only**
- Does not provide medical advice, diagnosis, or treatment decisions

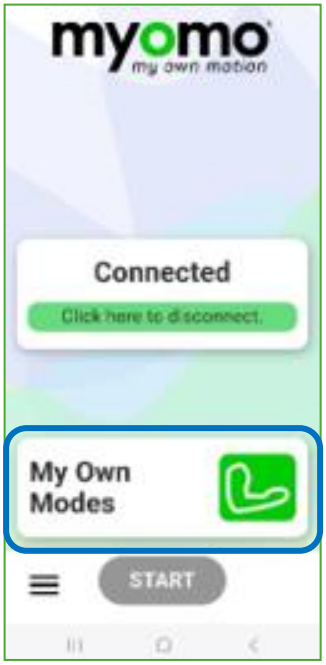
The treating clinician's linician's responsibility includes:

- Prescribing appropriate modes
- Setting and modifying settings and range-of-motion (ROM) parameters
- Determining how and when the orthosis should be used.

If the user has questions about their progress, experiences discomfort, or is unsure how to use a mode, they should discuss with their medical provider.

6.2 Navigating My Own Modes

On the home screen, you will be able to see the My Own Modes feature. **This can only be selected if the orthosis is powered on and connected to the Myomo app**.



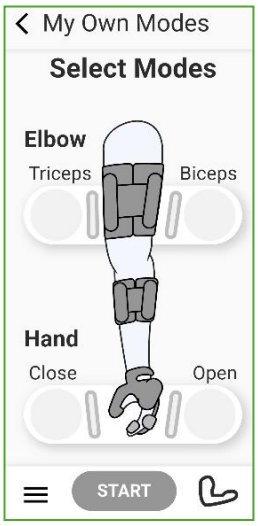
6.21 Select Modes Title Page

After clicking the “My Own Modes” icon on the home screen, the “Select Modes” page will appear. This screen shows a model of the orthosis, modes available, and a gray Start button. Here, the desired mode(s) can be selected.

Note: The orthosis must be in Standby to change modes. Notice in the figure below that the Start button is gray until a mode is chosen. This means that the device is in Standby.

In Standby, the motors are inactive. The motor is on, but it will not assist motion. It will offer more resistance to motion than if the orthosis were powered off. The sensors are still reading the EMG signals and will be visible on the Myomo App. Standby is useful for establishing EMG signal response before moving to a mode where motion is elicited.

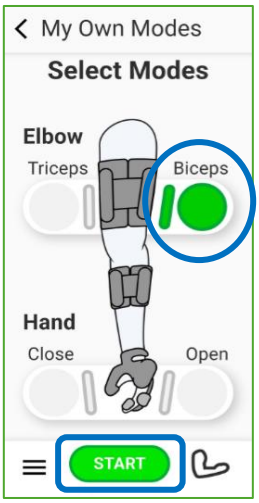
Standby example:



6.22 Selecting Modes

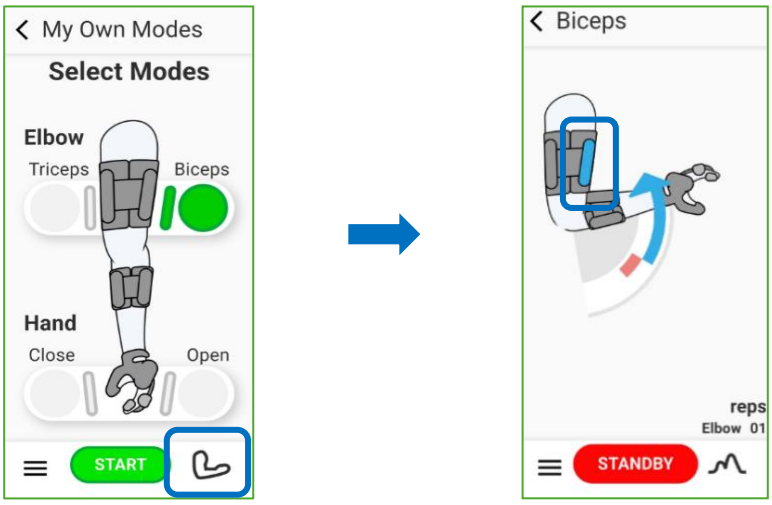
After confirming that the orthosis is in Standby, the desired mode can be selected. This is done by selecting the large circle under the title of the desired mode. For example, the “Biceps” mode was selected in the image below. After it is clicked, the circle will turn green to show that it has been selected.

After selecting your mode, press the **Start** button. This will place the device into Active mode. The orthosis is now ready to assist with movement.



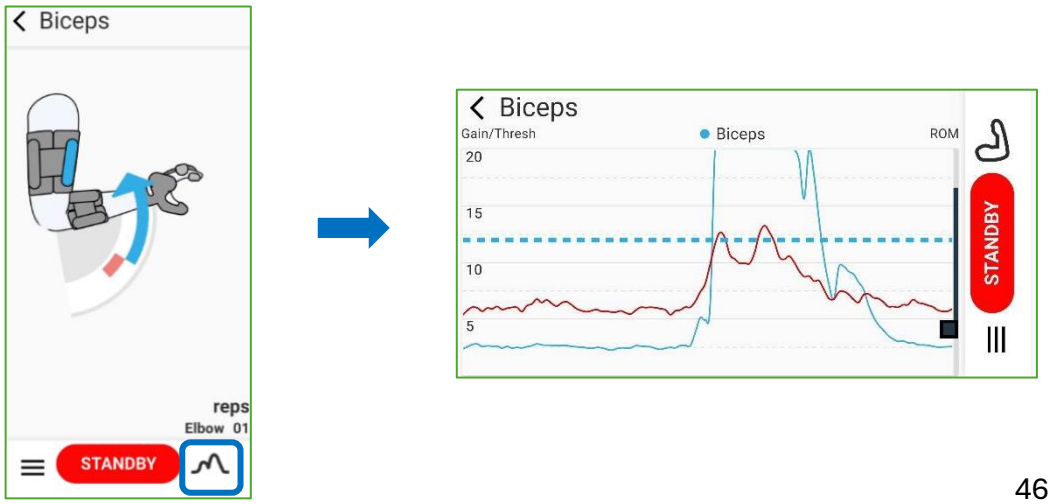
6.23 Optional Views in My Own Modes

i) **My Own Modes Animation** – To view a live display of your muscle activity and motion, tap the arm icon in the bottom, right hand corner of the screen (shown below).



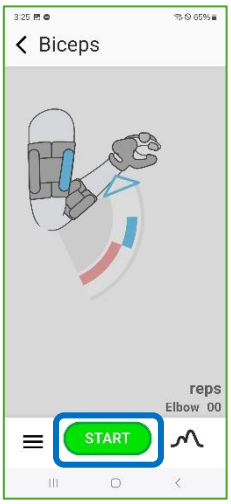
The Anatomical Model/Screen will then appear. It will display the name of the mode that was selected in the top left corner. The color of the arrows represents specific muscle signals. Here, the **blue** box (circled in the picture above) means that the Biceps mode was selected. The blue arrow shows when the biceps muscle is firing. **The other muscle signal being displayed will be highlighted later in this User Manual (Section 6.7).**

Optional EMG Graph View – In addition to the Anatomical Model/Screen, there is an option to view the muscle signals in a more technical format called an EMG graph. This can be done by choosing the EMG icon on the bottom, right corner of the screen.



ii) **Standby navigation** – It is possible to navigate throughout My Own Modes as shown above, when the orthosis is in Start or Standby.

If the screen appears to have a gray background, the orthosis is in Standby. No motion is expected. To begin using the orthosis or initiate motion, the user will have to select the green "Start" button at the bottom of the screen.



6.3 Elbow Modes

As discussed in **Section 5.6 Overview of Single Modes**, these single modes assist with **elbow bending (flexion)** and **elbow straightening (extension)** by responding to muscle activity detected by the orthosis. The standard color coding still applies in My Own Modes.

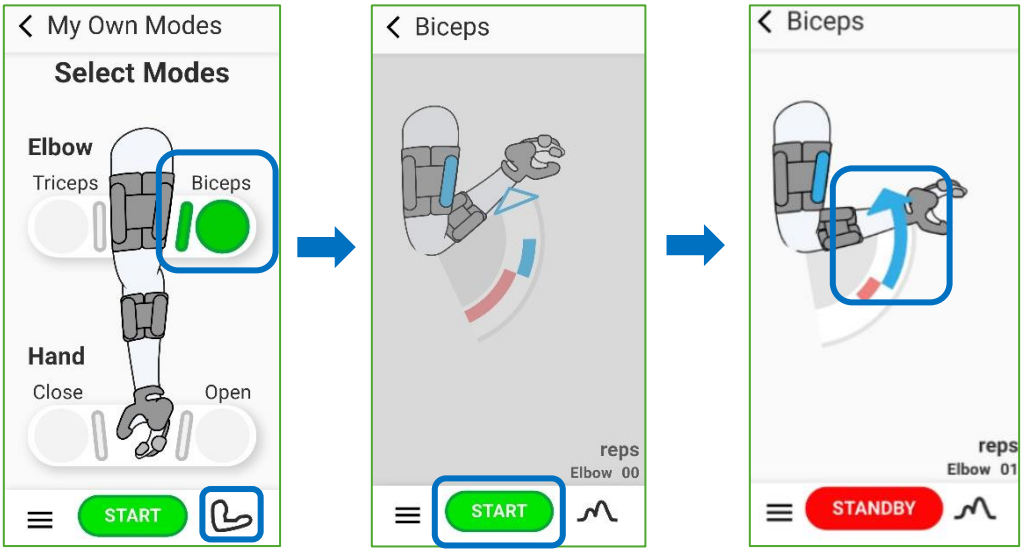
Blue — Biceps (Single-Site)

When the biceps muscle is selected on the Select Modes page, movement is controlled using **ONLY the Biceps muscle**.

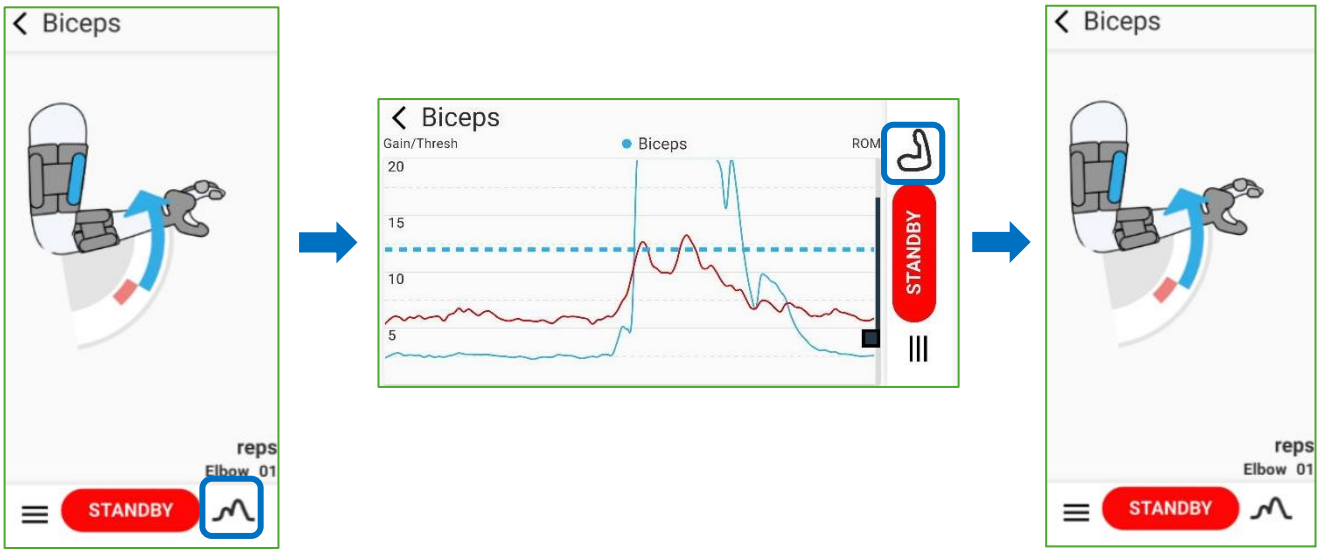
This mode helps orthotic users practice activating the biceps to bend the elbow while learning how relaxing the muscle allows the elbow to straighten:

- **Biceps contraction**
  When the user tightens (contract) their biceps, the elbow motor assists with **elbow bending (flexion)**.
- **Biceps relaxation**
  When the user relaxes their biceps, the elbow motor assists with **elbow straightening (extension)**.

An example of this **Biceps** sequence (single site) is shown below:



An example of **navigating to/from** the **Anatomical Screen** and **EMG Graph** is shown below:



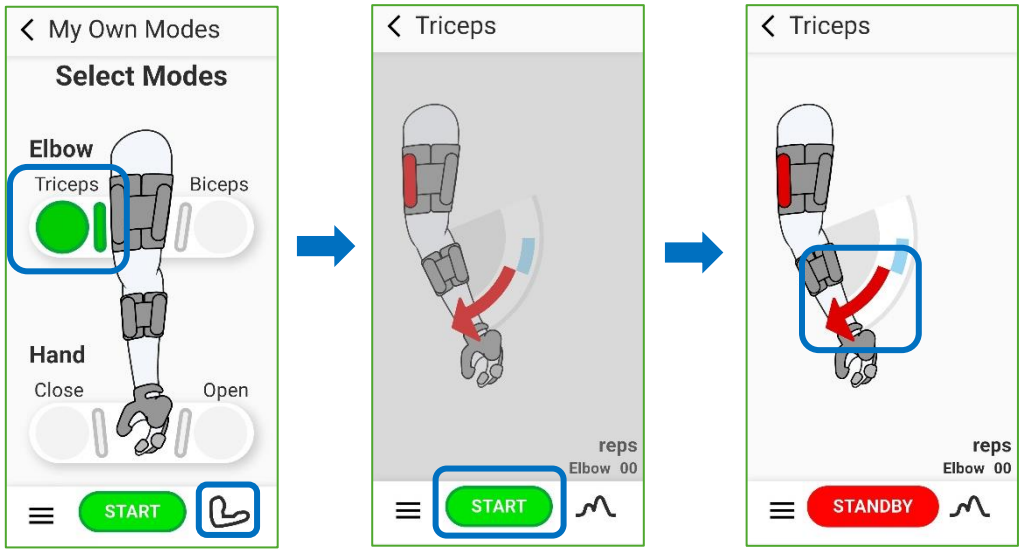
Note: The view for the EMG graph will be shown in a landscape (horizontal) orientation.

Red — Triceps (Single-Site)

When the Triceps muscle group is selected on the Select Modes page, movement is controlled using **ONLY the triceps muscle**.

This helps orthotic users practice activating the triceps to straighten the elbow while learning how relaxation bends the elbow:

- **Triceps contraction**
  When the user tightens (contract) their triceps, the elbow motor assists with **elbow straightening (extension)**.
- **Triceps relaxation**
  When the user relaxes their triceps, the elbow motor assists with **elbow bending (flexion)**.



Important Notes

- These modes are **single-site control modes**. This means only one muscle group, the selected muscle mode, is used to control movement at a time.
- The user should always follow clinician instructions regarding which mode to use and how much to practice.
- If movement feels uncomfortable or unexpected, the user should stop using the device and contact their medical professional.

6.4 Hand Modes

As discussed in **Section 5.6 Overview of Single Modes**, these modes assist with **hand opening (forearm flexion)** and **hand closing (forearm extension)** by responding to

muscle activity detected by the orthosis. The app uses standard color coding to help you understand which hand or wrist muscle group is controlling movement.

Note: Because the sensors are located on the forearm, proper instruction in activating the targeted muscle groups is essential for consistent and accurate hand control.

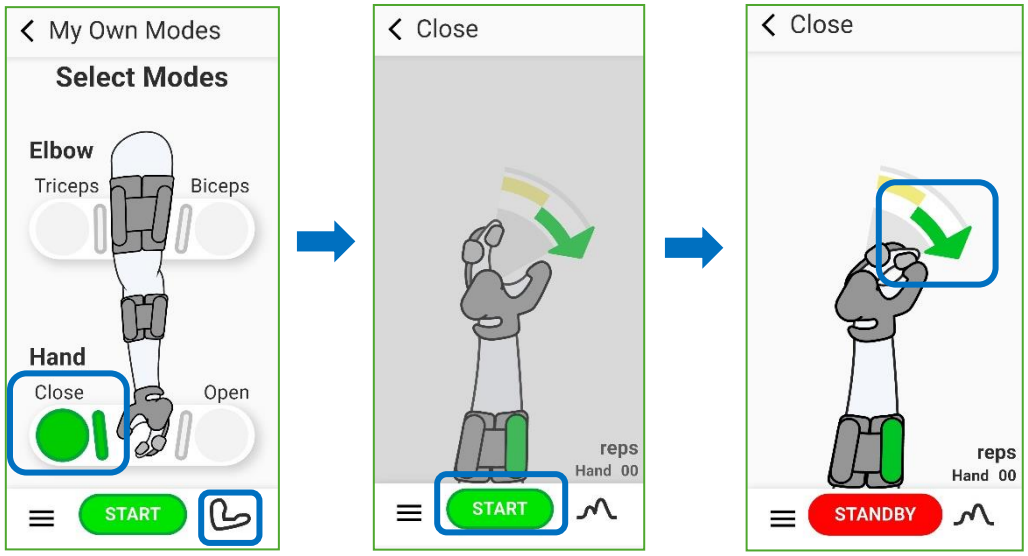
> For **forearm flexor activation** (hand closing), clinicians may cue the user to "bring the fingers toward the belly" or imagine making a gentle fist. This motion emphasizes finger flexion and helps generate a clear EMG signal from the flexor muscle group without compensatory shoulder or elbow movement.
>
> For **forearm extensor activation** (hand opening), clinicians may use cues such as "jazz hands" (spreading the fingers wide), making a "peace sign," or performing a "revving a motorcycle" motion to encourage wrist and finger extension. These cues can help isolate extensor activation and improve signal consistency during programming and training.
>
> Clear, repeatable motor cues improve EMG signal quality and support more reliable device responsiveness during hand control modes.

Green — Close (Single-Site)

When the forearm flexor muscle group (Close mode) is selected on the Select Modes page, hand movement is controlled using **ONLY the wrist flexor muscles**.

- This mode helps orthotic users practice activating their flexor muscles to close the hand while learning how relaxing those muscles allows the hand to open:
- **Forearm flexor contraction**
  When the user tightens (contract) their wrist flexor muscles, the hand motor assists with **hand closing**.
- **Forearm flexor relaxation**
  When the user relaxes their wrist flexor muscles, the hand motor assists with **hand opening**.

An example of this **Close mode** sequence (single site) is shown below.



Yellow — Open (Single-Site)

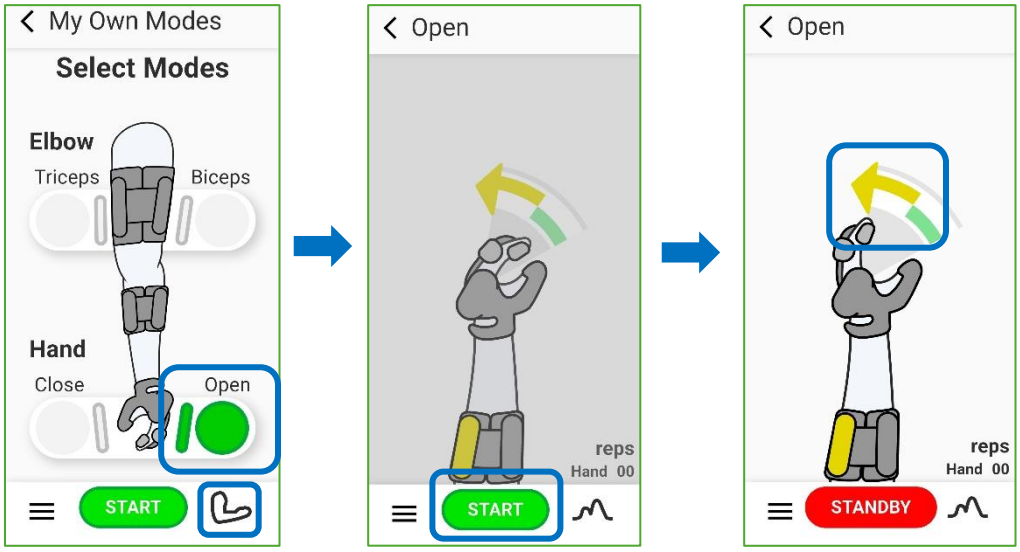
When the forearm extensor muscle group (Open mode) is selected on the Select Modes page, movement is controlled using **ONLY the wrist extensor muscles**.

This mode helps orthotic users practice activating their extensor muscles to open the hand while learning how relaxing those muscles allows the hand to close:

- **Forearm extensor contraction**
  When the user tightens (contract) their wrist extensor muscles, the hand motor assists with **hand opening**.
- **Forearm extensor relaxation**

  When the user relaxes their wrist extensor muscles, the hand motor assists with **hand closing**.

An example of this **Open mode** sequence (single site) is shown below.



Important Notes

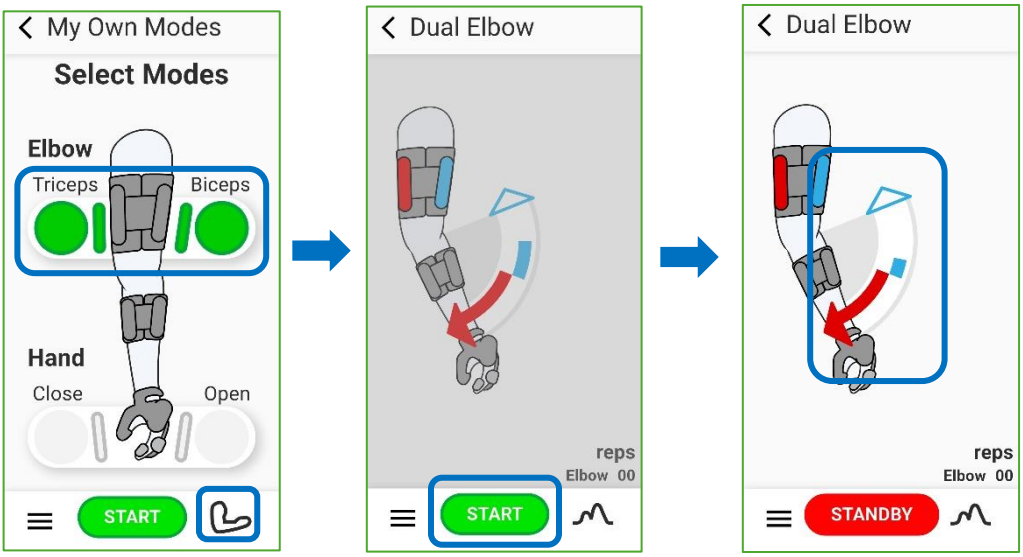
- These modes are **single-site control modes**. This means only one muscle group, the selected muscle mode, is used to control movement at a time.
- The user should always follow the treating clinician's instructions regarding which mode to use and how much to practice.
- If movement feels uncomfortable or unexpected, the user should stop using the device and contact their medical professional.

6.5 Dual Modes

Please refer to **Section 5.7 Overview of Dual Modes** to learn about the purpose, function, and general use of Dual Modes.

Dual Mode Example in My Own Modes

Dual Modes can be selected in **My Own Modes** from the "**Select Modes**" screen. Your therapist will direct you to which Dual Mode to start with. The sequence for choosing Dual Modes for the elbow and/or hand is the same. Below, the sequence to select **Dual Elbow** is shown:



It is also possible to view the Optional, **EMG screen** for **Dual Elbow**, as well. An example is shown below:

6.6 Combination Modes

Combination Modes are an advanced progression beyond Dual Modes and are designed for users who are ready to further integrate **coordinated elbow and hand control** during functional activities. These modes allow selected elbow and hand control strategies to be used **at the same time**, supporting smoother, more natural movement patterns.

At this time, it is only possible to use Combination Modes within the My Own Modes section, and NOT within Configure.

Choosing Combination Modes

Advanced users may select a **combination of elbow and hand modes** based on their functional goals and clinician recommendations. Combination Modes allow the orthosis to assist with coordinated grasping and releasing during daily activities.

Suggested Mode Combinations

Clinicians may recommend one or more of the following Combination Modes:

- **Biceps + Close Mode**

  Supports elbow bending while closing the hand, which may be useful for bringing objects toward the body and grasping.

- **Triceps + Open Mode**

  Supports elbow straightening while opening the hand, which may be helpful for releasing objects.

- **Dual Elbow + Close Hand**

  Allows reciprocal elbow control while using single-site hand closing. This combination may be useful for tasks that require dynamic elbow control with a stable grasp.

- **Dual Elbow + Open Hand**

  Allows reciprocal elbow control while using single-site hand opening. This combination may be helpful for tasks that involve dynamic elbow control and releasing objects.

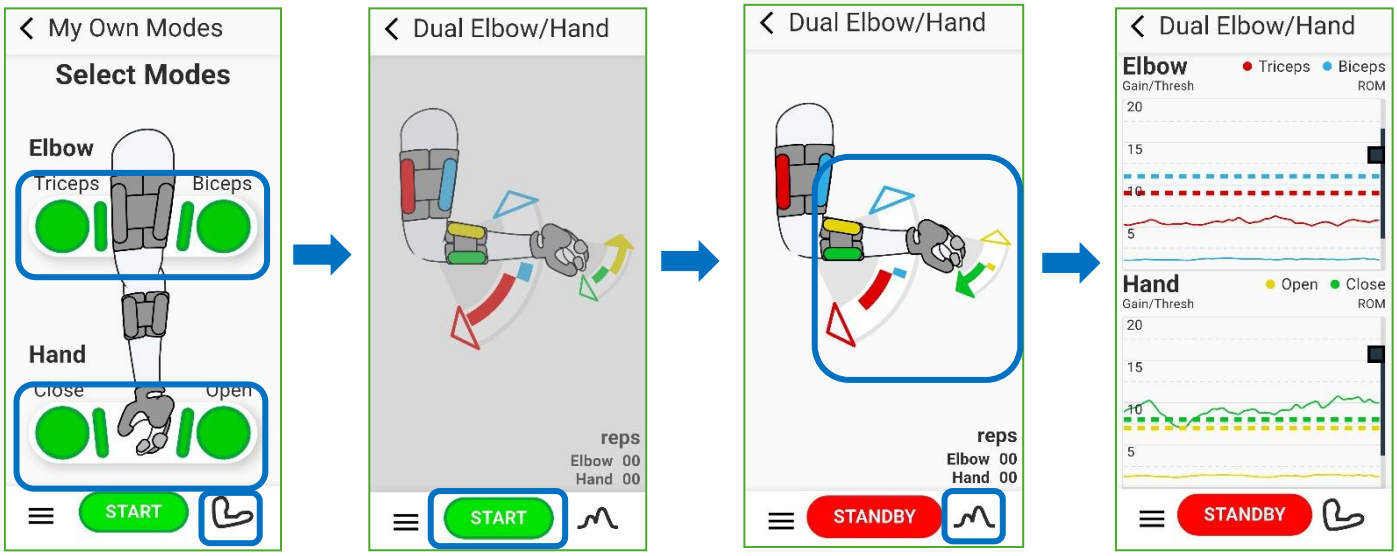
- **Dual Elbow + Dual Hand**

  Allows reciprocal control of both elbow muscles (biceps and triceps) and both hand muscles (flexors and extensors). This combination supports the most natural, coordinated movement at both joints and is typically used by **highly advanced users** during complex functional tasks.

Users should only trial Combination Modes that have been prescribed by their clinician(s). Not all combinations are appropriate for every user.

Combination Mode Example: Dual Elbow, Dual Hand

The sequence to select, and use Dual Elbow, Dual Hand Combination Mode is shown below. **Note**: the EMG screen view in this screen will be in a VERTICAL orientation here.



Training and Proficiency

Combination Modes require increased muscle control, timing, and coordination. Users are encouraged to practice **Proficiency Drills** as directed by their treating clinician to develop the skills needed for safe and effective use of these modes during functional activities.

Viewing Muscle Activity (EMG)

While using Combination Modes, muscle activity (EMG) can be viewed on either:

- The **Anatomical** screen, which shows visual movement and muscle activation, or
- The **EMG** screen, which displays muscle signals in graph form for more detailed feedback.

Treating clinicians may guide orthotic users to which My Own Modes muscle display is most appropriate during training and daily use.

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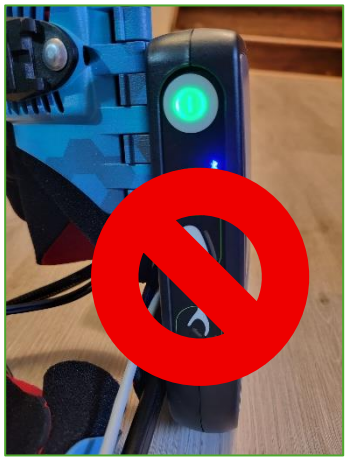
7. Troubleshooting

This section covers common issues you may encounter while using the Myomo Mobile App. If you are experiencing **connection problems**, please refer back to **Section 3: Connecting to the orthosis** before reviewing the information below.

1. User Interface (UI) Mismatch



A **UI mismatch** occurs when the orthosis and the Myomo Mobile App are not showing the same mode or status.

Most common cause:
Selecting a mode using the **orthosis control panel instead of the app** while the app is connected.

When the Myomo Mobile App is connected:

- **All mode selections must be made in the app**
- Do **not** change modes using the orthosis control panel

What Happens in My Own Modes

If a mode is selected on the orthosis control panel while using **My Own Modes**:

- The app will automatically correct to match the mode on the orthosis
- The selected muscle will change to the mode that was selected using the orthosis.
- To view your muscle activity, you will need to:
    - Select the **anatomical elbow icon** again to return to My Own Modes

This behavior is expected and is designed to keep the app and device synchronized.

2. Disconnecting (Unpairing) the orthosis from the App

Disconnecting or logging out of the orthosis should be done **only if necessary**, as it interrupts normal use.

Examples of when unpairing may be needed:

- You accidentally connected to another user's orthosis
- You want to connect a different orthosis to the app

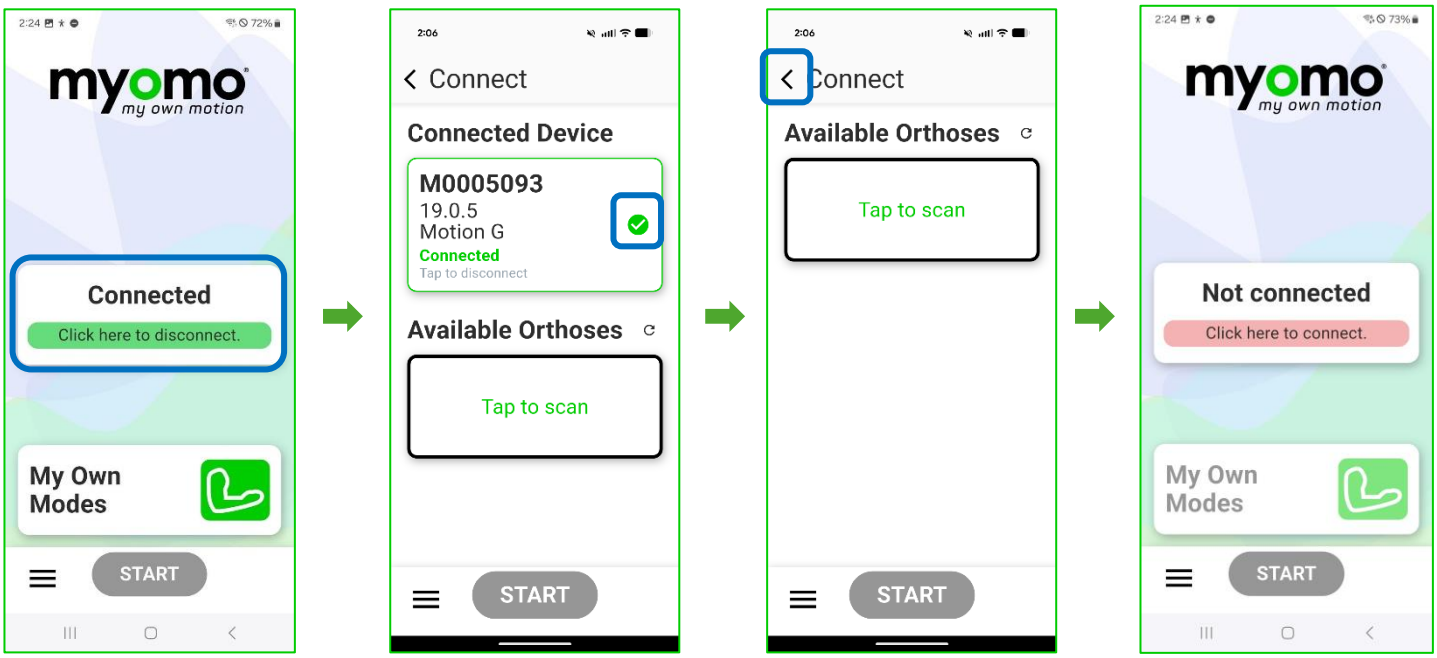
How to Unpair the orthosis

1. Go to the **Home** screen in the Myomo Mobile app.
2. Select the **"Connected"** box in the center of the screen.

3. A screen will appear showing **Connected Device** information.
4. Tap the **green check mark** to unpair the orthosis from the app.
5. Select the **back arrow** in the upper right-hand corner to return to the home screen.

After unpairing, you may connect to a different orthosis as instructed.

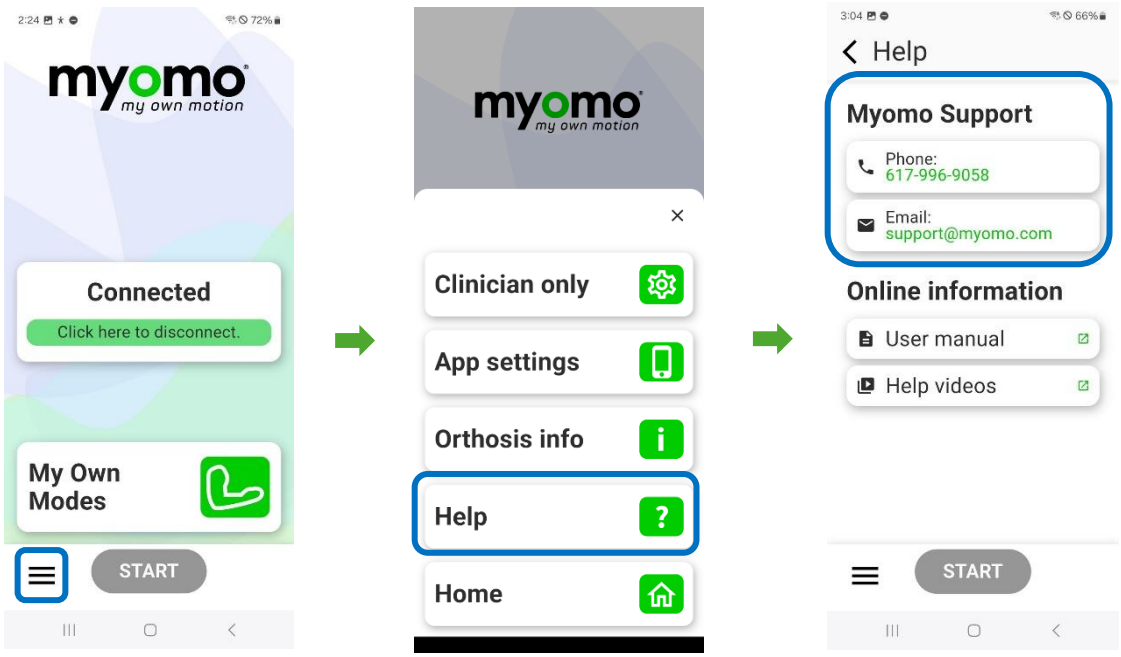
See the images below for more information on this process:



3. When to Get Help

If you experience an issue that you cannot resolve:

- Contact your **clinician**, therapist, or
- Reach out to **Myomo Support** using the Help section in the app (shown below):



Important:

Do not use the orthosis if you experience pain, discomfort, or unexpected movement. Always use the device **only as directed by your medical team**.

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8. Additional Myomo App Information

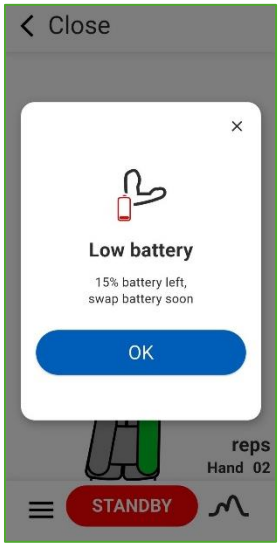
8.1 Battery Alerts

Battery Status and Alerts

The Myomo Mobile App and the orthosis provide visual alerts to help you monitor battery levels and avoid unexpected interruptions during use.

Low Battery Alerts in the App

When the orthosis battery is running low, the app will display a **pop-up notification** on the screen. This alert notifies you that the battery level has reached approximately **15% remaining** and again at 5%. The first message will look like this:



When you see this message, you should plan to **recharge the battery as soon as possible** to avoid loss of assistance during use.

Orthosis Power Indicator Light

In addition to the app notification, the **power light on the orthosis control panel** provides a visual battery status indicator:

- **Green light**: Battery level is sufficient for normal use
- **Yellow light**: Battery is low and should be charged soon

If the power light turns yellow, this should prompt you to take out the battery and charge it before using the orthosis next.

Phone Battery Considerations

Keeping the Myomo Mobile App **open or running in the background** when the orthosis is not actively in use will impact your smartphone battery. To help preserve your phone's battery:

- Close the app when it is not needed
- Disable Bluetooth when the orthosis is not in use, if appropriate

Important Notes

- Low battery alerts are intended as an early warning and may appear before the device stops functioning.
- Always begin sessions with a sufficiently charged orthosis battery.
- If the device powers off unexpectedly, recharge the battery before attempting to reconnect.

8.2 Screenshots

You may take screenshots of the Myomo Mobile App while it is in use. Screenshots can be helpful for sharing information or for reviewing activity later. The method for capturing a screenshot depends on your phone's make and model and follows your device's standard screenshot function.

Screens You Can Capture

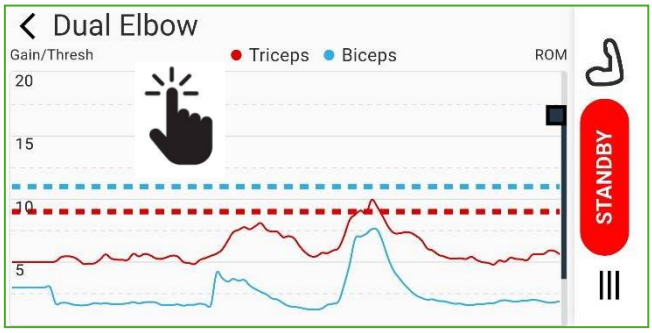
You can take a screenshot of **any screen within the app**, including the Home Screen, My Own Modes Anatomical View, and the EMG screen.

Pausing the EMG Screen

When viewing the **EMG screen**, the app includes a built-in feature that allows you to pause the display so you can capture a clear, still image of muscle activity.

To pause the EMG screen:

1. Lightly **tap anywhere on the screen once**, making sure not to tap any icons, buttons, or cards.
2. The EMG display will pause, allowing you to view the muscle activity without movement.
3. Use your phone's standard screenshot method to capture the image.



To resume the EMG display:

- Tap the screen again to **un-pause** the display.

Important Notes

- Pausing the EMG screen does not change device settings or affect orthosis operation
- Tapping on any icons while paused may change the screen view.
- Always follow your treating clinician’s instructions regarding sharing screenshots or app information

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