



mTrigger[®] Suggested Protocol: Basic MVC Setup

DETERMINING MVC GOAL SETTING

SETTINGS

Set Channel mode: SINGLE

Set time parameters: Total: 30 sec
Contract: 5 sec
Relax: 5 sec

Set CH1 goal: 1000uV

PROTOCOL

1. Complete Train session and SAVE
 2. Enter Track, select session and tap graph to view average MVC
 3. Enter Settings; adjust goal in relation to average MVC
- EX: Average MVC = 1200 uV
Goal of 100% MVC = 1200 uV
Goal of 75% MVC = 900 uV
Goal of 50% MVC = 600 uV