

# Operator's Manual

## 1 Preparations



a. Verify that the 'BT Adaptor' accessory is plugged into the iPod touch® (2nd, 3rd, and 4th generation) or iPhone® 4, iPhone 3GS, iPhone 3G, and iPhone before running the application. The LED light on the BT Adaptor must be pointed towards the user.

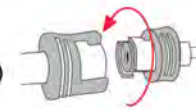
b. Turn **ON** the 'SmartStep' Control Unit by double clicking the push button located on the top on the Control Unit. Flashing '0' should be displayed on the Control Unit.



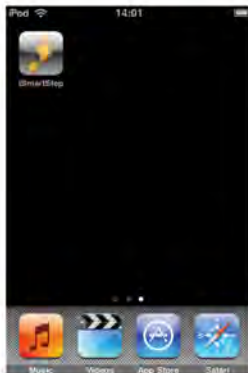
c. Insert the inflatable insole into the shoe. The tubes should be placed over the medial arch (outside) of the foot.

d. Attach the Control Unit to the ankle.

e. Connect the insole's tubes to the SmartStep Control Unit (match the colors of the connectors)



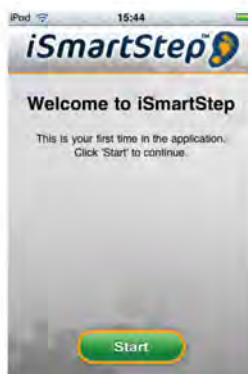
## 2 Launch Application



Click on the '**iSmartStep**' icon to launch the application.



## 3



On the application first screen, click **START**.

**iSmartStep™**

## 4 Technical Settings



On the next screen, please enter the following settings:

a. BT Address - Enter the Bluetooth MAC address of the SmartStep Control Unit. It is located on the back panel label of the SmartStep Control Unit.



b. Clinic ID - Enter any text (for instance: '1234')

c. Activation Code - Enter any text (for instance: '1234')

d. Click **SAVE** to move to upload the 'Training Program'

## 5 Welcome



The following screen is the 'Welcome' screen and will be uploaded on the next running of the application.

Click **TRAINING** to move next.

## 6 My Training Program



The next screen displays the list of exercises available in the 'Training Program'.

Click **NEXT** to establish the wireless communication with the SmartStep Control Unit

If succeed, the SmartStep Control Unit generates two (2) beeps and the application moves to the next screen - 'Air Inflation' process.

## 7 Air Inflation



7. In order to begin the training program, user must first inflate the insole to the correct level.

a. Elevate the foot and insert the air pump into one of the two metal tube sockets.

b. Inflate the insole until it reaches the correct pressure level (Reading of sensors ~ 300).

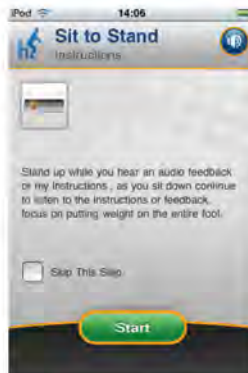
c. Remove air pump and repeat 7a. & 7b for the second metal tube socket.

d. When both insole compartments are inflated the 'Done' button will become enabled.

e. Click **DONE** to move to the next screen.



## 8 Sit to Stand [Exercise 1]



The first exercise, Sit to Stand, will begin. Stand up while you hear an audio feedback or verbal instructions. As you sit down, continue to listen to the instructions or feedback. Focus on putting weight on the entire foot.

Click **START** to begin.



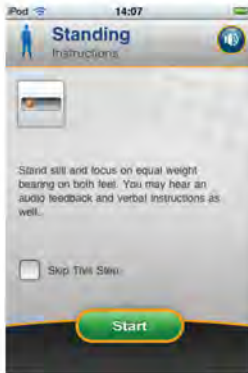
The visual display will guide you during your exercise. Keep focusing on putting weight on the entire foot while performing Sit to Stand.

Your goal is to keep the ball centered.



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## Standing [Exercise 2]



The second exercise, Standing, will begin. Stand still and focus on equal weight bearing on both feet. You may hear an audio feedback and verbal instructions as well.

Click **START** to begin.



The visual display will guide you during your exercise. Keep focusing on equally distributing your weight while Standing.

Your goal is to keep the ball centered.

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## Walking [Exercise 3]



The final exercise, Walking, will begin. Please walk at your normal pace. You should focus on putting more weight through your entire foot.

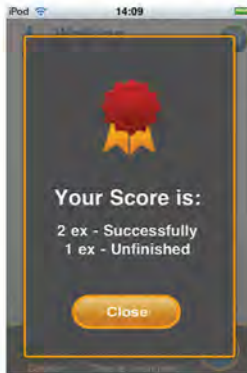
Click **START** to begin.



The visual display will guide you during your exercise. Keep focusing on putting more weight through your entire foot while walking.

Your goal is to stay within your threshold without exceeding it.

## 11 Your Score



Upon completing the exercises, you will receive your score.

Click **CLOSE** to end.

**FCC ID: TWMSMARTSTEP0107**

### FCC Statements:

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.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment

NOTE: THE MANUFACTURER IS NOT RESPONSIBLE FOR ANY RADIO OR TV INTERFERENCE CAUSED BY UNAUTHORIZED MODIFICATIONS TO THIS EQUIPMENT. SUCH MODIFICATIONS COULD VOID THE USER'S AUTHORITY TO OPERATE THE EQUIPMENT.



Made for  
iPod touch (2nd, 3rd, and 4th generation),  
iPhone 4, iPhone 3GS, iPhone 3G

"Made for iPod," and "Made for iPhone" mean that an electronic accessory has been designed to connect specifically to iPod, or iPhone, respectively, and has been certified by the developer to meet Apple performance standards. Apple is not responsible for the operation of this device or its compliance with safety and regulatory standards. Please note that the use of this accessory with iPod or iPhone may affect wireless performance.

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