Myomo Mobile App User Manual

User/Caregiver



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Myomo Mobile App User Manual, MyoPro® User/Caregiver

1. Welcome

1.1 What Is the Myomo Mobile App

The Myomo Mobile App is a companion application for the MyoPro®. It is available from the App Store (iOS) and Google Play (Android). The app displays real-time muscle activity through graphs and animations and can help MyoPro® users, caregivers, and clinicians learn how to use the MyoPro®.

Users can connect to their orthosis, select prescribed modes, view arm or hand movement in real-time, and track repetitions. While the MyoPro® can be used without the app for daily activities, the Myomo app enhances understanding, provides visual cues during use, and supports carryover from clinician-guided training.

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 When You Need the App

MyoPro® users and caregivers may use the Myomo Mobile app in a variety of situations to support safe, effective use of the MyoPro®. The app helps with monitoring and adjusting settings as directed while enhancing use and understanding of the MyoPro®.

You may use the app during the following times:

- **Therapy or training sessions**
  Use the app during in-clinic or at-home therapy sessions to support guided exercises, confirm device settings, and track movement as instructed by your clinician or therapist.
- **Home exercise practice**
  Use the app while completing prescribed home exercises to help ensure the MyoPro® is functioning properly, review movement performance and repetitions, and build consistency between therapy visits.
- **Clinician-guided remote visits**
  During telehealth or remote check-ins, the app may be used to share information, follow clinician instructions, and make real-time adjustments under professional guidance.
- **Troubleshooting or reviewing movement**
  Use the app if you notice changes in device performance, difficulty with movement,

or unexpected behavior. The app can help review recent activity, confirm settings, and assist in identifying issues before contacting your clinician or Myomo support.

1.3 Safety & Important Notes

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

- **MyoPro® settings are managed through the app by a trained clinician**
  The Myomo Mobile App is the primary method for establishing and changing MyoPro® settings. These settings must only be adjusted by a trained clinician. MyoPro® users and caregivers should not attempt to change settings unless specifically instructed or guided by a clinician.

  When the app is connected and in use, **do not use the control panel on the MyoPro® to change modes**. All changes should be made through the app. Using the control panel while the app is active may cause a delay in MyoPro® performance or result in a mismatch between what is shown in the app and how the device is operating.

- **Follow clinician instructions at all times**
  Your clinician will provide a recommendation for when to wear the device, how long to use it, which exercises to perform, and how to position your arm. Using the MyoPro® (or the app) in a way that differs from your clinician's instructions may reduce effectiveness or increase the risk of discomfort or injury.

- **Stop use if something does not feel right**
  If you experience pain, discomfort, unexpected movement, skin irritation, or anything that feels unusual or unsafe while using the MyoPro® or the app, stop using the device immediately. Contact your clinician or Myomo Support for guidance before resuming use.

- **The app does not replace clinical care**
  The Myomo Mobile App is a support tool and does not replace professional medical advice, diagnosis, or treatment. Always rely on your clinician for decisions related to your care and device use.

- **Caregiver assistance may be appropriate**
  If you have difficulty using the app or understanding the information displayed, a caregiver may assist you, following the same safety guidelines and clinician instructions.

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. Your clinician can help confirm whether your device is compatible.

- **Apple (iOS) devices**
  Most iPhone models that support **iOS 18 and iOS26** are compatible with the Myomo Mobile App.
- **Android devices**
  Most Android smartphones that support **Android OS versions 12 through 16** are compatible with the Myomo Mobile App.
- **Supported operating systems**
  - iOS: 18 and 26
  - Android: 12–16

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

2.2 Downloading the Myomo App

Follow the steps below to download the Myomo Mobile app to your 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 MyoPro® users, caregivers,and clinicians.

To download:

1. **Open your device's app store**
    - On **Apple devices**, open the **Apple App Store**
    - On **Android devices**, open the **Google Play Store**
2. **Sign in to your account**
   Sign in using your Apple ID or Google account if you 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.

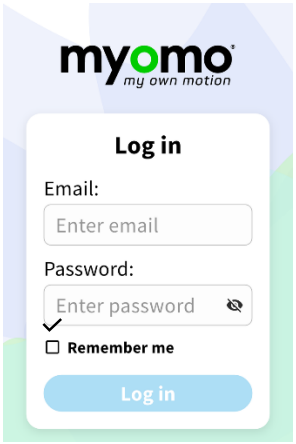
   Forgot your Apple ID or Google account password?

   If you 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 your Apple or Google account.
- Follow the instructions sent to your email to reset your password.

2.4 Logging into the Myomo App

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



2.5 App Permissions Explained

When you install and use the Myomo Mobile app, your smartphone may ask you to allow certain permissions. These permissions are

required for the app to function properly and to communicate with your MyoPro®. 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 your MyoPro®. 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 your MyoPro®.
- **Notifications (Optional)**
  Notifications allow the app to send reminders and alerts, such as recommended updates, connection status messages or clinician-recommended prompts. You may choose to allow or disable notifications in your phone's settings. Disabling notifications will not prevent you 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 your location or store location data. This permission is used only to enable your phone to find and connect to your MyoPro®.

If you are 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 your device's settings.

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3. Connecting to Your MyoPro®

3.1 Turning the MyoPro® On

Before opening the Myomo Mobile App, make sure your MyoPro® is ready for use.



1. **Charge the MyoPro® battery**
   Ensure the MyoPro® battery is 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 MyoPro® is powered on and ready for use.
   - **Yellow light**: The battery is low and will need to be charged soon.
3. **No light**: The battery may be depleted and needs to be charged before use. **Don the MyoPro® on the user's arm**

Put on the MyoPro® as instructed by your clinician, making sure it is positioned correctly and secured comfortably on the user's arm before proceeding.

4. **Power on the MyoPro®**
   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 MyoPro® is on and ready to use.
5. **Open the Myomo Mobile App**
   Once the MyoPro® is powered on and showing a green light, open the Myomo Mobile app on your smartphone.

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

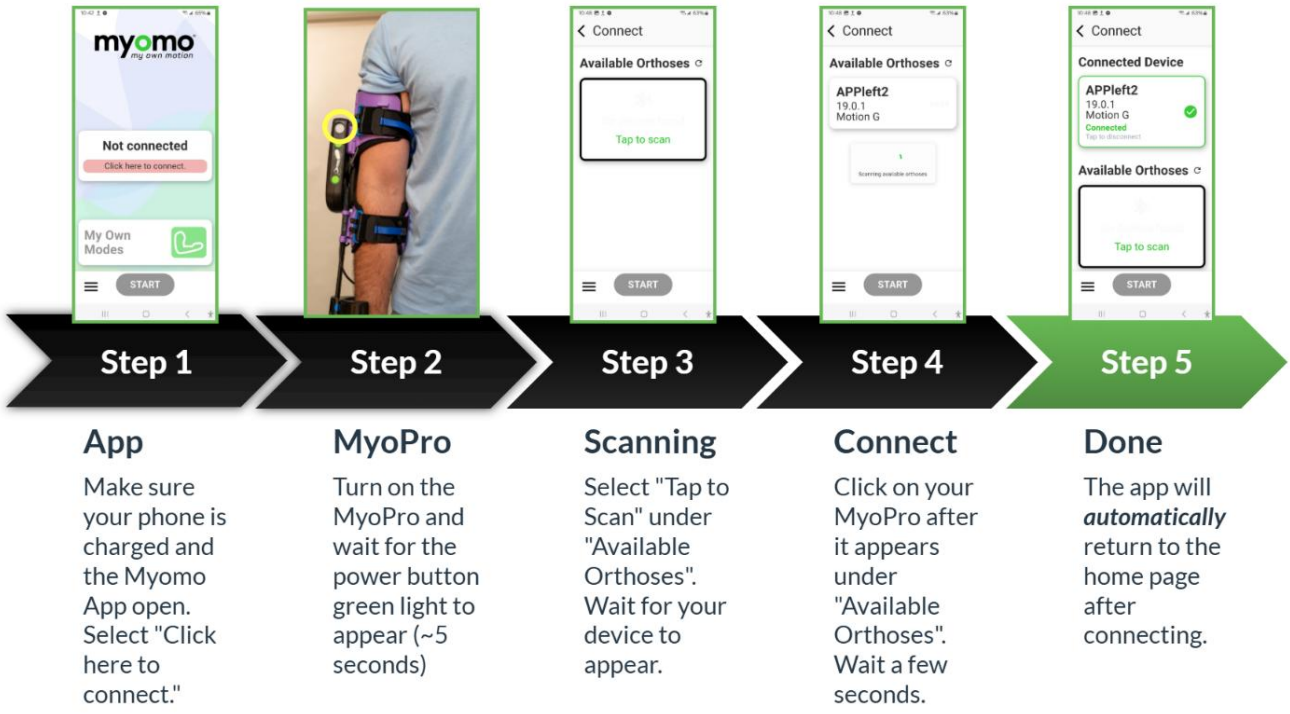
3.2 Bluetooth Pairing

After you have successfully logged into the Myomo App, connect your MyoPro® 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 your Myomo App home screen.
2. Select "Click here to connect".
3. If the MyoPro has not already been powered on, turn on the MyoPro® 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 your device to appear in the white text box.
5. Click on your MyoPro® after it appears under "Available Orthoses".

6. Wait a few seconds. The app will automatically return to the home page after connecting.



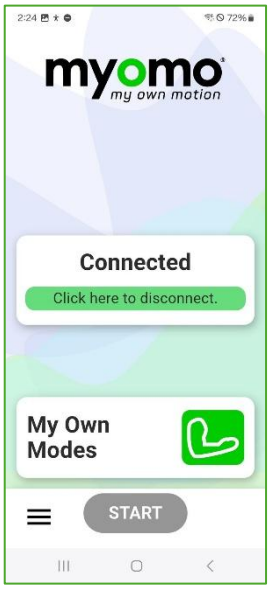
Note 1:
Do not attempt to pair the MyoPro® directly through your phone's Bluetooth settings. **Pairing and connection are handled within the Myomo Mobile App.**

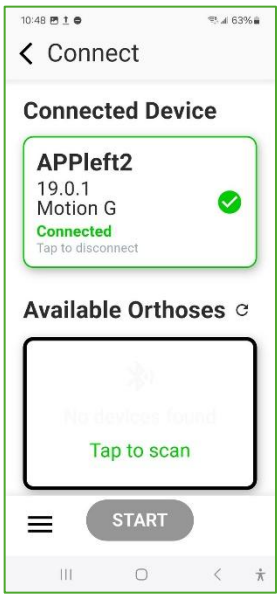
If your MyoPro® does not appear in the app, make sure:

- The MyoPro® is powered on and shows a green light
- Bluetooth is enabled on your phone
- Your phone is within a few feet of the MyoPro®

Note 2:

The blue, Bluetooth light on the MyoPro® 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 let you know whether it is communicating properly with your MyoPro®. These messages help guide you 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,"** your MyoPro® is successfully paired and communicating with the Myomo Mobile app. You may continue using the app and device as instructed by your clinician. Refer to **Table A** for confirmation of normal connection indicators.

- **Connection lost** ("Bluetooth connection lost")
  If the app displays **"Bluetooth connection lost,"** the MyoPro® 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 MyoPro®.

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

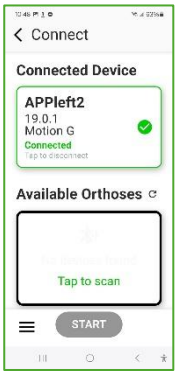
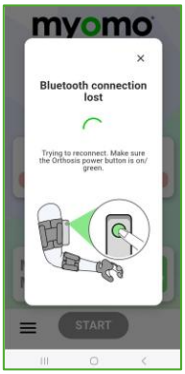
- **Connection Failed** ("No Orthoses Detected")

If the app displays **“No Orthoses Detected,”** it was unable to establish a connection with your MyoPro®. 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 MyoPro® **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 MyoPro®.	No action needed. You may continue using the MyoPro® and app as instructed.	 
Connection Lost (“Bluetooth connection lost”)	The Bluetooth connection was interrupted between the MyoPro® and app. You may see a “Retry” prompt or a Bluetooth connection lost screen while the app attempts to reconnect automatically.	Confirm the power button on the MyoPro® 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 MyoPro® (orthosis). A “No Orthoses Detected” screen or image will be displayed.	Ensure the MyoPro® is powered on, charged, and within range. If the issue continues, follow troubleshooting steps or contact Myomo Support.	

3.4 Automatic Reconnection

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

Once you are 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 MyoPro® is powered on and showing a green light

Confirm the blue, Bluetooth light on the MyoPro® is illuminated

- Verify Bluetooth is enabled on your phone
- Make sure you are logged in to the Myomo Mobile App
- Move the phone closer to the MyoPro®

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

3.5 Troubleshooting Connection Issues

If you are unable to establish or maintain a connection between your MyoPro® and the Myomo Mobile App, follow the steps below in order.

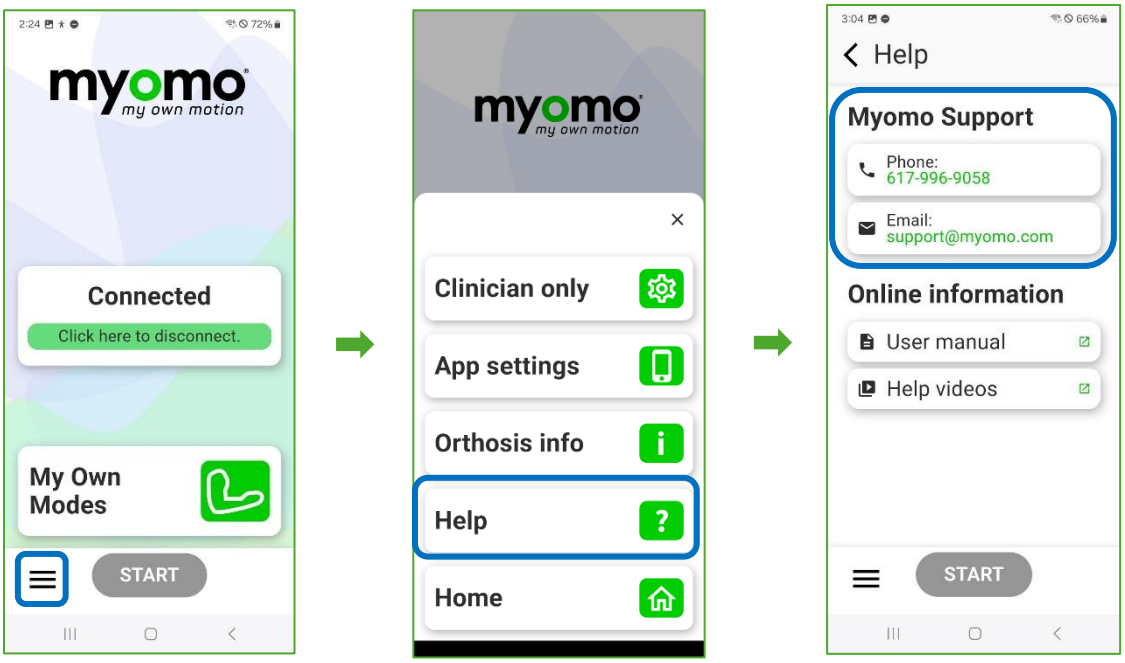
1. **Ensure Bluetooth is enabled on your phone**
   Open your phone's **Settings** and confirm that Bluetooth is turned **On**. Bluetooth must remain enabled while using the Myomo Mobile App. If Bluetooth is already on, try turning it **off** and then **back on** before returning to the app.
2. **Confirm the MyoPro® is powered on and charged**
   Make sure the MyoPro® battery is sufficiently charged and the device is powered on.
   - A **green power button** indicates the MyoPro® 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 MyoPro® and your phone**
   If the connection issue continues:
   - Turn the MyoPro® **off**, wait a few seconds, and then turn it **back on**.
   - Restart your 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 you are 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.

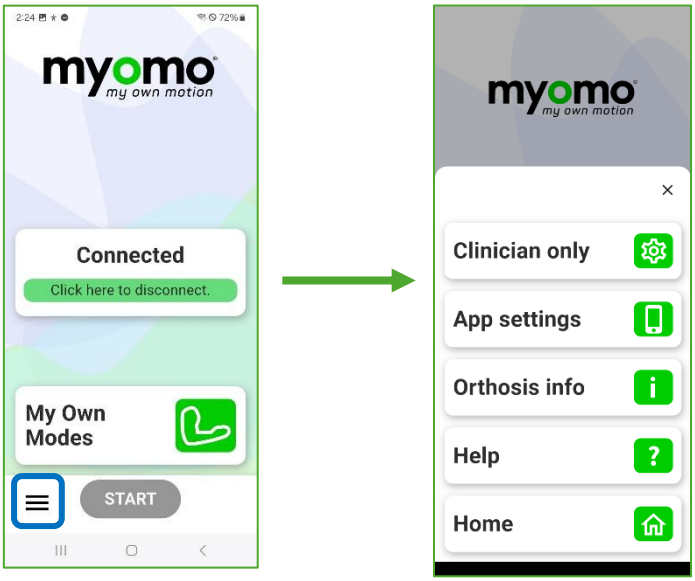
The Home screen is the main navigation point for the Myomo Mobile App. From this screen, users and clinicians can access menus, view device status, and select available modes.

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. MyoPro® users and caregivers should not proceed beyond this screen unless directed by a clinician.

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 MyoPro® 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.**

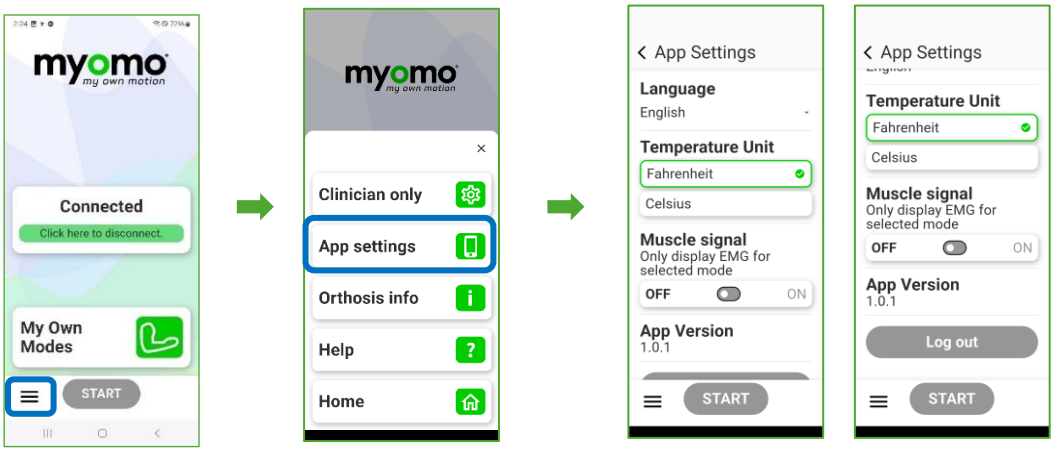


App Settings

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

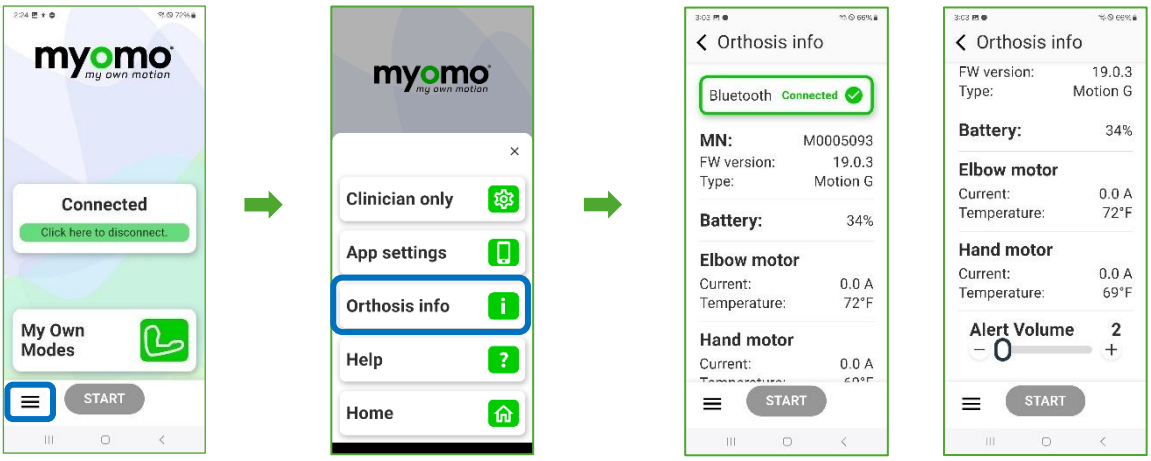
This section also includes the option to **log out** of the app. Logging out is not typically recommended unless instructed by a clinician or Myomo Support.



Orthosis Information

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

- Confirm whether the MyoPro® is connected via Bluetooth
- View the motor number of the MyoPro®
- Identify the device type (Motion G or Motion W)
- Check battery life of the MyoPro®
- 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.

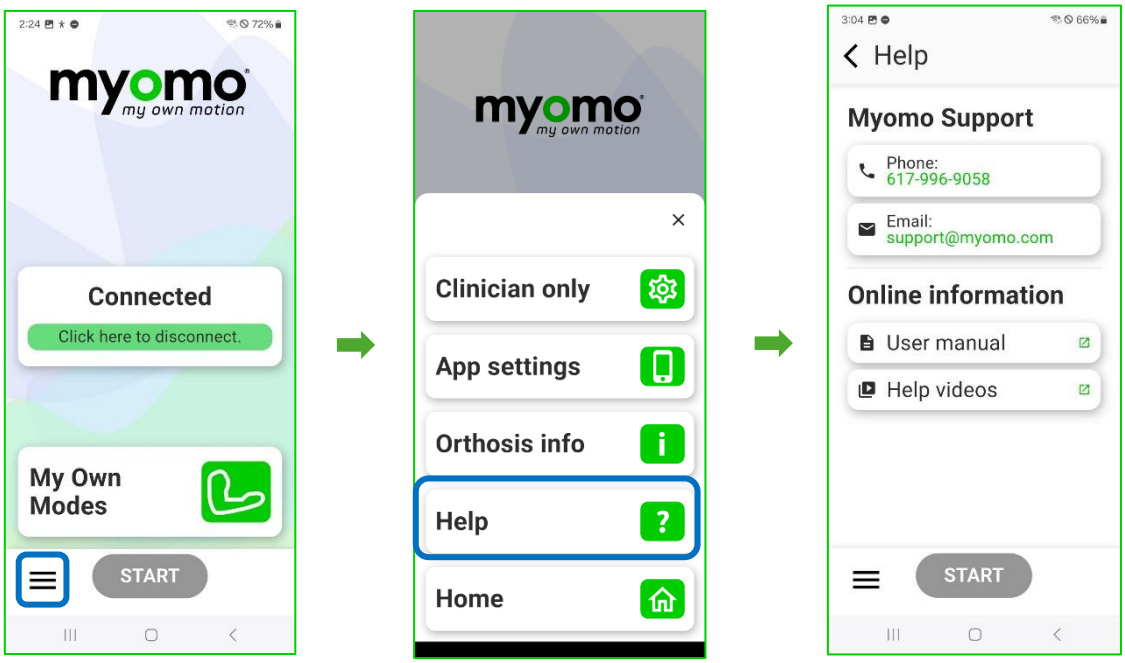


Help Section

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

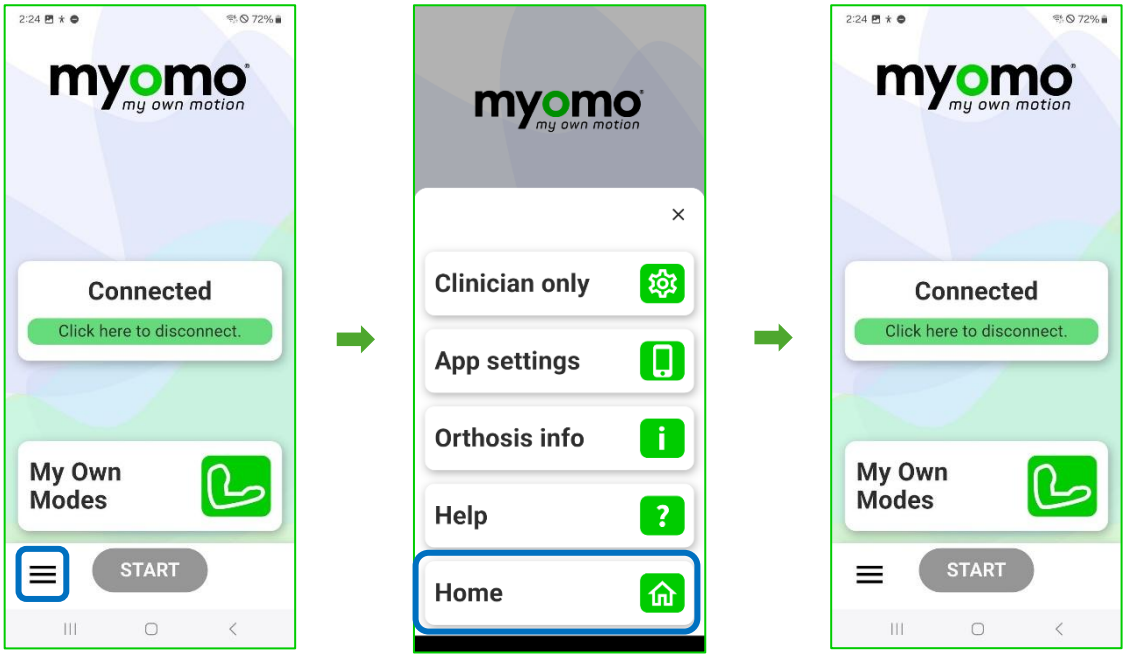
This section should be used if you experience issues with the app or device.



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)**.**



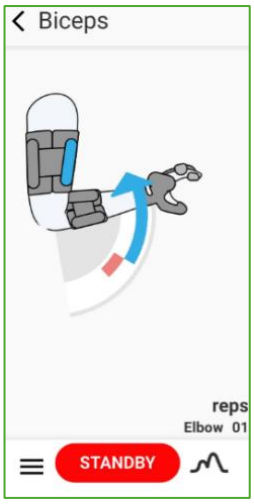
5. My Own Modes

5.1 What is My Own Modes?

My Own Modes is a user-friendly feature that allows you to use the MyoPro® as prescribed by your clinician while receiving real-time visual feedback. This feature is designed to help you better understand how your muscles initiate movement, improve participation, and support safe, effective training with your MyoPro®.

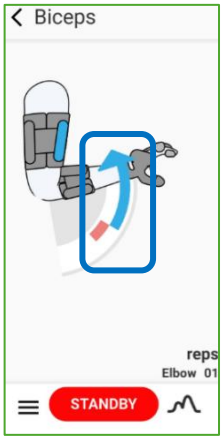
Real-Time Anatomical Visualization

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



Movement Guidance and Cues

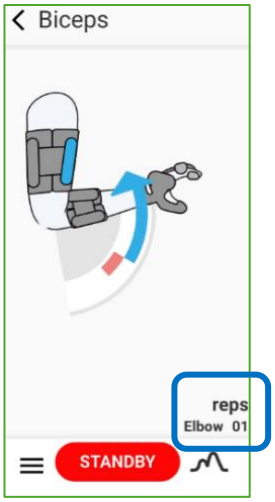
- When a mode is selected, the paired sensor location is highlighted over the muscle location to help you understand which muscle you should activate.
- **When you activate the muscle, the paired arrow** appears and moves in **the direction of the intended motion.**
- These visual cues guide you on when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



Repetition Tracking

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

- Track how many repetitions you have completed
- Stay focused during exercises
- Better follow therapy or home exercise goals set by your clinician



Benefits for Training and Practice

My Own Modes is designed to:

- Improve understanding of how the MyoPro® responds to your muscle signals
- Increase engagement and confidence during practice
- Support consistent use during therapy sessions and home exercises

Important Notes About Settings

- **EMG and ROM settings cannot be changed within My Own Modes.**
- Clinicians can make changes to the settings by following the appropriate steps to access the **Configure** screens.

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 MyoPro®. **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
- Should always be used **in combination with guidance from your clinician and a trained medical professional.**

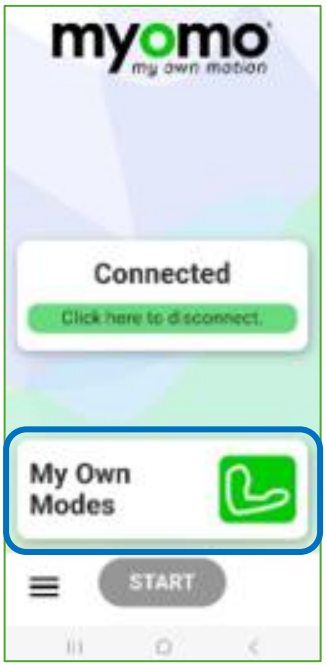
Your clinician is responsible for:

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

If you have questions about your progress, experience discomfort, or are unsure how to use a mode, stop and consult your clinician before continuing. Always follow your clinician's instructions when using My Own Modes.

5.2 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 MyoPro® is powered on and connected to the Myomo app**.



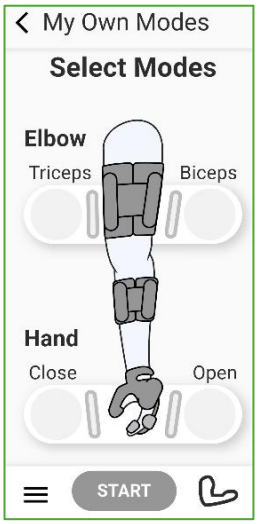
5.21 Select Modes Title Page

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

Note: Your MyoPro® 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 MyoPro® 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.

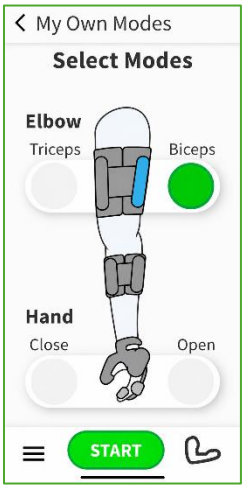
Standby example:



5.22 Selecting Modes

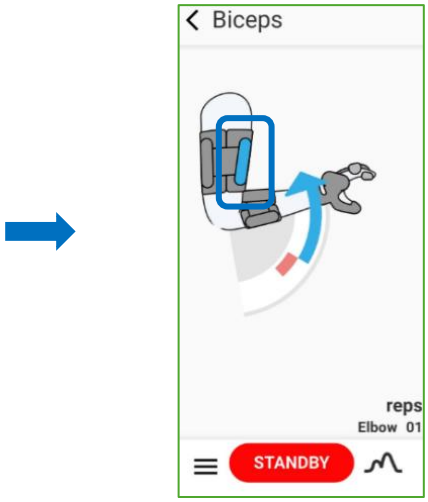
After confirming that the MyoPro® is in Standby, the desired mode can be selected. This is done by selecting the large circle under the title of the desired mode. For example, the “Biceps” mode was selected in the image below. After it is clicked, the circle will turn green to show that it has been selected.

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



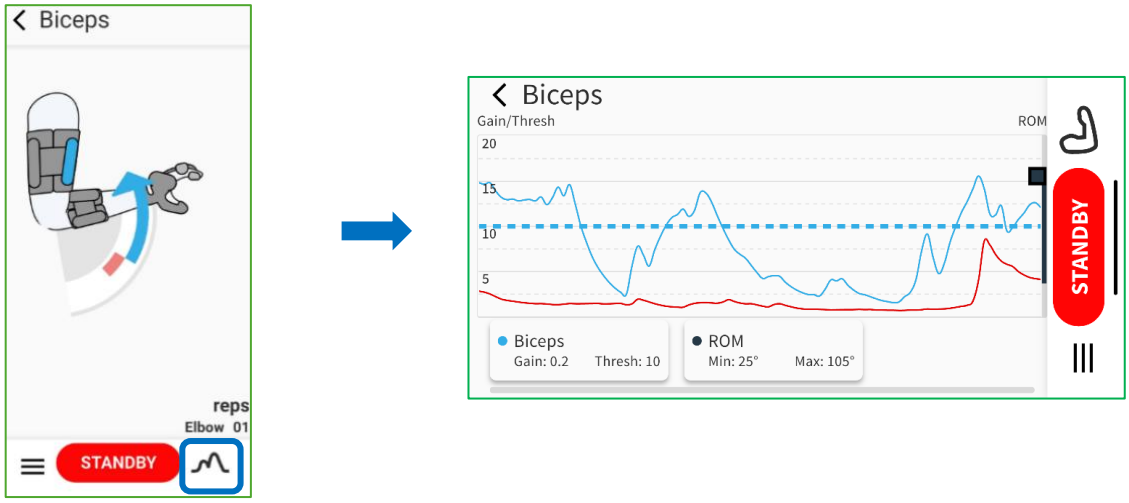
5.23 Optional Views in My Own Modes

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).



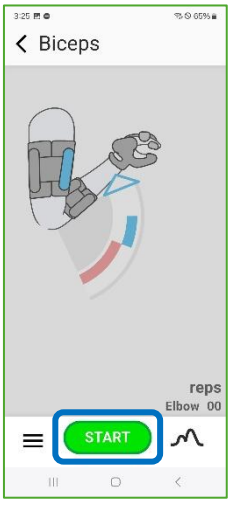
The Anatomical Model/Screen will then appear. It will display the name of the mode that was selected in the top left corner. The color of the arrows represents specific muscle signals. Here, the **blue** box (circled in the picture above) means that the Biceps mode was selected. The blue arrow shows when the biceps muscle is firing. **The other muscle signal being displayed will be highlighted later in this User Manual (Section 5.7).**

ii) **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.



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

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



5.3 Elbow Modes

These modes assist with **elbow bending (flexion)** and **elbow straightening (extension)** by responding to muscle activity detected by the MyoPro®. The app uses **standard color coding** to help you understand which muscle is controlling movement.

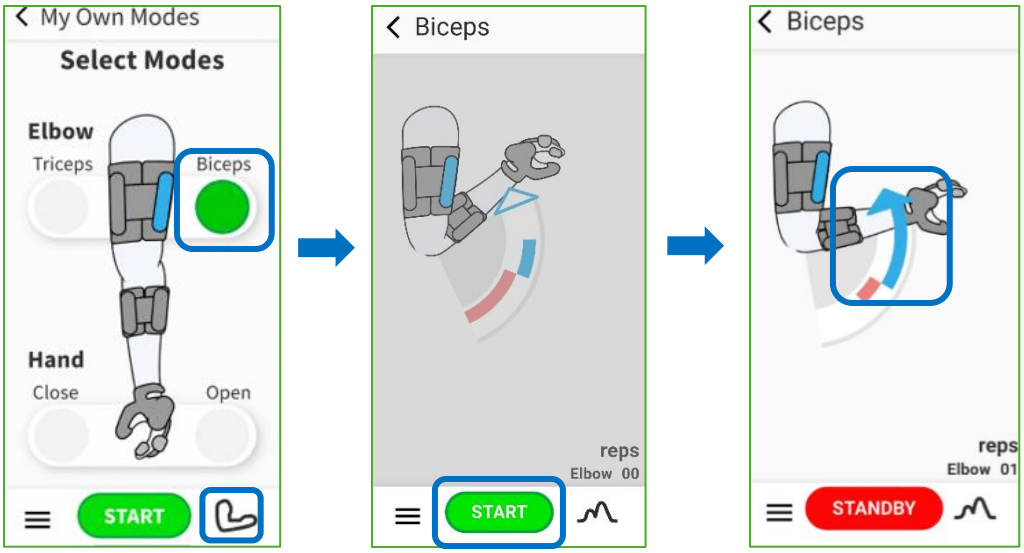
Blue — Biceps (Single-Site)

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

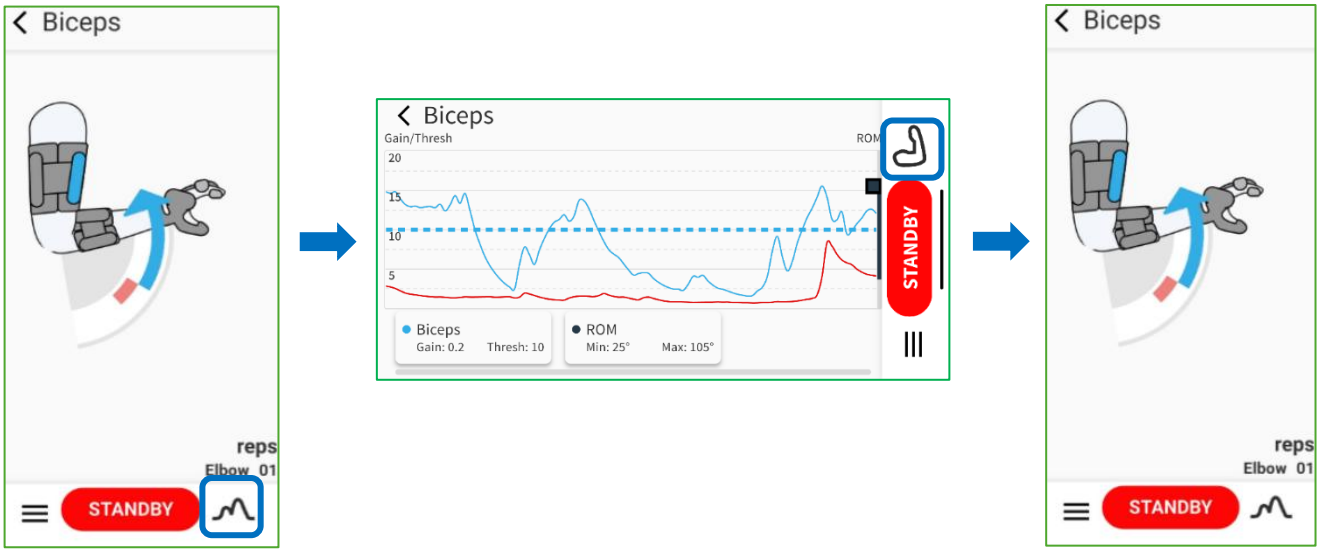
This mode helps MyoPro® users practice activating the biceps to bend the elbow while learning how relaxing the muscle allows the elbow to straighten:

- **Biceps contraction**
  When you tighten (contract) your biceps, the elbow motor assists with **elbow bending (flexion)**.
- **Biceps relaxation**
  When you relax your 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:



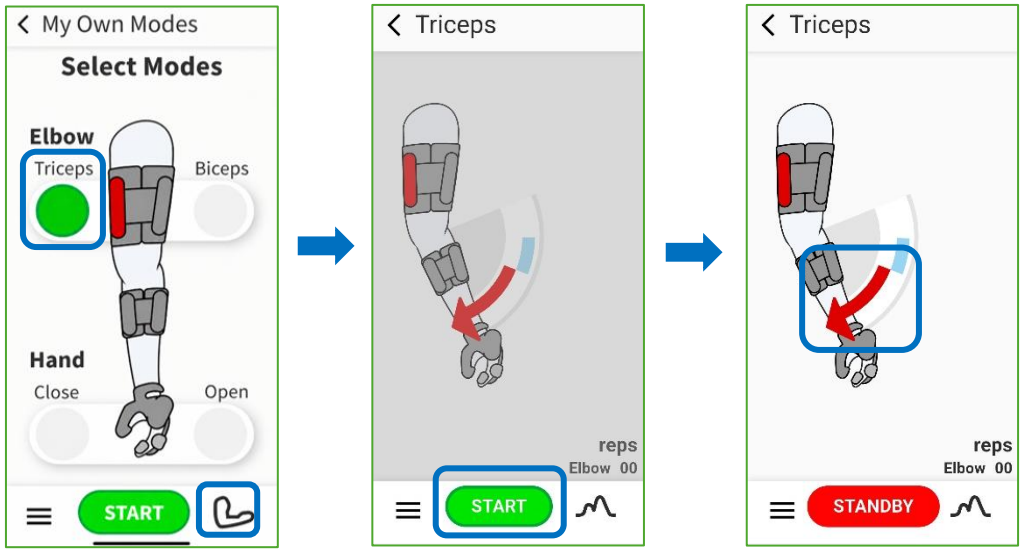
Note: The view for the EMG graph will be shown in a landscape (horizontal) orientation.

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 MyoPro® users practice activating the triceps to straighten the elbow while learning how relaxation bends the elbow:

- **Triceps contraction**
  When you tighten (contract) your triceps, the elbow motor assists with **elbow straightening (extension)**.
- **Triceps relaxation**
  When you relax your 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.
- Always follow your clinician's instructions regarding which mode to use and how much to practice.
- If movement feels uncomfortable or unexpected, stop using the device and contact your clinician.

5.4 Hand Modes

These modes assist with **hand opening (forearm flexion)** and **hand closing (forearm extension)** by responding to muscle activity detected by the MyoPro®. 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 at the forearm, your clinician will instruct you in the best method to utilize these muscle groups to close your hand.

Green — Close (Single-Site)

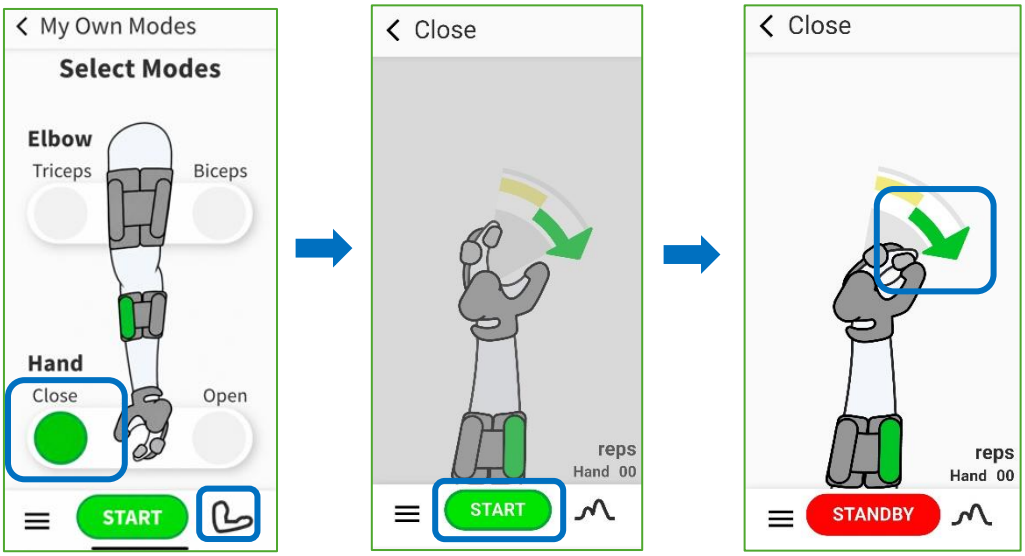
When the forearm flexor muscle group (Close mode) is selected on the Select Modes page, hand movement is controlled using **ONLY the wrist flexor muscles**.

- This mode helps MyoPro® 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 you tighten (contract) your wrist flexor muscles, the hand motor assists with **hand closing**.

- **Forearm flexor relaxation**
  When you relax your 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**.

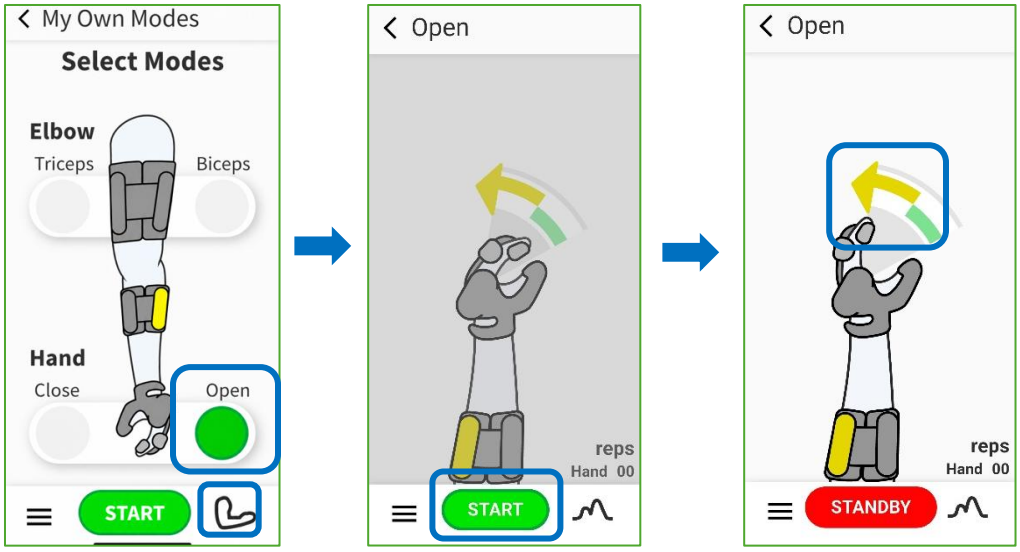
This mode helps MyoPro® users practice activating their extensor muscles to open the hand while learning how relaxing those muscles allows the hand to close:

- **Forearm extensor contraction**
  When you tighten (contract) your wrist extensor muscles, the hand motor assists with **hand opening**.

- **Forearm extensor relaxation**

  When you relax 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 is used to control movement at a time.
- Always follow your clinician's instructions regarding which mode to use and how much to practice.
- If movement feels uncomfortable or unexpected, stop using the device and contact your clinician.

5.5 Dual Modes (Elbow and Hand)

Dual Modes allow a MyoPro® 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 MyoPro® 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:

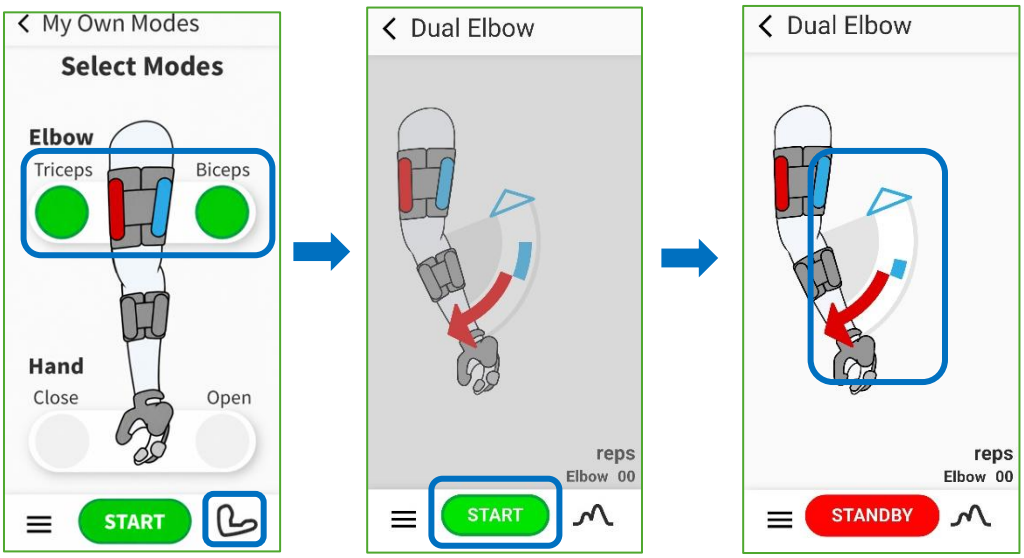
- They should only be used if prescribed by a clinician
- Initial use is typically guided by a clinician or therapist
- Practice may be required to become comfortable with the timing and coordination of movement

Benefits for Daily Activities

For users who can use Dual Modes, these modes can support increased 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 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:



5.6 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.

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 MyoPro® to assist with coordinated grasping and releasing during daily activities.

Suggested Mode Combinations

Your clinician 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.

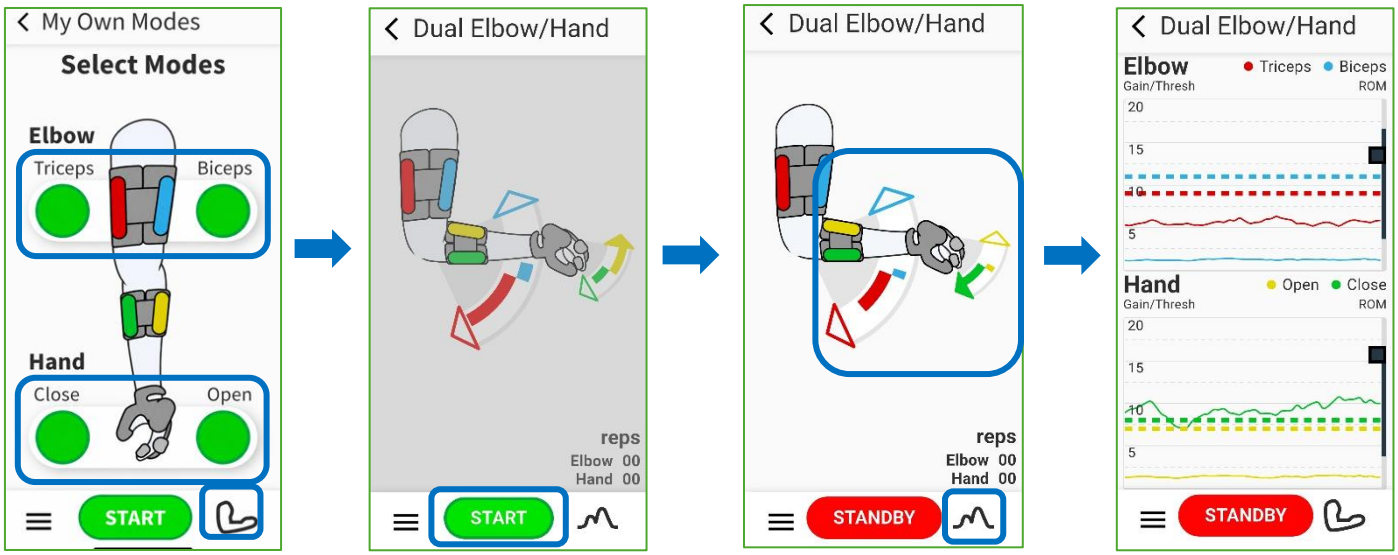
- **Dual Elbow + Dual Hand**

  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.

Only use Combination Modes that have been prescribed by your clinician. 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 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.

Your clinician may guide you to which My Own Modes muscle display is most appropriate during training and daily use.

5.7 Understanding the Arrows on the Anatomical Screen

In **My Own Modes**, the anatomical screen uses **colored arrows** to help guide your movement and show how your muscles are controlling the MyoPro®. These arrows provide real-time visual cues that indicate **which muscle to activate** and **which direction the movement will occur**.

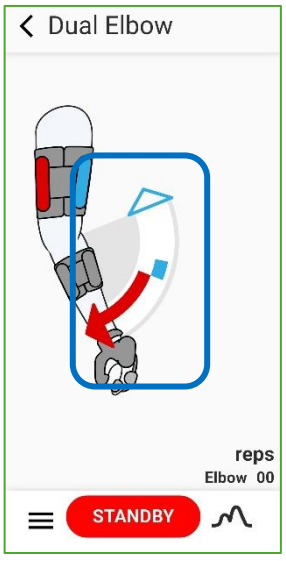
Selected Muscle/Mode

The selected mode and sensor location that shows which **muscle you need 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 you to prepare for movement and indicate which muscle you 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 you identify which muscle group is controlling the movement.

Muscle Activation and MyoPro® Movement



- As you activate the intended muscle for the mode selected, the arrow moves toward the triangle.
- As the arrow moves into and fills the triangle, you have generated enough muscle activity to initiate motion in the MyoPro®.
- The MyoPro® will move in the opposite direction when you "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 you 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 you time your contractions more effectively
- Improve understanding of how your muscle effort translates into movement

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

Important Notes

- Settings are established by your clinician and cannot be adjusted by the MyoPro® users or caregiver.
- Always follow your clinician's instructions when using My Own Modes

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6. Additional Myomo App Information

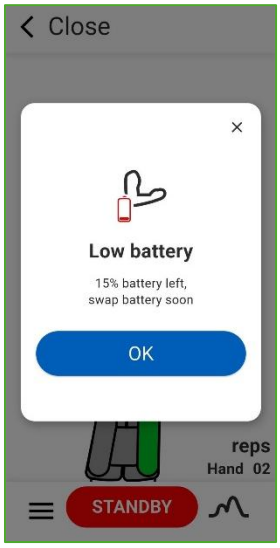
6.1 Battery Alerts

Battery Status and Alerts

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

Low Battery Alerts in the App

When the MyoPro® 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.

MyoPro® Power Indicator Light

In addition to the app notification, the **power light on the MyoPro® 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 MyoPro® next.



Phone Battery Considerations

Keeping the Myomo Mobile App **open or running in the background** when the MyoPro® 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 MyoPro® 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 MyoPro® battery.
- If the device powers off unexpectedly, recharge the battery before attempting to reconnect.

6.2 Screenshots

You may take screenshots of the Myomo Mobile App while it is in use. Screenshots can be helpful for sharing information with your clinician 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

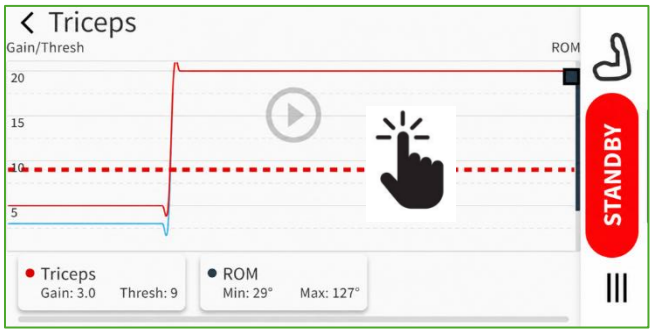
You can take a screenshot of **any screen within the app**, including the Home Screen, My Own Modes Anatomical View, and the EMG screen.

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 MyoPro® operation
- Tapping on any icons while paused may change the screen view.
- Always follow your clinician's instructions regarding sharing screenshots or app information

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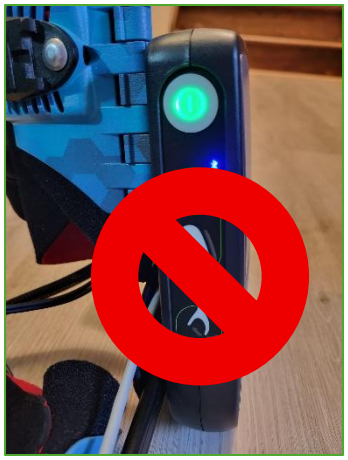
7. Troubleshooting Basics

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: Connectivity** before reviewing the information below.

1. User Interface (UI) Mismatch



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

Most common cause:
Selecting a mode using the **MyoPro® 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 MyoPro® control panel

What Happens in My Own Modes

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

- The app will automatically correct to match the mode on the MyoPro®
- The selected muscle will change to the mode that was selected using the MyoPro®.
- 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 MyoPro® from the App

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

Examples of when unpairing may be needed:

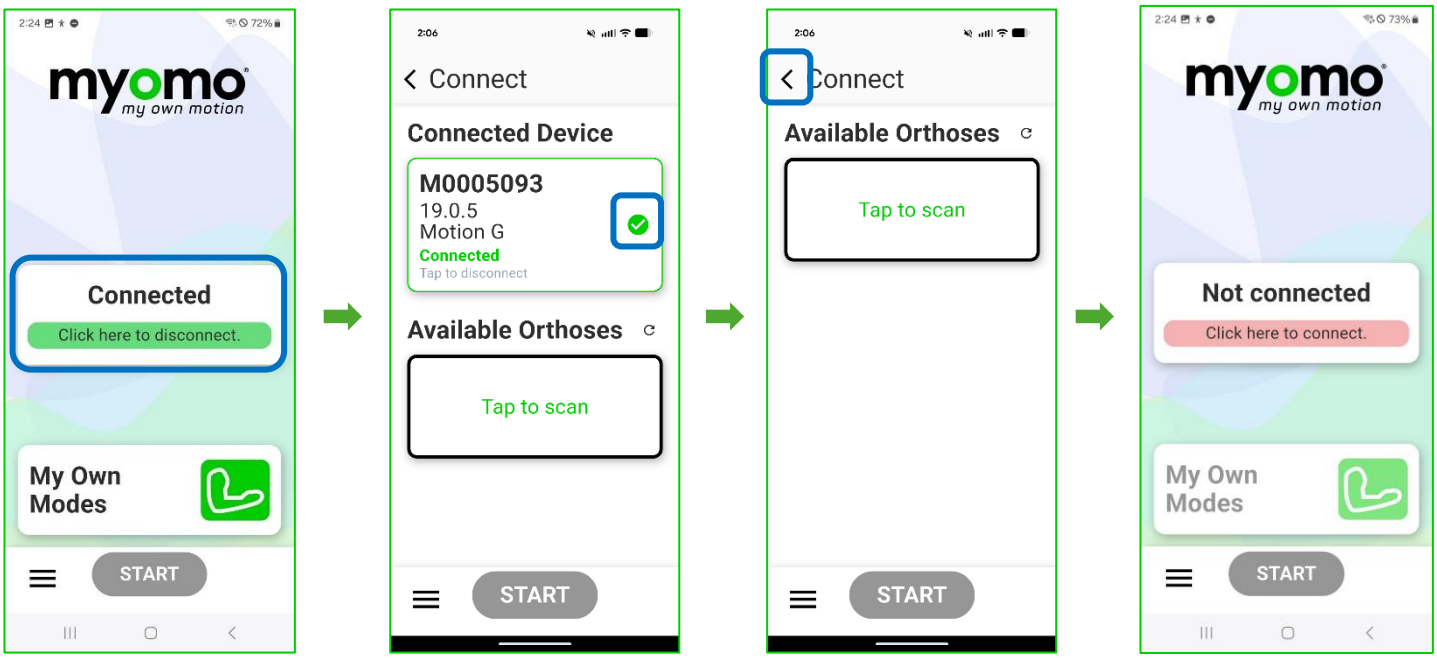
- You accidentally connected to another user's MyoPro®
- You want to connect a different MyoPro® to the app

How to Unpair the MyoPro®

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 MyoPro® 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 MyoPro® as instructed.

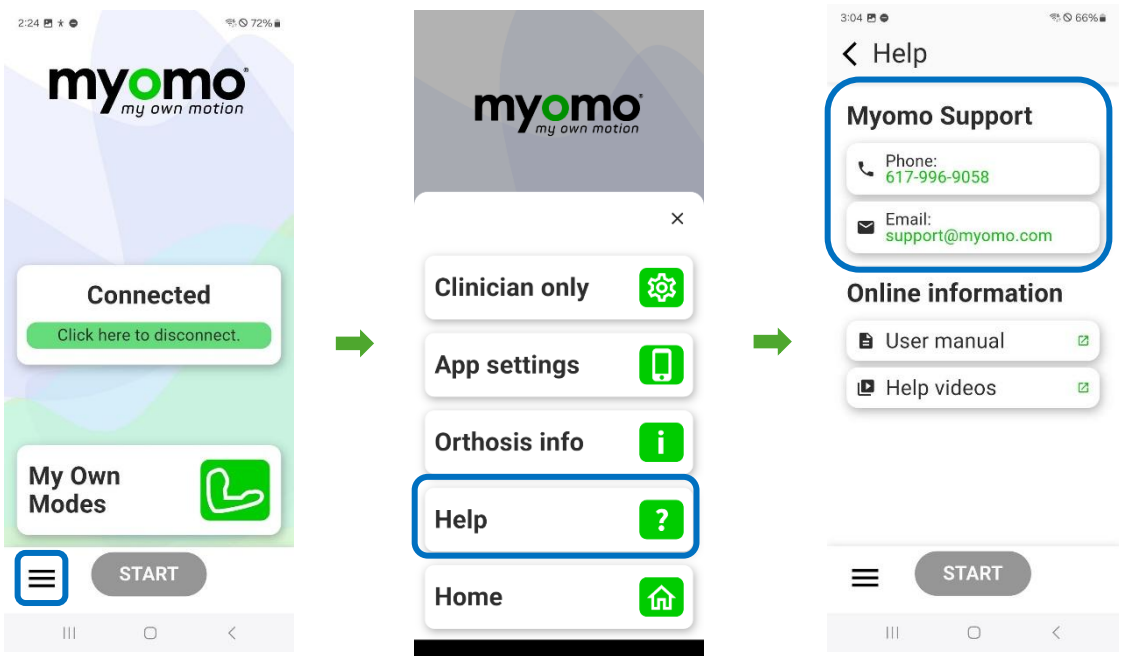
See the images below for more information on this process:



3. When to Get Help

If you experience an issue that you cannot resolve:

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



Important:

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