



mTrigger® Biofeedback System: Quick Startup Guide

1. **Charge** mTrigger® biofeedback device using the provided charger.
Note: Do not charge device using the micro-USB wall charger provided for any longer than 4 hours. Maximum charge should be reached within 3 hours, and excessive charging may impact battery life. Charging is indicated by a red light, charge complete is indicated by a green light.
2. Search “mTrigger biofeedback” and **download** the mTrigger® Biofeedback App to your mobile device. App is available across Android and iPhone phones and tablets.
3. **Attach** sensing cables to mTrigger® EMG ports (left side of device), then attach sensing electrodes to sensing cables.
4. **Place** one pair of electrodes on active muscle. See Electrode Placement Database for suggested electrode placements.
5. Turn on device by sliding **power** switch on the right side. A white light will illuminate the m.
6. Open application and select “**CONNECT**” in the upper right corner.
7. Locate the serial number on the sticker on the underside of the mTrigger® device. Match the serial number to the unit numbers that appear in the scanned device list. Tap to select your device number and connect via Bluetooth. A “device connected” confirmation will pop up.
8. From the Home screen, go to **Settings** to set up treatment parameters.
For further details: See mTrigger® Protocol – Post-Knee for suggested base parameters and customize as needed. Reference the app walk-through post on the mTrigger.com blog to see a detailed demonstration of the application.
Note: If in single channel mode, ensure you are only using Channel 1.
9. **Save** settings and return to home screen.
10. From the Home screen, tap to enter **Train**.
 - a. Modify the goal as necessary to match actual MVC.
 - b. Hit the play button on the bottom bar to begin your session.
 - c. Save results when prompted at session completion to see timestamped output in the Track module.