



User Guide

Able Assess

Version 1.1



Intro

Welcome to Able Assess, the mobile platform for grip assessments.

This is your step-by-step guide to help you navigate all the areas of the Able Assess App

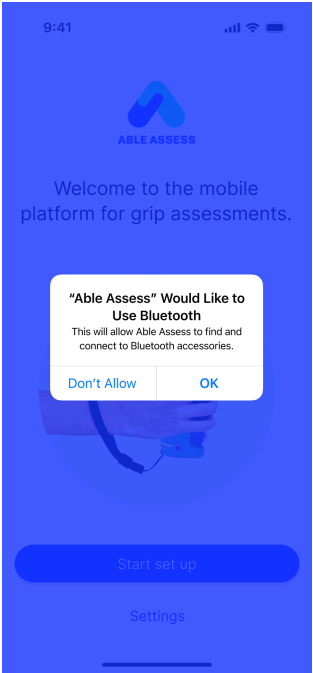
If you have any questions please contact:
support@able-care.co

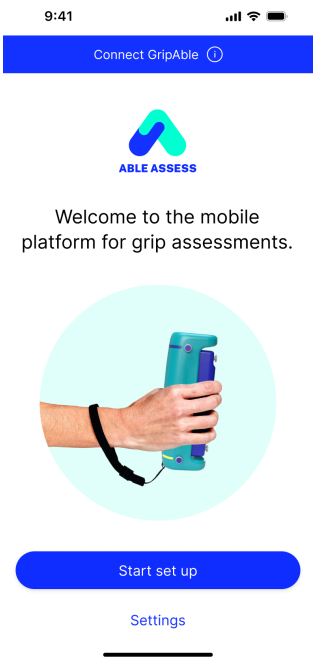

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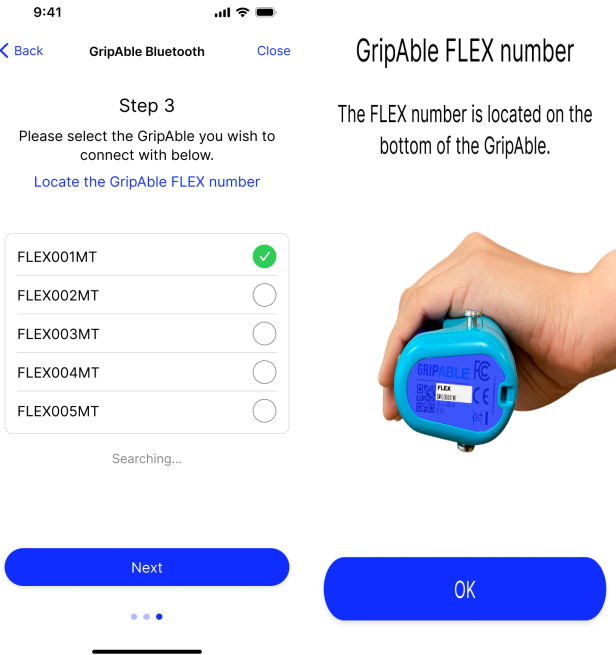
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01. Setting up the app



1. Download the App: find the Able Assess app on the App Store or Google Play Store and download it to your mobile device.
2. Open and launch: Open the app by tapping the Able Assess icon. Follow the steps to connect the GripAble device to the app.

Step	Action	Image
1. Allow Bluetooth permissions	Tap "OK"	

<p>2. Start set up</p>	<p>Tap “Start set up”</p>	
<p>3. Turn on Bluetooth</p>	<p>Ensure your Bluetooth is turned on on your phone/tablet. Once it is on tap “Next”</p>	

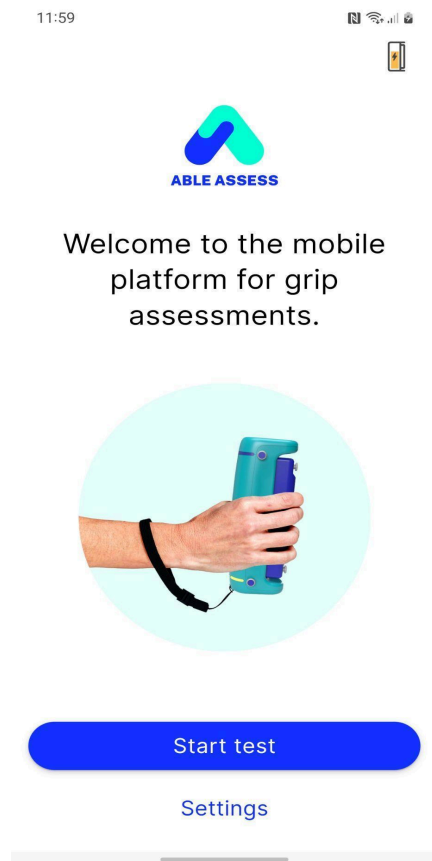
<p>4. Turn on the GripAble device</p>	<p>Squeeze the GripAble to turn it on then tap “Next”</p>	
<p>5. Pair the GripAble to the app</p>	<p>Tap the serial number (FLEX number) of the handset you need to pair. When it finishes pairing tap “Next”</p> <p>Tip: the FLEX number is located on the bottom of your GripAble</p>	

<p>6. Pairing complete</p>	<p>Your device is now paired. Tap “Calibrate”</p>	 <p>The screenshot shows the 'GripAble Bluetooth' app interface. At the top, the status bar displays the time 9:41, signal strength, Wi-Fi, and battery icons. Below the title bar, there are navigation links for '< Back', 'GripAble Bluetooth', and 'Close'. The main text reads 'Set up complete' followed by 'Now let's calibrate your GripAble...'. A large blue thumbs-up icon is centered on the screen. At the bottom, there is a blue button labeled 'Calibrate'.</p>
<p>7. Calibrate in unlocked mode</p>	<p>Follow the prompts for calibrating in the unlocked position. Tap “Next”</p>	 <p>The screenshot shows the 'Calibration' app interface. At the top, the status bar displays the time 9:41, signal strength, Wi-Fi, and battery icons. Below the title bar, there are navigation links for '< Back', 'Calibration', and 'Close'. The main text reads 'Step 1' followed by 'Place your GripAble upright and unlocked on a flat still surface, then press Next.' A 3D rendering of the GripAble device is centered on the screen. At the bottom, there is a blue button labeled 'Next'.</p>

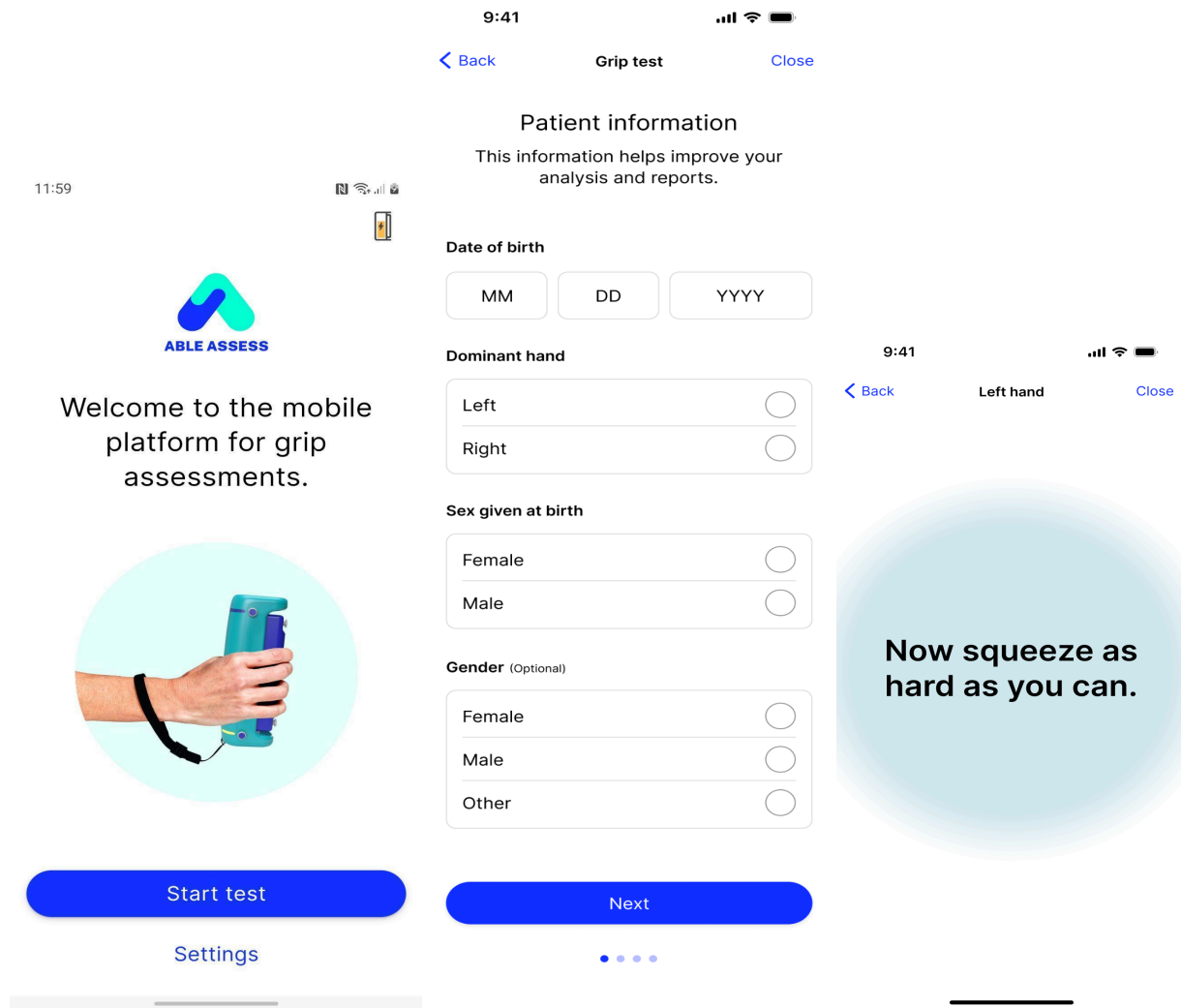
<p>8. Calibrate in locked mode</p>	<p>Place the GripAble into locked mode by squeezing the finger plate followed by pushing down the lock button on the top.</p> <p>Once in the locked position place the GripAble on a flat surface and tap “Next”</p>	
<p>9. Initial set up complete</p>	<p>This completes the initial set up. You are now ready to start a grip test</p>	

02. Navigating the app

1. Homepage: from the homepage you can start a grip test or access the settings page.



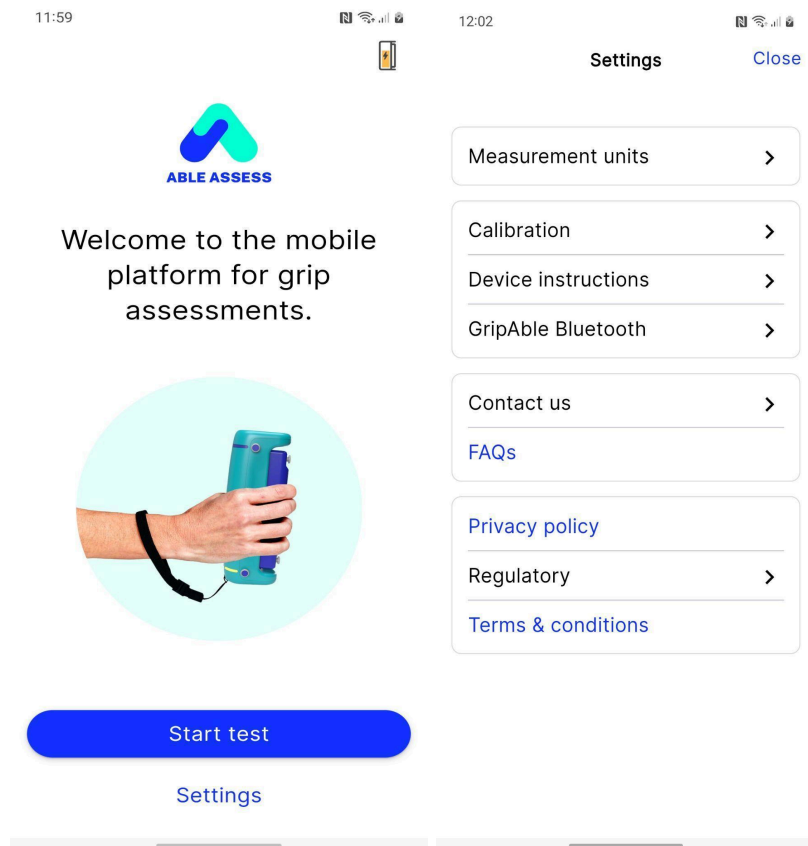
2. Start test: to start a grip test tap “Start test” from the homepage. See chapter 03 Conducting a grip test for detailed steps on how to complete a grip test.



3. Settings: to access settings tap “Settings”.

In Settings you can:

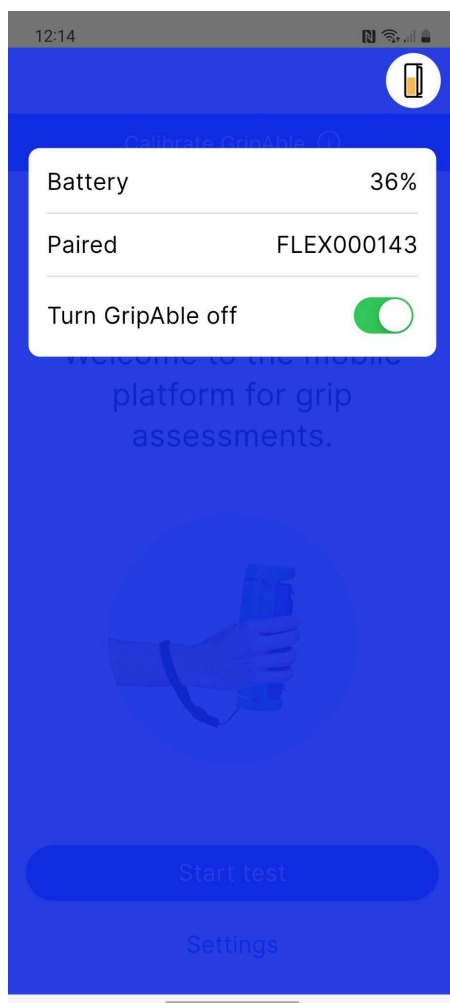
- Change the measurement units (lb or kg)
- Calibrate your GripAble
- View device instructions, which includes click through descriptions of each of the GripAbles components
- Pair or unpair your GripAble device via Bluetooth. See chapter 04 GripAble pairing and unpairing or chapter 05 Calibrating your GripAble for detailed instructions
- Submit error logs by clicking ‘Submit diagnostics data’ and view our contact details via the Contact us section
- View our FAQs and privacy policy
- View regulatory information with links to the GripAble contraindications, warnings and IFU plus we have also added the regulatory information at the bottom of this screen which includes a UDI which shows which version of the app the user is currently on
- View our Terms and conditions.



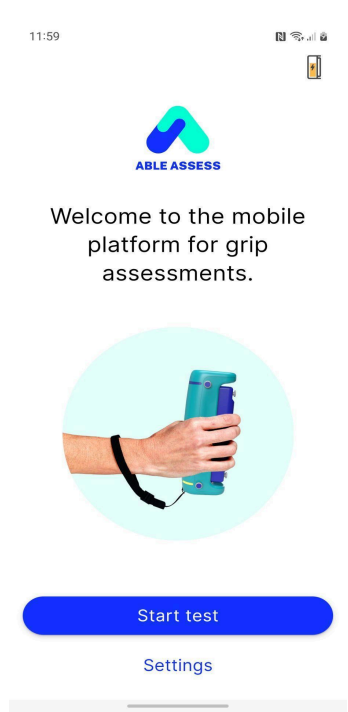
4. Battery widget: to access the battery widget click on the image of a GripAble in the top right corner of the home screen.

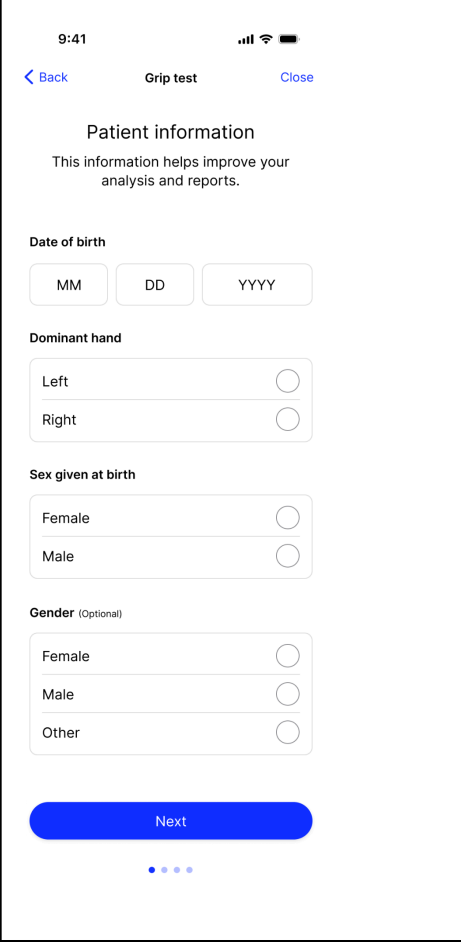
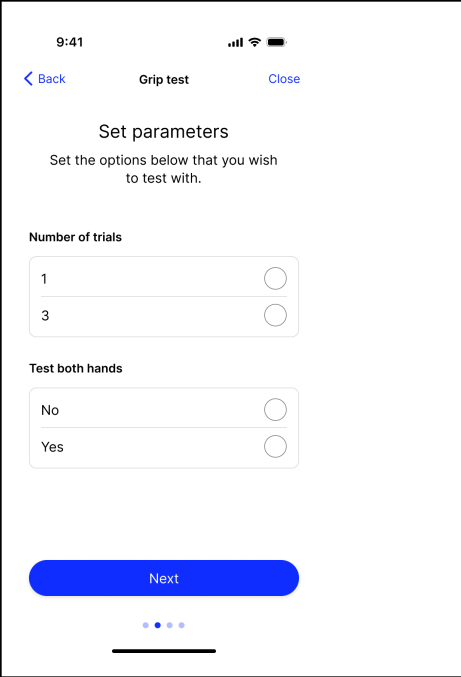



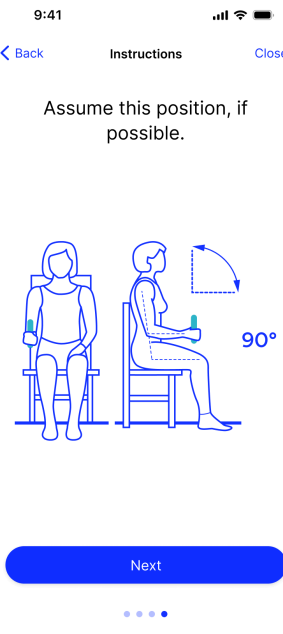
The battery widget displays how much battery the GripAble currently has and also shows which GripAble you are connected to. You can also turn off the GripAble via the battery widget.



03. Conducting a grip test



Step	Action	Image
1. To start	Tap "Start test" from the homepage	 A screenshot of a mobile application interface. At the top, the status bar shows the time 11:59 and various icons. The app's logo, a stylized 'A' in blue and green, is centered. Below it, the text 'ABLE ASSESS' is displayed. A welcome message reads: 'Welcome to the mobile platform for grip assessments.' Below the text is a circular image showing a hand holding a blue and green grip device. At the bottom, there are two buttons: a large blue button labeled 'Start test' and a smaller, lighter blue button labeled 'Settings'.

<p>2. Enter your information</p>	<p>Enter your date of birth, dominant hand and sex given at birth. There is also an option to select your preferred gender. When complete tap “Next”</p>	
<p>3. Set testing parameters</p>	<p>Select the test parameters you wish to use for the grip test. There are options to select the number of trials and the option to test one or both hands. Once complete, Tap “Next”</p>	

<p>4. Lock the GripAble device</p>	<p>Ensure the GripAble is in a locked position by squeezing the finger plate and pushing down the lock button on the top of the GripAble.</p> <p>Once complete, tap “Next”</p>	 <p>9:41</p> <p>< Back Instructions Close</p> <p>Lock your GripAble</p> <p>First squeeze and hold GripAble, then push down the button to lock.</p> <p>Push down</p> <p>Squeeze & hold</p> <p>Next</p>
<p>5. Sit in the recommended posture</p>	<p>Sit in the recommended testing posture if you are able to do so then tap “Next”</p>	 <p>9:41</p> <p>< Back Instructions Close</p> <p>Assume this position, if possible.</p> <p>90°</p> <p>Next</p>

6. Start the grip test

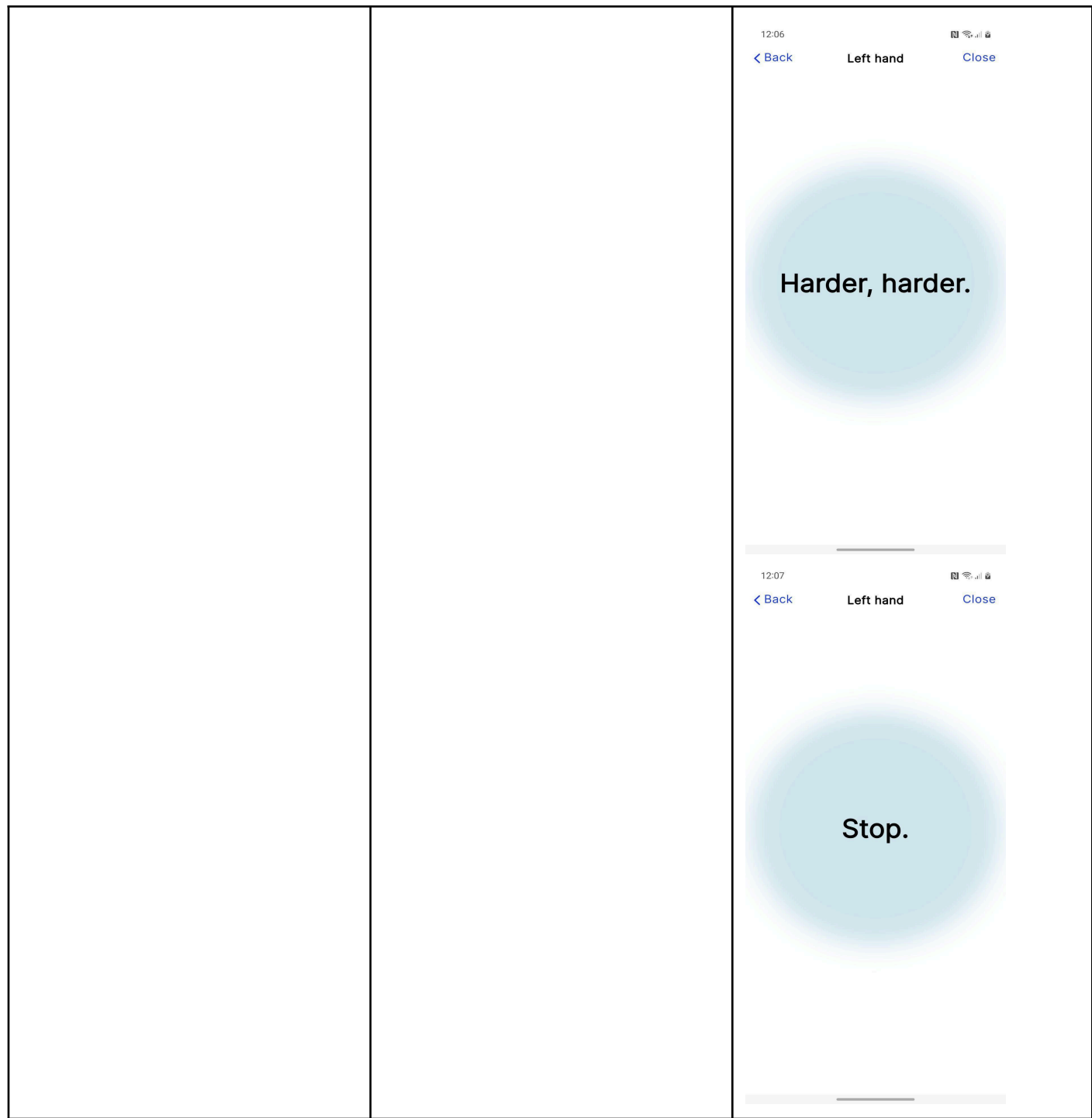
Follow the onscreen instructions to start the grip test.

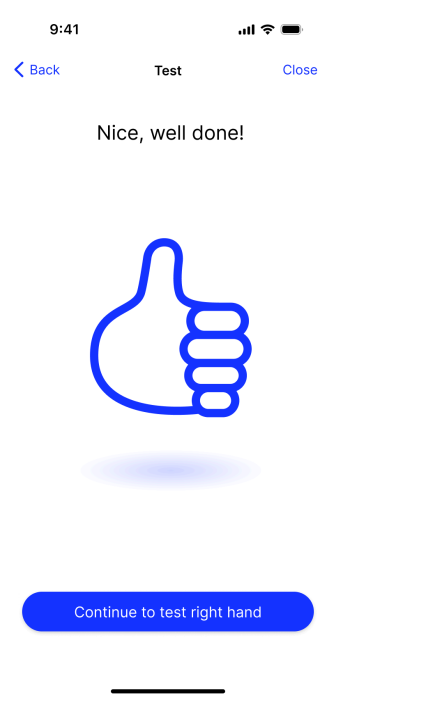
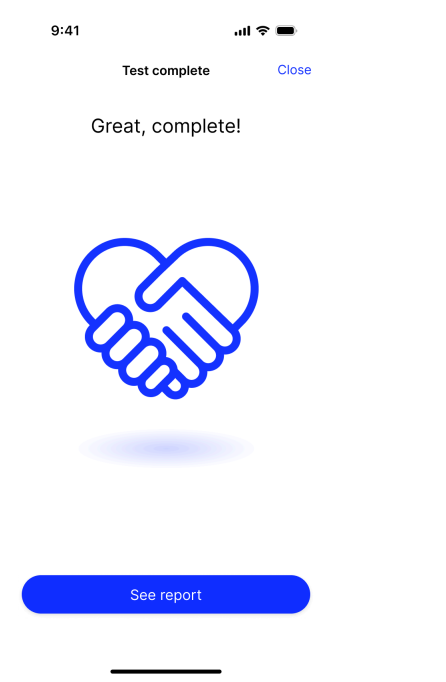
9:41   
[< Back](#) Left hand [Close](#)

Gently apply force.

9:41   
[< Back](#) Left hand [Close](#)

Now squeeze as hard as you can.

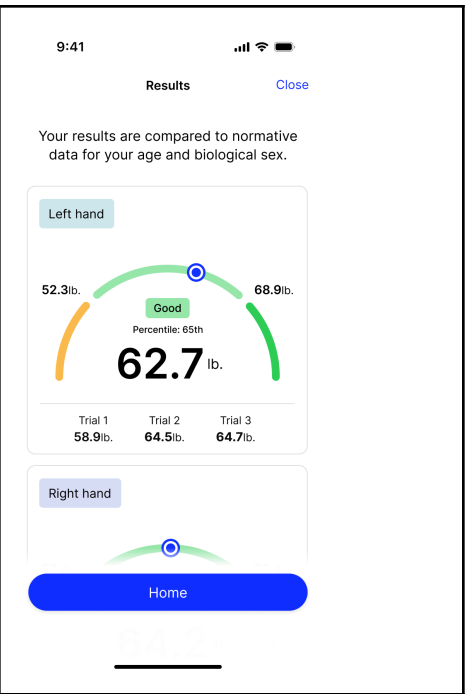


<p>7. Progress to the next trial (optional)</p>	<p>If testing both hands and more than one trial tap "Continue to test [right / left] hand"</p>	 <p>The screenshot shows a mobile app interface at 9:41. At the top, there are status icons for signal, Wi-Fi, and battery. Below the status bar, there are navigation links: "< Back", "Test", and "Close". The main text says "Nice, well done!". In the center is a large blue thumbs-up icon with a soft shadow. At the bottom is a blue button with the text "Continue to test right hand". A home indicator bar is visible at the very bottom.</p>
<p>8. Complete the grip test</p>	<p>At the end of the grip test. Tap "See report"</p>	 <p>The screenshot shows a mobile app interface at 9:41. At the top, there are status icons for signal, Wi-Fi, and battery. Below the status bar, there are navigation links: "Test complete" and "Close". The main text says "Great, complete!". In the center is a large blue icon of two hands forming a heart shape with a soft shadow. At the bottom is a blue button with the text "See report". A home indicator bar is visible at the very bottom.</p>

9. Review results

Review your results and tap “Home” to return to the homepage.

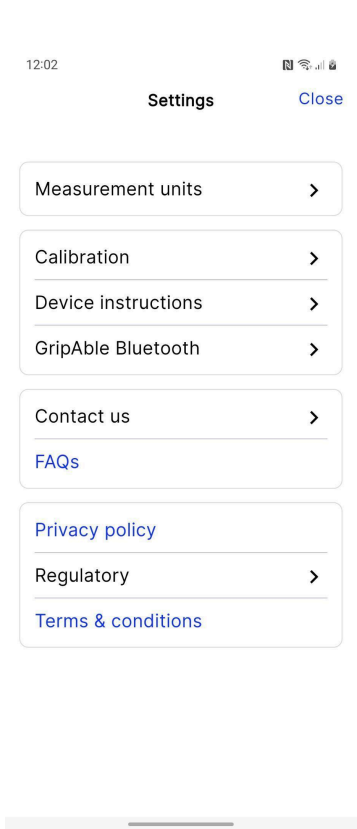
Note: once you leave this page your results will no longer be available to view in the app

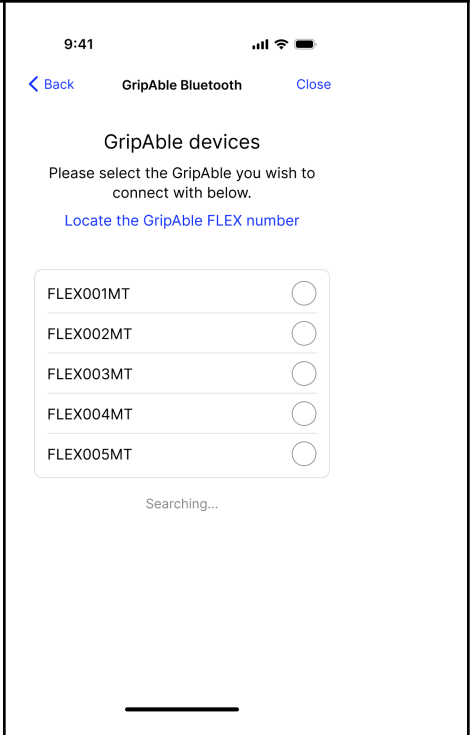
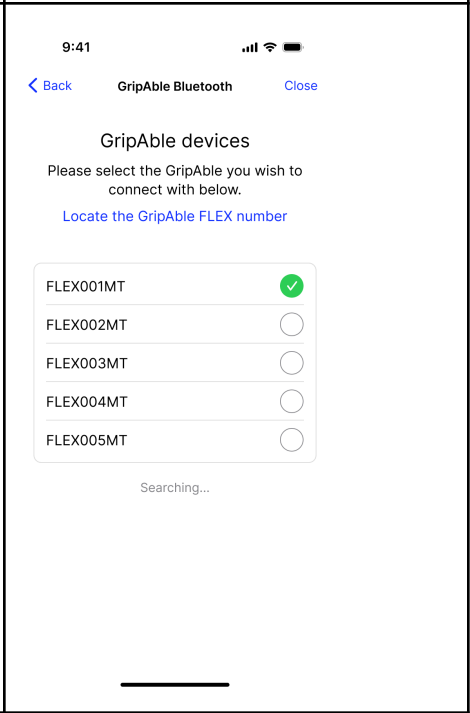


04. GripAble pairing and unpairing

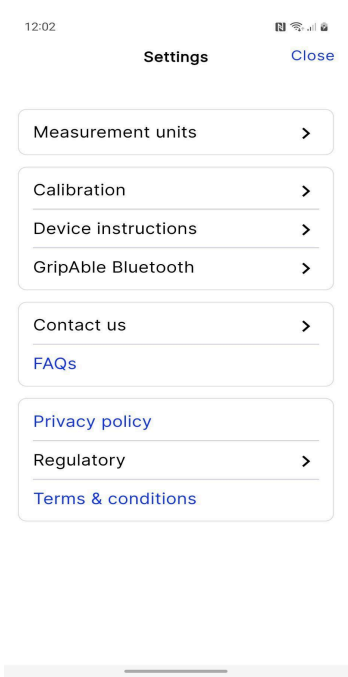
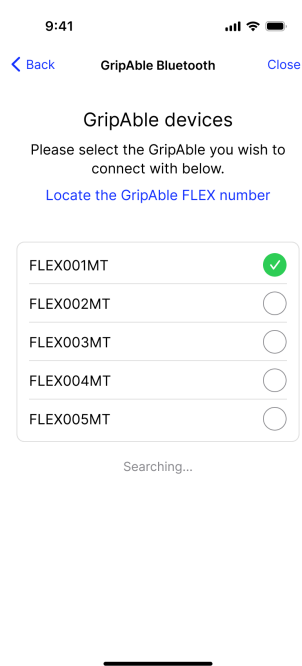
Pairing and unpairing GripAble devices can be found in the settings page under “GripAble Bluetooth”

Pairing a new GripAble device

Step	Action	Image
1. To start	Tap “GripAble Bluetooth”	 A screenshot of the GripAble Settings application. At the top, the status bar shows the time 12:02 and signal strength. The app title 'Settings' is centered, with a 'Close' button in the top right corner. Below the title, there are several menu items, each with a right-pointing chevron: 'Measurement units', 'Calibration', 'Device instructions', 'GripAble Bluetooth', 'Contact us', 'FAQs', 'Privacy policy', 'Regulatory', and 'Terms & conditions'. The 'GripAble Bluetooth' option is highlighted with a light blue background.
2. Turn Bluetooth on	Ensure your device Bluetooth is turned on	

<p>3. Select correct GripAble</p>	<p>Tap the FLEX number of the GripAble you wish to pair with</p>	
<p>4. All done</p>	<p>The GripAble is now paired</p>	

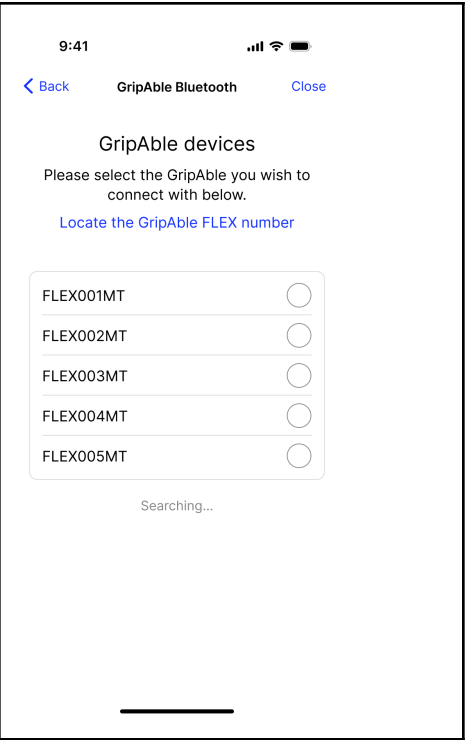
Unpairing a GripAble device

Step	Action	Image
1. To start	Tap "GripAble Bluetooth"	
2. Unpair GripAble	Tap the GripAble FLEX number that is currently selected with a green tick	

3. No GripAble paired

The GripAble will no longer be paired with the app.

Tap on another FLEX number to start the pairing process again.






05. Calibrating your GripAble

The sensors in the GripAble device maintain their accuracy and do not need to be sent away for calibrating.

The sensors have the option to be calibrated at any time though and takes less than 1 minute to complete. The calibrate function is located under “Calibration” on the settings page.

1. To start	Tap “Calibrate”	<div><div>12:02</div><div><div>Settings</div><div>Close</div></div><div><div>Measurement units</div><div>></div></div><div><div>Calibration</div><div>></div></div><div><div>Device instructions</div><div>></div></div><div><div>GripAble Bluetooth</div><div>></div></div><div><div>Contact us</div><div>></div></div><div><div>FAQs</div></div><div><div>Privacy policy</div></div><div><div>Regulatory</div><div>></div></div><div><div>Terms & conditions</div></div></div>
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<p>2. Calibrate in unlocked mode</p>	<p>Follow the prompts for calibrating in the unlocked position. Tap “Next”</p>	
<p>3. Calibrate in locked mode</p>	<p>Place the GripAble into locked mode by squeezing the finger plate followed by pushing down the lock button on the top. Once in the locked position place the GripAble on a flat surface and tap “Next”</p>	

<p>4. Calibration complete</p>	<p>The calibration is now complete and your GripAble is ready for testing</p>	 <p>The screenshot shows a mobile app interface. At the top, the status bar displays the time 9:41, signal strength, Wi-Fi, and battery icons. Below the status bar, the word 'Calibration' is centered, with a 'Close' link to its right. A message reads 'Great, calibration complete!' followed by 'Your GripAble is ready to use'. In the center is a large blue thumbs-up icon with a soft blue shadow beneath it. At the bottom is a blue rounded rectangular button labeled 'Start test'. A thin horizontal line is visible at the very bottom of the screen, likely representing the home indicator bar.</p>
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06. Turning off your GripAble device and app

The GripAble device can be turned off from within the app. On the app homescreen click on the battery widget in the top right corner and then click on the option to turn off your GripAble. The GripAble can also be turned off by closing the app down. The GripAble will vibrate and the blue light will pulse for 1 minute after the app closes prior to turning off.

To close the app, follow the instructions for your mobile device.

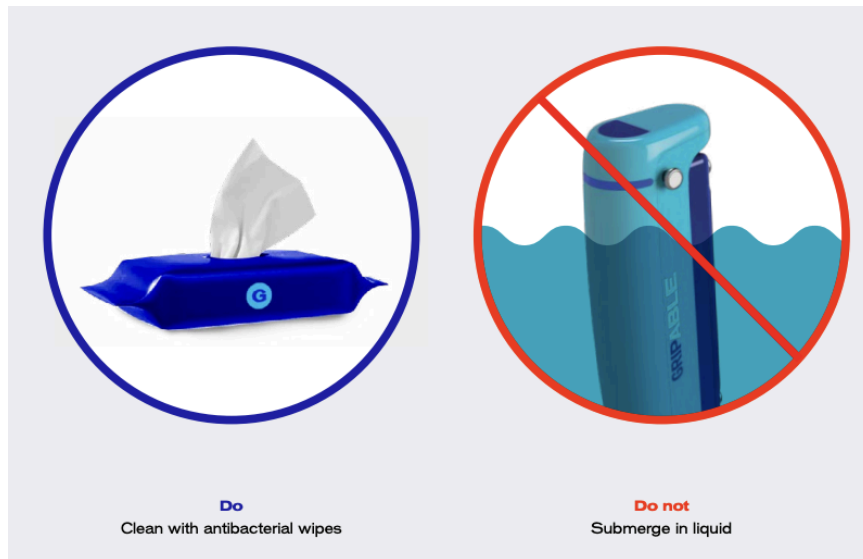
07. Using the silicone straps

The three silicone straps included with your GripAble can be used to assist holding the device. These can be configured in a number of ways using the six metal strap hooks on the device and the 12 holes on each strap.



08. Cleaning the GripAble device

The device can be wiped with any antibacterial wipes after use, as can the silicone straps. Avoid soaking the device or submerging in liquid.



09. Support and contact information

For more support please contact support@able-care.co.