



MLI® ELBOW

User Guide

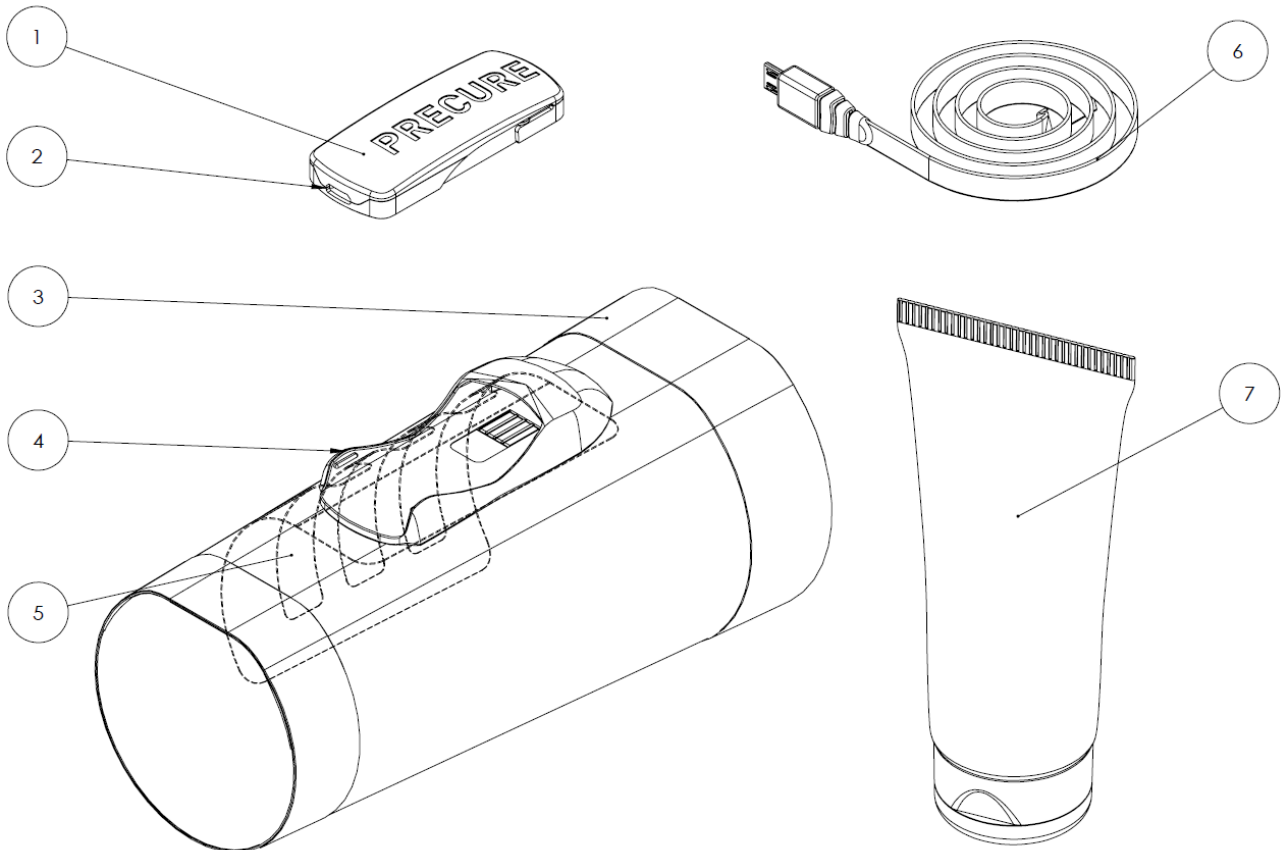
VERSION 02

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Components

1. Dongle
2. Dongle's USB connector
3. Sleeve
4. Sleeve connector
5. Tex-trode
6. Micro-USB cable
7. PRECURE Gel



Introduction

Congratulations getting your MLI[®] Elbow!

This unique device allows for monitoring your specific strain in your elbow. MLI[®] Elbow measures your muscle activity and movement patterns and makes an advanced assessment of these. If your activity or movement patterns show signs of strain, the Muscle Load Index[®] will increase.

MLI[®] Elbow is connected via Bluetooth Smart[®] to your smartphone where the PRECURE app will be the connecting point between MLI[®] Elbow and the cloud solution. The advanced assessment of your activity takes place in the cloud and results in a gauge score – your personal Muscle Load Index[®], short MLI[®].

MLI[®] Elbow cannot be used without an established connection to a smart device and the internet.

The device is wireless, powered by a rechargeable LiPo-battery and is attached to the skin above the muscles group below the elbow region with the included Sleeve.

PRECURE app

(iOS 10.0 and above or Android 6.0 and above).

See *PRECURE app usage* or visit Apple Store or Google Play to download the app.

Before Use

MLI[®] Elbow is made for personal use on healthy skin.

Read instructions carefully prior to use.

The unit must be charged before the first use. See *battery and charging* for more information on how the product is charged.

NB: *The product is not intended for use during sleep, and the unit should not be attached to the body for more than 8 hours at a time. If there are signs of allergic reactions or rash, immediately stop using the product. Use the product with caution.*

MLI[®] Elbow is turned ON by inserting the micro-USB cable(6) into the dongle's USB connector(2) with power for 2 seconds and disconnecting the USB cable again. Same procedure is used if you want to reset the dongle. Please use this procedure, if you have difficulties detecting the dongle, when pairing with your smart device.

When not used for a longer period of time or for the first-time use, the dongle is in a low-power-mode/transportation-mode and needs to be awoken by following the above procedure to be detectable.

Putting on your MLI[®] Elbow

Follow instructions provided in the PRECURE app.

1. Apply a pea size drop of PRECURE Gel(7) to the region below the elbow joint on top of the muscle group as depicted below.



2. Pull up the sleeve(3) with the sleeve's connector(4) pointing towards the inner side of the elbow joint. This allows for the textrode(5) to be properly mounted on top of the muscle group.



3. Insert the dongle(1) by sliding it into the connector(4) with the USB connector(2) pointing into the sleeve connector(4)/elbow joint

4. Follow pairing instructions in the PRECURE app to pair with your MLI® Elbow

Depending on your activity level, temperature, humidity or other external factors it might be necessary to apply gel every 4h to 6h to ensure proper skin connectivity to the textrodes. Signal quality will decrease if the skin is dry. You are alerted hereby in the app by the “Bad electrode” notification.

Removing the MLI® Elbow

1. Remove the MLI® Elbow by pulling it down and off the arm.

NB: *Be careful not to use excessive force and over-stretch the fabric.*

2. Remove and recharge the dongle(1) to ensure that it is fully charged for the next use.
3. Remember to close the PRECURE app.

Using the PRECURE app

The PRECURE app can be downloaded from App Store or Google Play.

Follow the instructions in the PRECURE app.

When paired with your smart device, MLI® Elbow will automatically transfer data when it is within reach (5-10 meters, 15-30 feet) and your smart device is connected to the internet. You can see your current Muscle Load Index® and historical development in the app.

MLI® Elbow is connectable whenever the dongle is turned on. It is not possible to connect the dongle to multiple smart devices simultaneously. If you want to pair the device with another phone, you must unpair the device in settings in the PRECURE app or via your smart device’s native Bluetooth® settings.

The PRECURE app has a built-in pain report log and Muscle Load Index® log that allows you to compare your muscle activity patterns with your reported pain. In this way you can see when you have had the most strained behavior and if this is related to your pain.

It is recommended to register your pain regularly, whenever it occurs or when the pain intensity changes.

NB: *If only used a little, there will be less data available. Thus, the Muscle Load Index® will be less accurate.*

NB: *If continuously in pain or discomfort is experienced, please contact a medical professional.*

Battery and charging

The device has a battery life of approximately 8 hours at normal use. You are notified on your smart device when the battery is running low, [10 %]. When reaching critical low [3 %] the device will shut down and Bluetooth® connection is terminated. You will be warned hereof in the app and the dongle will vibrate.

MLI® Elbow is charged with a standard micro-USB cable. One has been provided with the kit.

The device is charged by inserting the micro-USB cable(6) into the dongle’s USB connector(2) and connecting the USB cable to a USB charger. The device is fully charged approximately after 1 hour.

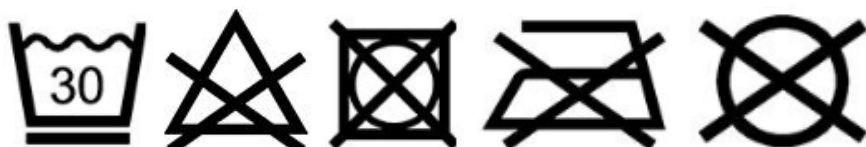
NB: *Use an approved 5V USB charger capable of charging 500mA to 1500mA.*

Maintenance and Storage

Clean the dongle with a slightly damp cloth. The device is best kept in a dry place out of the sun and away from heat sources.

Make sure the dongle does not get wet. It is not recommended to use the dongle in very humid environments.

The sleeve is washable. Wash inside-out in a suitable laundry bag at maximum 30 degrees Celsius synthetic wash using soap for synthetic fabrics. Dry on drying rack or similar. Do not iron, do not use bleach and do not use fabric softener.



The sleeve is worn out by washing but is made to last at least 30 washes.

New sleeves and extra PRECURE Gel can be ordered at www.precure.dk/shop

The unit should be transported, stored and operated in temperatures between 10°C and 40°C, at a relative humidity between 30% and 85% and with an atmospheric pressure between 500 and 1060 hPa.

If MLI® Elbow does not function correctly, please contact support at mail@precure.dk or find contact information at www.precure.dk

NB: Remember to remove the dongle(1) from the sleeve(2) before wash. The dongle(1) is not waterproof and can be destroyed by moisture penetration.

NB: If the desired skin-connectivity can no longer be obtained by applying PRECURE Gel, the sleeve is likely ready for replacement.

Technical Specifications

Technology	Surface Electromyography
Power	LiPo rechargeable battery
Bluetooth®	Bluetooth® smart (4.1 or newer)
Frequency band in which the radio operates	2402-2480 MHz
Maximum radio-frequency power transmitted	2 mW
Conformity	EN 62368-1:2020 EN 50566:2017 EN301 489-17 V3.2.2 (2019-12) EN 300 328 V2.2.2 (2019-07)
Made in	Denmark

Safety information

Applications: For Muscle Load Index[®] assessment against undesired behavior in the lower arm.

NB: *Do not use this product if you have very sensitive skin.*

Warning! *Do not use the device on locations on the body other than those specified in this manual.*

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device."

Hereby, PRECURE ApS declares that the radio equipment types PRECURE EMG and MLI[®] Elbow are in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:

<https://www.precure.dk/downloads>



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