

STRIDE STUDIO



college park
TECHNOLOGY *for the* HUMAN RACE

App Instructions

FIGURE 1

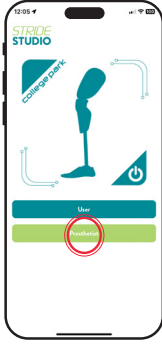


FIGURE 2

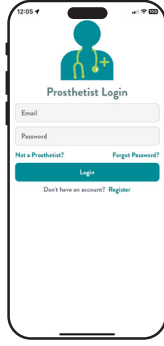


FIGURE 3

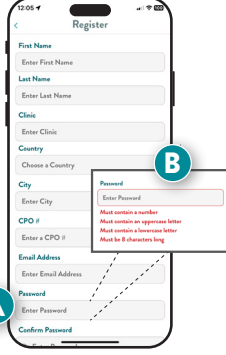


FIGURE 4

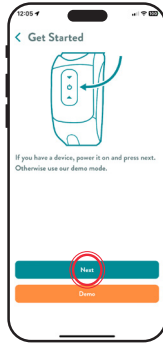


FIGURE 5

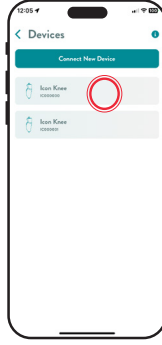


FIGURE 6

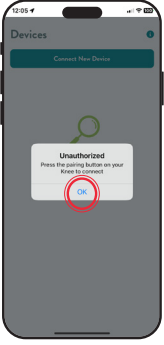


FIGURE 7

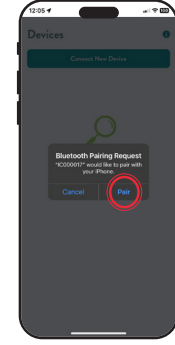


FIGURE 8



FIGURE 9

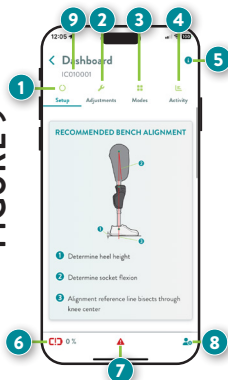


FIGURE 10

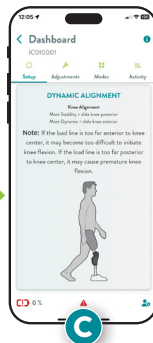
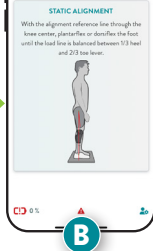
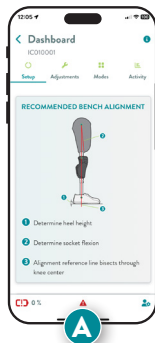


FIGURE 11

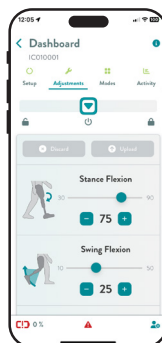


FIGURE 12



FIGURE 13

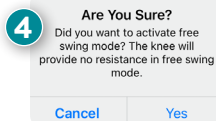


FIGURE 14



FIGURE 15



FIGURE 16



FIGURE 17

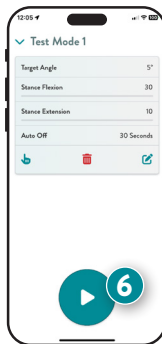


FIGURE 19



FIGURE 20

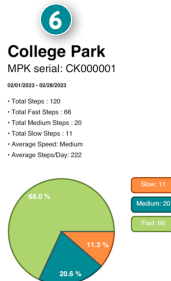


FIGURE 18

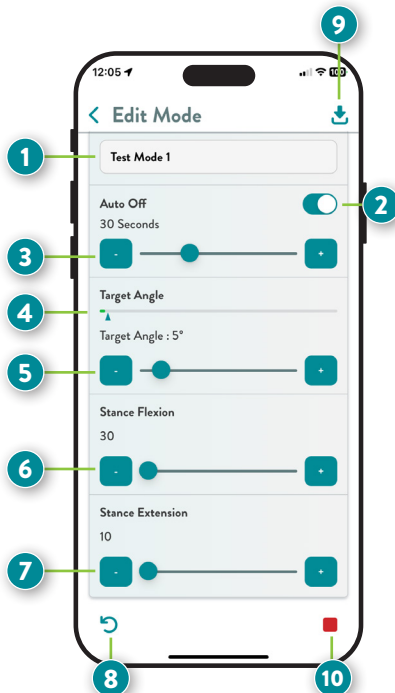


FIGURE 21

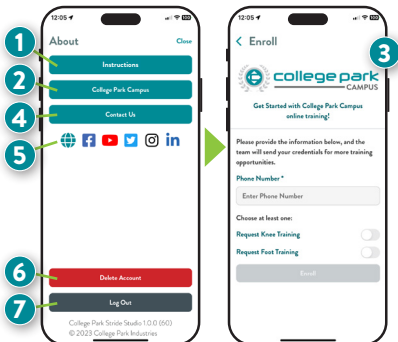


FIGURE 22-A

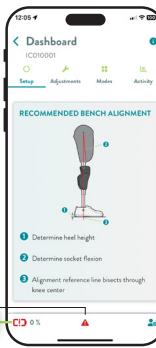


FIGURE 22-B

FIGURE 22-C

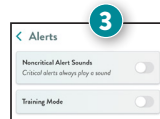
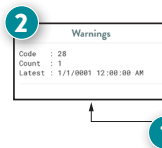


FIGURE 23

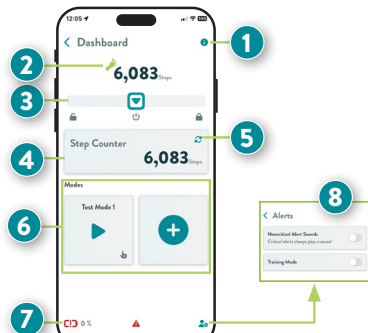


FIGURE 23-A

FIGURE 23-B

FIGURE 24



APP SETUP

DOWNLOAD STRIDE STUDIO APP



College Park's Stride Studio App is available for both iOS & Android devices. Download Stride Studio from Apple App Store or Google Play Store.

MINIMUM OPERATING SYSTEMS:

- Apple iOS 15
- Android Version 8 (Oreo)



Select Stride Studio icon on the device to launch the app.

LANDING SCREEN

The landing screen allows you to select whether you are the user or prosthetist (Figure 1).

- Users: There is no login required, Select "User" and go to Stride Studio App for Users section..
- Prosthetists: Select "Prosthetist" and you will be taken to the Prosthetist Login Screen (Figure 2).

PROSTHETIST LOGIN

When using the app for the first time, prosthetists must register for an account. Select "Register".

Register for an account by completing the mobile registration form in the app (Figures 3-A, 3-B).

PAIR DEVICE SCREEN

ENABLE BLUETOOTH

Go to Settings on your phone or tablet, then tap Bluetooth.

Launch the Stride Studio app and log in. The app will prompt you to allow it access to Bluetooth. You must grant it access. You will land on the "Get Started" screen. Select "Next" to pair the Icon knee (Figure 4).

"Demo" mode allows you to view the settings without pairing to a knee.

BLUETOOTH PAIRING

The knee must be paired to the Stride Studio app when it is used for the first time. Locate the serial number of the knee in the app and select it (Figure 5). The app will prompt you to press the pairing (power) button on the back of the knee (Figure 6). At this time, the LED turns blue. Press the power button for 1 second and the app will request to be paired with your device. (Figure 7).



Note: The knee will be identified by the Serial Number, which is located inside of the frame, on the right side.



Note: Phone or tablet must be closer than 33 feet (10 meters) of the Icon knee.



Note: Only one device may be paired to the knee at a time. Prosthetists must disconnect from the knee before the user can pair in the app. Disconnect the knee from the “Devices” screen or by closing the app.

TRAINING VIDEO

If this is your first time setting up an Icon knee, the app will play a mandatory training video (Figure 8). This is a brief overview of the physical setup and programming of the knee. It is also accessible later through College Park Campus.



Note: This video will only play the first time the prosthetist sets up a knee.

DASHBOARD

The dashboard screen is the main hub of the Icon knee setup. It provides access to all setup functions and critical information (Figure 9).

- 1 **Setup** - Alignment recommendations.
- 2 **Adjustments** - Adjustments to knee resistance and mode selection.
- 3 **Modes** - Allows prosthetist and user to set custom modes.
- 4 **Activity** - Activity log: download and print reports.
- 5 **Information** - Technical instructions and online learning resources.
- 6 **Battery Status** - Indicates battery charge level of Icon Knee.
- 7 **Device Warnings** - List of error codes (if device experiences an error).
- 8 **Alerts Settings** - Turn non-critical alert sounds on/off. Enables/disables Training mode.
- 9 **Serial Number** - Displays the serial number of the knee.

SETUP SCREEN

The setup screen displays the recommended alignment for the Icon knee (Figure 10-A, 10-B, 10-C).

ADJUSTMENTS SCREEN (FIGURE 11)

MODE SELECTOR

Mode Selector – The slider bar allows you to toggle between normal mode (2) and free swing (1), or from normal mode (2) to lock (3) (Figure 12). An alert will appear each time the slider is moved to free swing mode (4) (Figure 13).

RESISTANCE ADJUSTMENTS

The knee responds to resistance adjustments once they are uploaded (Figure 14).

1	Stance Flexion - Controls minimum (-) to maximum (+) resistance.
2	Swing Flexion - Controls minimum (-) to maximum (+) resistance.
3	Swing Extension - Controls minimum (-) to maximum (+) resistance.
4	Stance Extension - Controls minimum (-) to maximum (+) resistance.
5	Discard - Undoes the change and reverts resistances back to the previous uploaded settings.
6	Upload - Saves the updated configuration to the knee.
7	Reset to Factory Defaults - Default settings to factory configuration.

CUSTOM SCREEN

CUSTOM MODES

The custom screen allows programming of activity-specific modes for the user (Figure 15). Prosthetists determine whether or not the user can access the custom modes feature in the user app. There are three scenarios for using custom modes:

1. **Ignore Setup** – if the prosthetist doesn't activate the toggle AND doesn't set up any custom modes, the user will not have access to the modes screen.
2. **Only Prosthetist Can Edit** – Custom modes are created by the prosthetist and the user can see them, but they can only turn the mode on or off.
3. **User Can Edit Custom Modes** – The user has full access to add new modes and edit existing ones. Permission must be given by the prosthetist by activating the toggle.

1	Can Edit Custom Modes - Activating toggle gives your patient access to the Edit button in custom modes.
2	Existing Mode - Programmed modes are displayed here. Select a mode to turn it on.
3	Add Mode - Click to add a new mode.

When a mode is selected, it will start immediately. Tap the Stop button to deactivate (Figure 16) or tap the Start button to reactivate the mode (Figure 17). Other ways to deactivate:

- Power off the knee
- Connect the knee to the charger

- 1 **Mode Settings** – Displays the current settings.
- 2 **Apply** – Applies settings to custom mode button.
- 3 **Delete** – Deletes the mode.
- 4 **Edit** – Opens Edit screen.
- 5 **Stop** – Deactivates the mode / returns to normal settings.
- 6 **Start** – Reactivates the mode / overrides the normal settings.

EDIT CUSTOM MODES (FIGURE 18)

- 1 **Mode Name** – Allows you to assign a unique name to each mode.
- 2 **Auto Off** – Enables/Disables timer.
- 3 **Timer** – Select 1 – 90 seconds.
- 4 **Live Angle** – Displays angle of knee in real time.
- 5 **Angle Selector** – Set the angle of the flexion lock (1° - 45°).
- 6 **Stance Flexion** - Controls minimum (-) to maximum (+) resistance.
- 7 **Stance Extension** - Controls minimum (-) to maximum (+) resistance.
- 8 **Undo** - Reverts to previous settings and exits to mode screen.
- 9 **Save** - Saves and exits to mode screen.
- 10 **Start** - Tests the mode.

ACTIVITY SCREEN (FIGURES 19, 20)

- 1 **Step Counter** - Total step count for lifetime of device.
- 2 **Daily Average** - View average steps per day and average walking speed for the selected date range.
- 3 **Speed Distribution** - Visualizes walking speed distribution as pie chart.
- 4 **Activity Date Range** - Select date range of activity report.
- 5 **Export** - Generates a custom activity report as a PDF via text, email, etc. View up to 6 months of data.
- 6 **Activity Report** - Example of generated report.

ABOUT SCREEN

ABOUT & INFORMATION

This screen provides quick access to many resources (Figure 21).

- 1 **Technical Instructions** - Digital copy of the Icon knee technical instructions.
- 2 **College Park Campus** - Online learning management system for product training.
- 3 **Enrollment Form** - Enroll in College Park Campus directly through the app.
- 4 **Contact Us** - Email College Park for support.
- 5 **Social Media** - Direct links to social media pages.
- 6 **Delete Account** - Deletes your login and password credentials.
- 7 **Log Out** - Log out of the Stride Studio App.

DEVICE WARNINGS / ALERT SETTINGS

DEVICE WARNINGS

If the knee issues an error code, it will be listed here. Information can be shared when communicating with Technical Support (Figure 22-A).

ALERT SETTINGS

Toggle button turns non-critical alert and training mode sounds on/off (Figure 22-C).

- 1 **Battery Status** - Indicates battery charge level of Icon Knee.
- 2 **Device Warnings** - List of error codes.
- 3 **Alerts Settings** - Turn non-critical alert sounds on/off. Enables/disables Training mode.

STRIDE STUDIO APP FOR USERS

STRIDE STUDIO APP FOR USERS

Users may choose to download the Stride Studio app, but it is not required.

PAIR DEVICE SCREEN

ENABLE BLUETOOTH ⌘

Go to Settings on your phone or tablet, then tap Bluetooth.

Launch the Stride Studio app and select “User”. The app will prompt you to allow it access to Bluetooth. You must grant it access. You will land on the “Devices” screen.

BLUETOOTH PAIRING

The knee must be paired to the Stride Studio app when it is used for the first time. Locate the serial number of the knee in the app and select it (Figure 5). The app will prompt you to press the pairing (power) button on the back of the knee (Figure 6). At this time, the LED turns blue. Press the power button for 1 second and the app will request to be paired with your device. (Figure 7).



Note: The knee will be identified by the Serial Number, which is located inside of the frame, on the right side.



Note: Phone or tablet must be closer than 33 feet (10 meters) of the Icon knee.

USER DASHBOARD

The user dashboard screen is the main hub of the Icon knee (Figures 23-A, 23-B). It provides access to basic knee information, mode selection, and critical information.

- 1 **About** – Links to User Guide and social media resources.
- 2 **Lifetime Step Counter** - Total step count for lifetime of device.
- 3 **Mode Selector** – See Mode Selector section (below).
- 4 **Step Counter** - Tracks number of steps between resets.
- 5 **Reset** – Resets the step counter to zero.
- 6 **Custom Modes** - See Custom Modes section (below). Only visible if enabled by your prosthetist.
- 7 **Battery Status** - Indicates battery charge level of Icon Knee.
- 8 **Alerts Settings** - Turn non-critical alert sounds on/off. Enables/disables Training mode.

MODE SELECTOR

Mode Selector – The slider bar allows you to toggle between normal mode (2) and free swing (1), or from normal mode (2) to lock (3) (Figure 12). An alert will appear each time the slider is moved to free swing mode (4) (Figure 13).

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- B. **Only Prosthetist Can Edit** – Custom modes are created by the prosthetist and the user can see them, but they can only turn the mode on or off.
- C. **User Can Edit Custom Modes** – The user has full access to add new modes and edit existing ones. Permission must be given by the prosthetist by activating the toggle.

- C1 **Existing Mode** - Programmed modes are displayed here. Select a mode to turn it on.
- C2 **New Mode** - Click to add a new mode. (Note: must be enabled by prosthetist)

When a mode is selected, it will start immediately. Tap the Stop button to deactivate (Figure 16) or tap the Start button to reactivate the mode (Figure 17). Other ways to deactivate:

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- 8 **Undo** - Reverts to previous settings and exits to mode screen.
- 9 **Save** - Saves and exits to mode screen.
- 10 **Start** - Tests the mode.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.



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MADE IN THE USA

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