



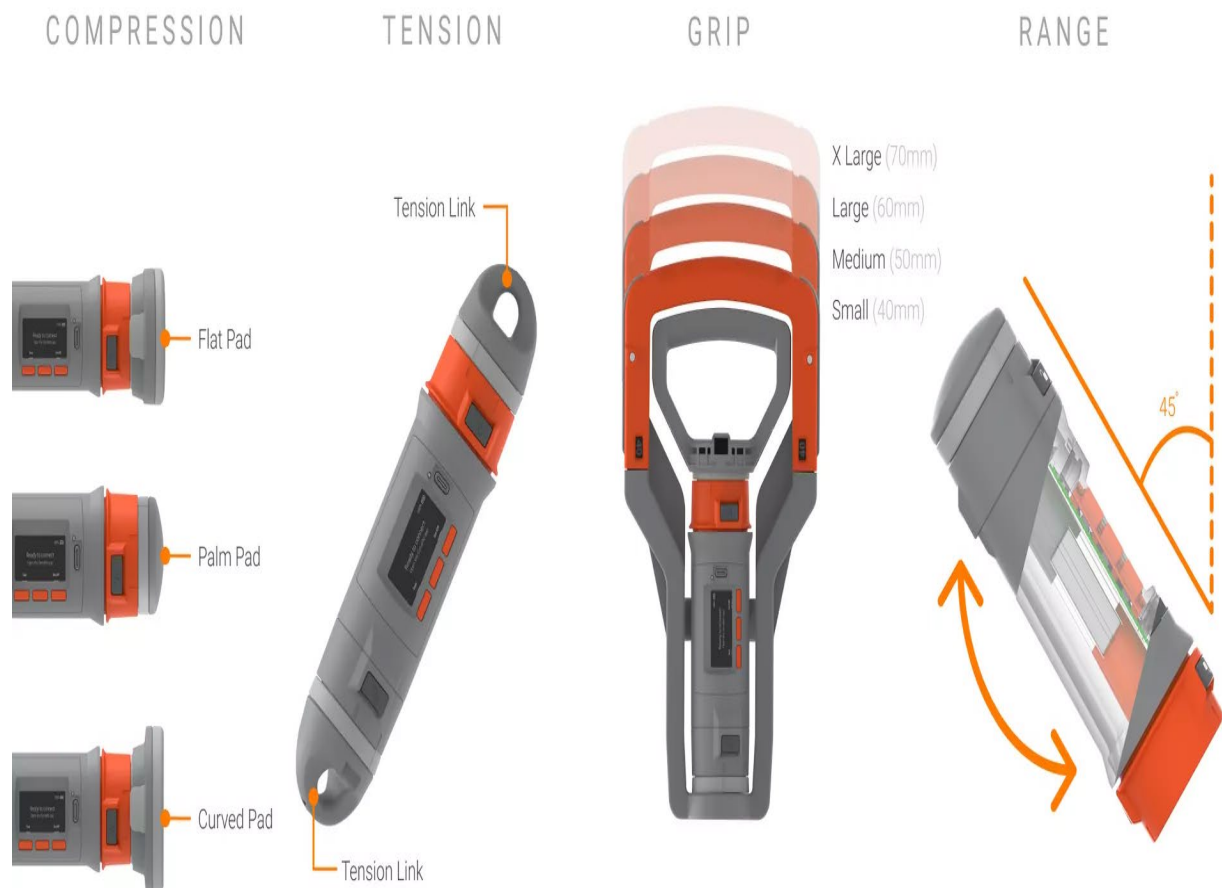
DYNAMO MANUAL

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WHAT IS DYNA MO?

The DynaMo is a wireless handheld dynamometer and inclinometer. It is an all-in-one device equipped with smart attachments that can perform more than 300 strength and range of motion test. With a user-friendly interface and detailed reporting, DynaMo enables trainers, therapists, and medical professionals to make data-driven decisions for optimizing physical performance and recovery.



DYNAMO SETUP

Step 1. Locate the DynaMo, which will be stored in a black pelican case that is pictured below. When opened, there will be the DynaMo along with the other smart attachments as well. The Grip smart attachment is to measure grip strength. The Curved Pad, Flat Pad, and Palm Pad are for compression strength test. The Tension Links are for tension strength test. The DynaMo has grooves in it (circled below) for each attachment to twist and lock in place. Attach the proper attachment associated with the test you are conducting. To remove any attachment, press and hold the buttons with the unlocked symbol while simultaneously twisting the smart attachment to release it.



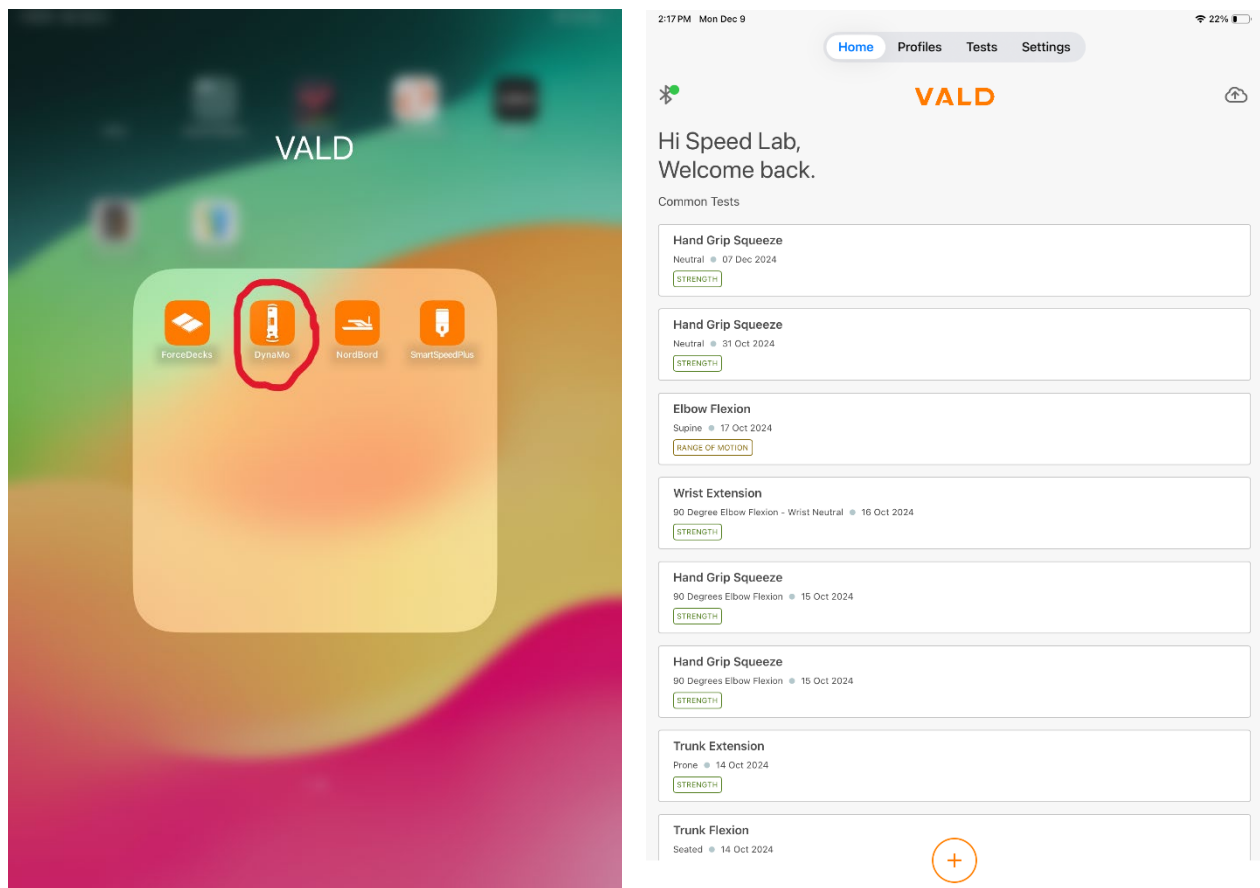
Step 2. Remove the DynaMo from the case and you will see a screen with three buttons underneath. To turn the device on, press the button to the far right with an arrow underneath. You will see the screen power on with the words "Ready to connect", the battery percentage in the top right corner, and "on/off" in the bottom right corner.



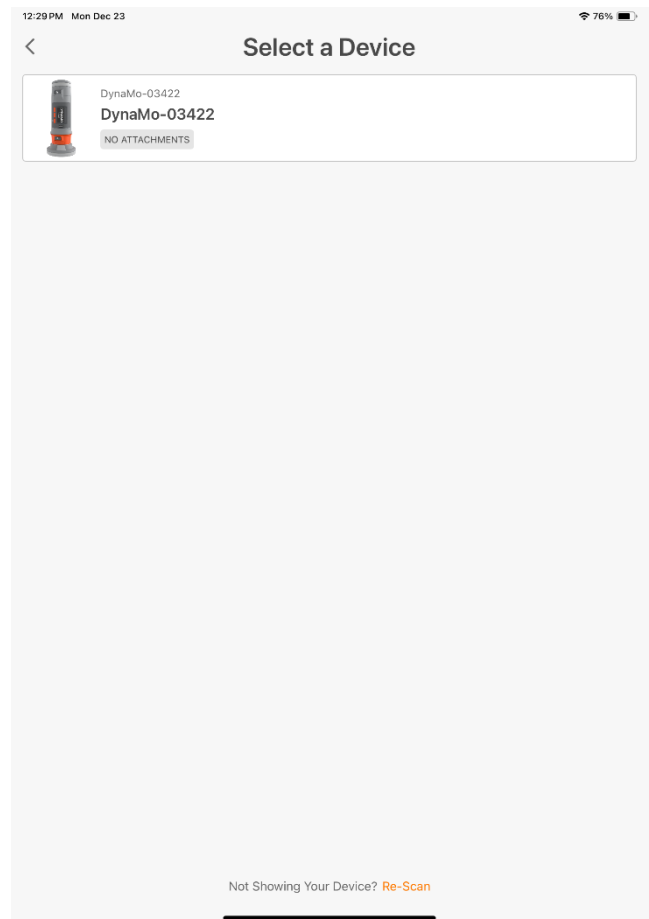
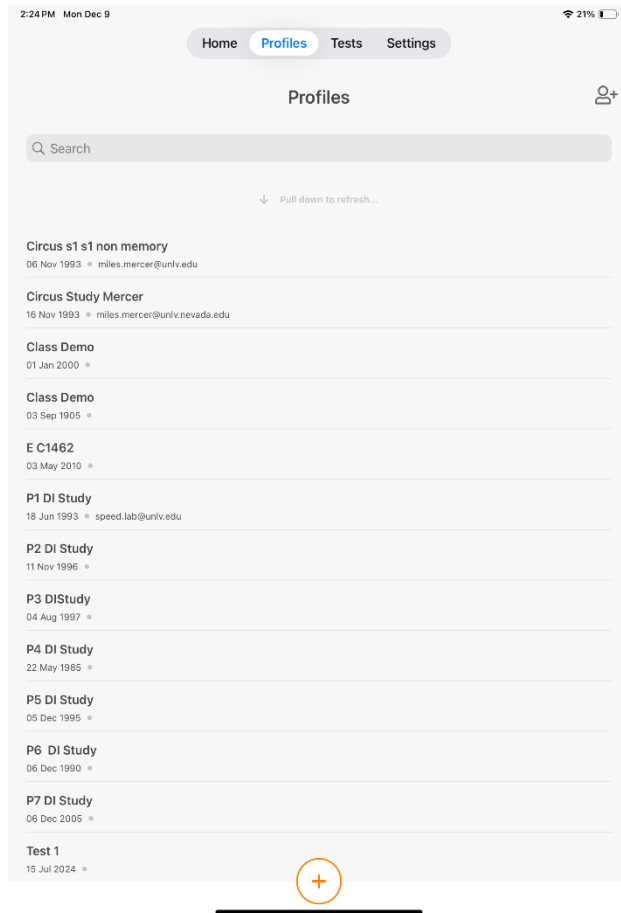
DYNAMO APP SETUP

Step 1. On the iPad you are using, locate the application titled “DynaMo” and open it. When you open the application, you will be taken to the home page with a welcome message in the top left corner. You will also see a list of the most recent test that were conducted based on the organization you login under.

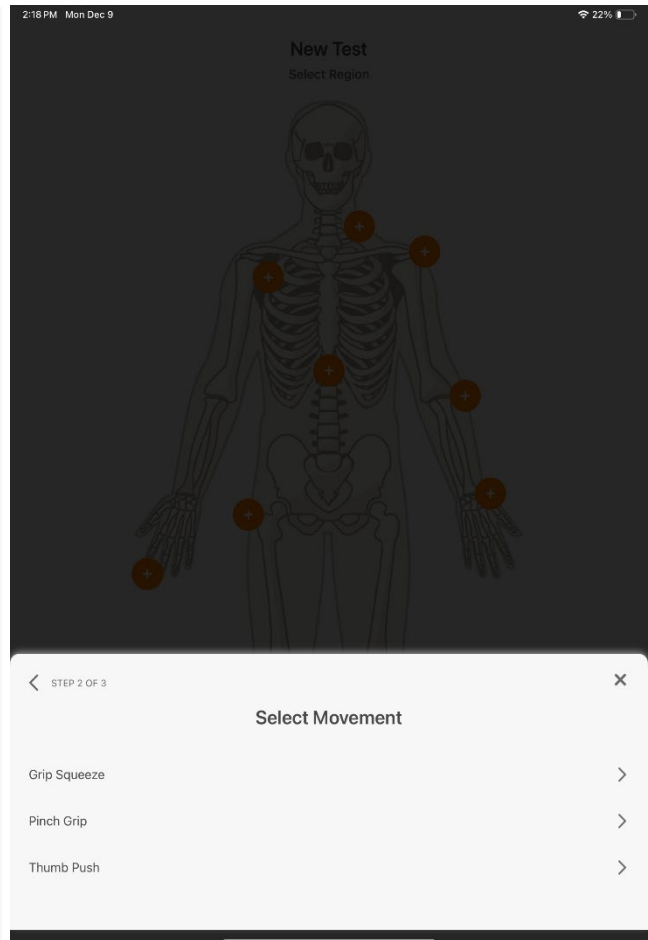
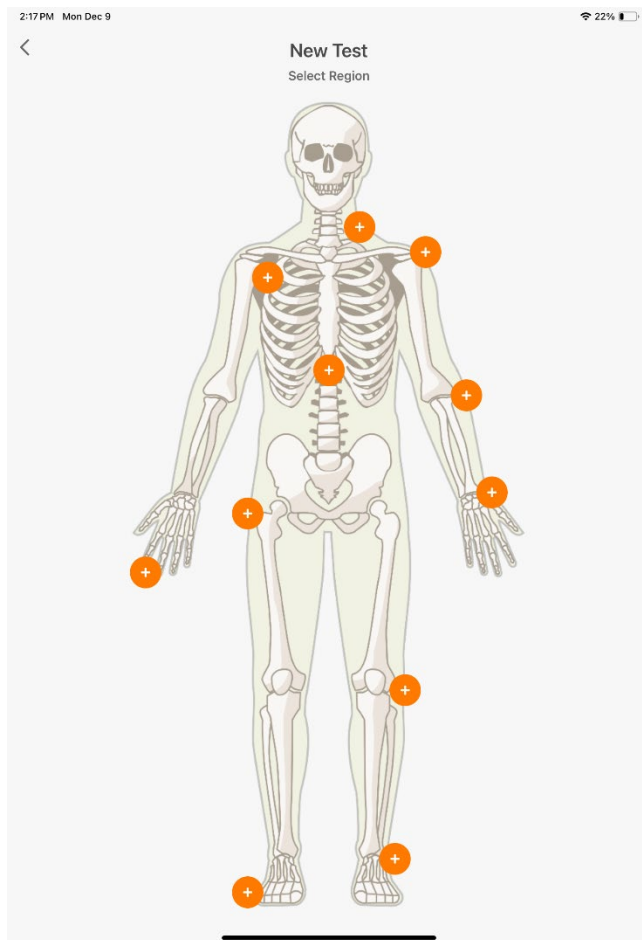
SN: if you open the application and it asks you to login, enter the appropriate login information associated with your organization for who you are collecting assessments for in order to proceed to the home page.



Step 2. For first time users, to administer a new test press the orange plus button at the bottom of the screen. From there a page will appear asking to select a profile. Select the profile you wish to record the test(s) under and advance to the next screen. You will be taken to the page Select a Device and you will see the DynaMo. Make sure the device is turned on and in range, and select the device listed.

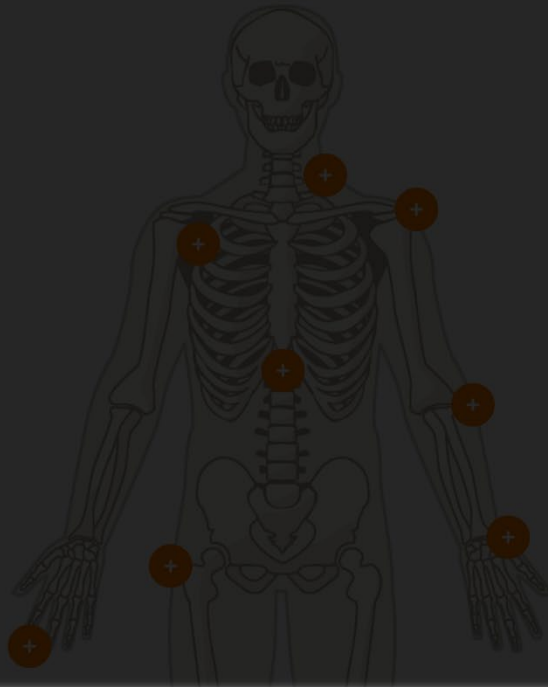


Step 3. After device is selected, you will be taken to the screen titled “New Test”. The screen will display a skeleton with multiple orange plus symbols placed at different regions of the body. When an orange plus symbol is selected, multiple tests will appear that is associated with that specific region of the body. Select the test that is appropriate for what you are measuring. Make sure that appropriate smart attachment is attached to the DynaMo as well. For this example, we will select the orange plus symbol at the fingertips and measure “Grip Squeeze”. For select position, we will select “Neutral”.



New Test

Select Region



< STEP 3 OF 3

×

Select Position

90 Degrees Elbow Flexion

>

Neutral

>

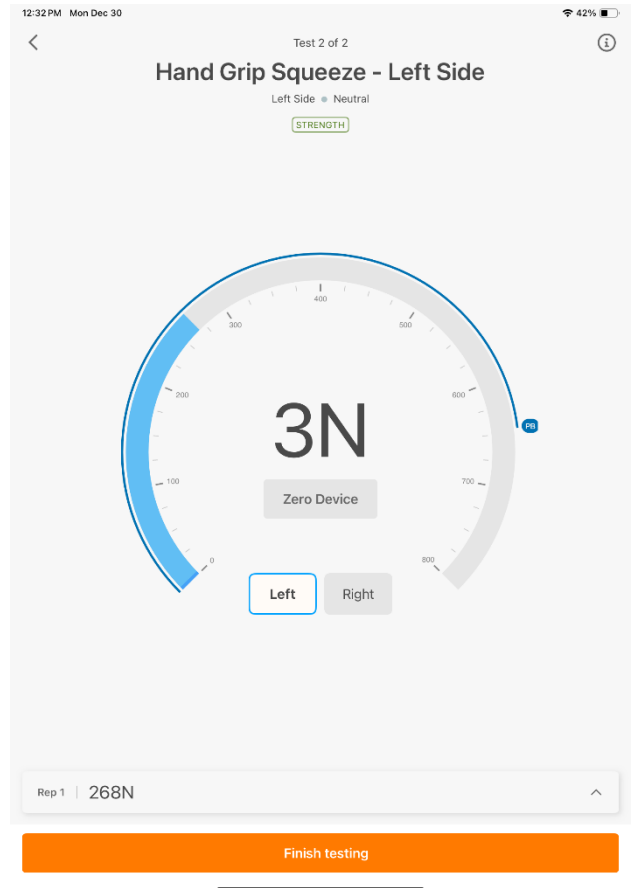
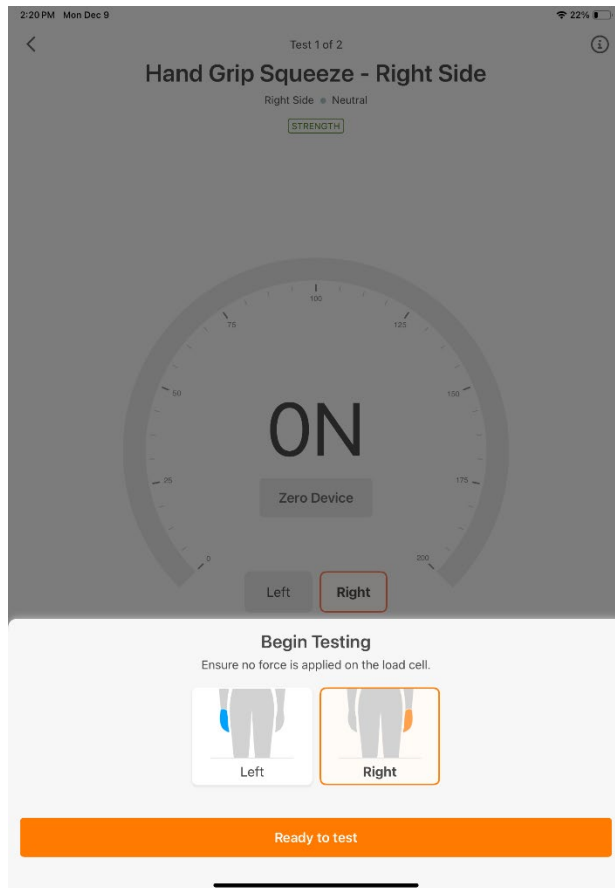
90 Degrees Shoulder Flexion

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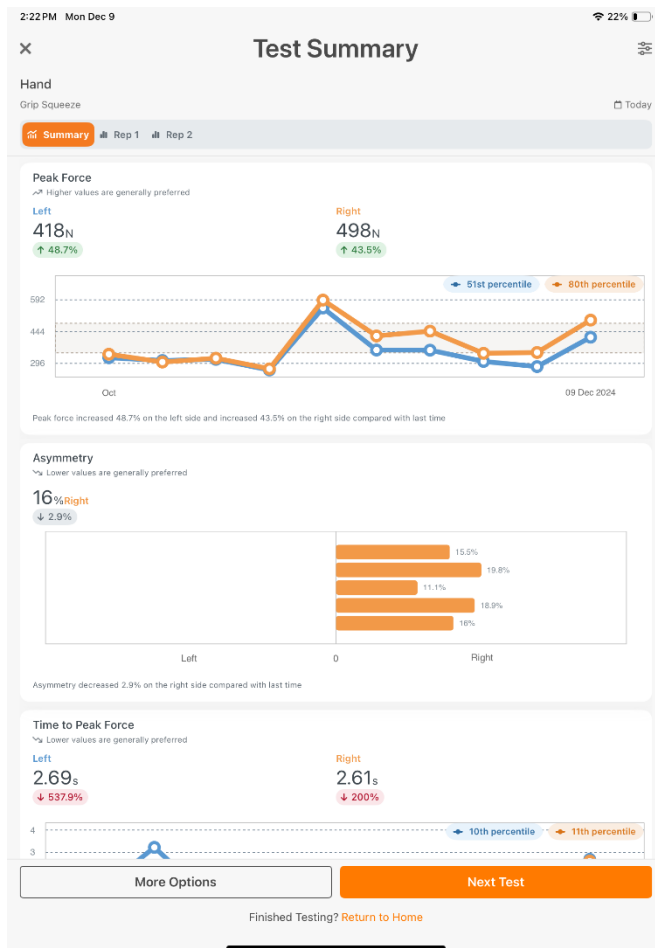
Overhead

>

Step 4. When testing Grip Squeeze you will select the hand/side you want to start with then select "Ready to Test". After the athlete squeezes as hard as they can on one side, switch to the other side and follow the same protocol. When testing is completed, select "Finish testing" that will be located at the bottom of screen and end test.



Step 5. Once the test is finished you will be directed to the “Test Summary” page. There you can review the stats from the test that was just performed. At the top of the page you can toggle between the summary, which is the average of the total reps collected, and each rep individually. When ready to advance you have two options at the bottom of the screen. If “More Options” is selected, then you will have the choice to repeat the test for the same profile or change the profile and repeat the test for a different athlete. If “Next Test” is selected you will be taken to another screen (shown below), where you will be prompted to select the next test and body region you wish to administer use the proper smart attachment for the DynaMo. When finished, select “Add test” to proceed to testing session. The results of the test will automatically save to the profile used, unless the X is pressed at the top left-hand corner of the screen, and you discard the results.



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Add Test

Device Type
DynaMo Plus DynaMo Lite DynaMo Max

Region
Neck Shoulder Trunk Hip Elbow Wrist Hand Knee Ankle f

Test Type
Strength Range of Motion

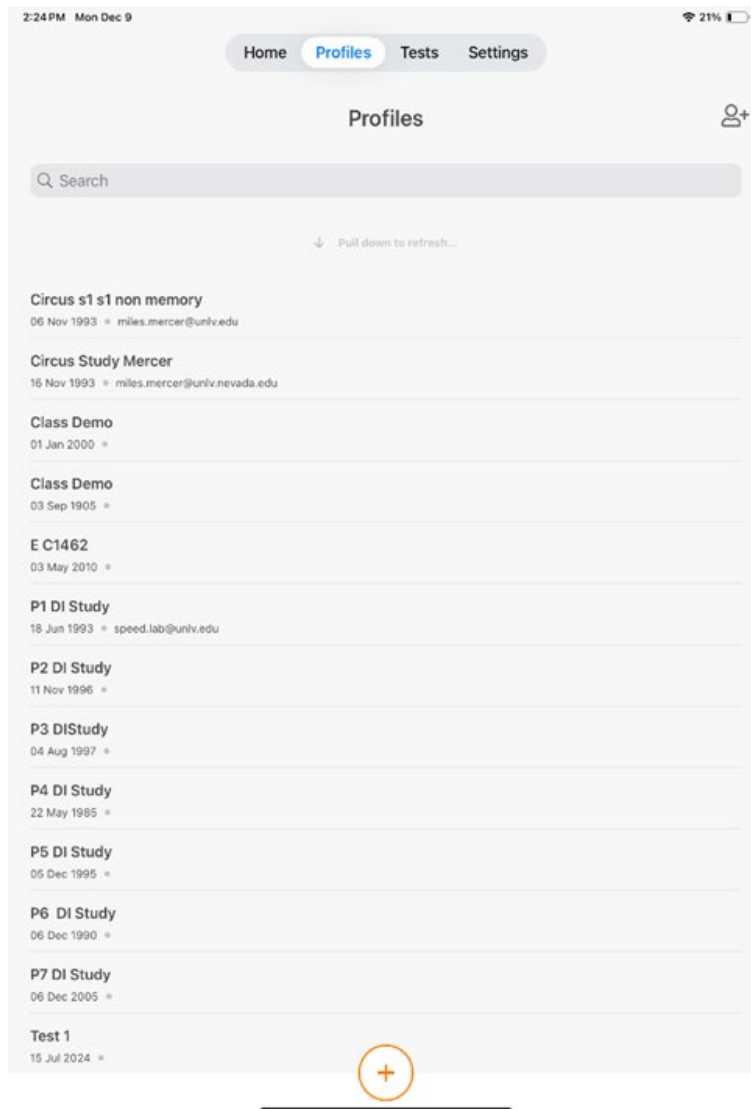
Movement
Flexion Extension Lateral Flexion (Left) Lateral Flexion (Right) Protraction f

Position
Seated Standing Supine

Cancel + Add test

CREATE PROFILE

Step 1. To create a profile, on the home screen select the tab labelled “Profiles” located at the top of the screen. When under the Profiles tab, press the orange plus button located at the bottom of the screen. From there a new page will appear asking you to create a new profile.



Step 2. Next you will be prompted to a page that says “Add Profile” at the top. On that page you will enter the information for each section that is required. If you wish to place the new profile in a group, you will simply select the button next to “Advanced fields” and more options will appear. In the Advanced fields section, you can select the group the profile belongs to and the sport, position, external ID, and add notes if necessary. All this information can be edited at any time. When finished, select “Create profile” and the new profile is now saved in the system.

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Add Profile

Given name

Family name

Sex

Male Female Unknown

Date of birth

YYYY MMM DD

E-mail address Optional

Advanced fields Groups, sports and extra information ☒

Groups

Sport

Sport position Optional

External ID Optional

Notes Optional

Injuries, activity level etc.

Cancel Create profile