# GET STARTED with StepWatch™

Follow the instructions provided to install the USB dock and StepWatch™ software. Once the program is running, you may wish to review the Preferences from either the "StepWatch" menu (OS X) or "Tools" menu (Windows). Consult the full User Manual for more details.

CONNECT THE DOCK

Connect the dock to your computer BEFORE launching the software. The StepWatch™ software should NOT be running when you plug in or unplug the dock.

- **BLUE LIGHT:** Dock is plugged in, but not communicating with the software. If only the BLUE LIGHT is on, try selecting the communications port labeled "StepWatch Dock" in the software preferences on the Communications tab.

- **RED LIGHT:** StepWatch is busy, DO NOT REMOVE the monitor.

- **GREEN LIGHT:** Dock is connected but StepWatch monitor can be safely removed.
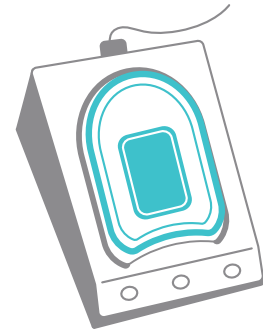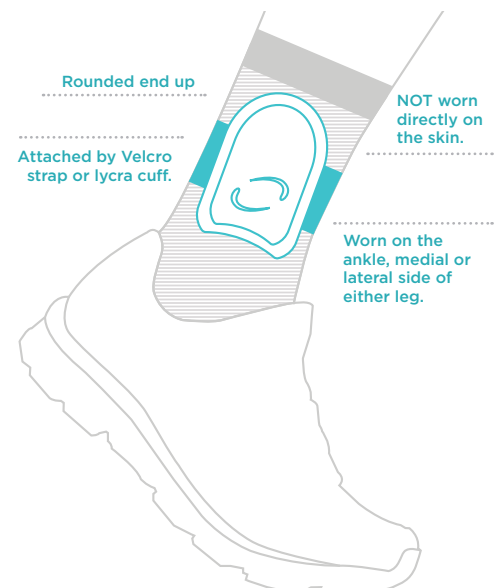
PLACE THE MONITOR ON THE DOCK

Place the monitor face down into the depression on the dock. You do not need to remove the strap.
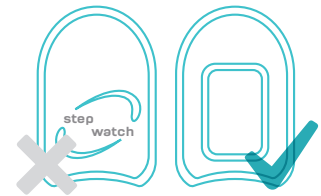
WEAR AND CARE

StepWatch™ is a precision instrument. Please advise wearers to handle it with care.

- *The case is permanently sealed to prevent tampering.* It should not be opened. The StepWatch™ is water resistant but NOT waterproof. The dock is not water resistant or waterproof.

- *You may clean the monitor and dock with mild soap and water* or with 70% isopropyl alcohol. Do not use any other solvents or cleansers.

- *WARNING! Do not autoclave.* The StepWatch™ contains a battery that may explode at high temperatures.

- *Recommended operating temperatures*: 17°C/0°F–46°C/115°F.

- *The StepWatch™ is warrantied* against manufacturing defects for two years from the date of sale.

- *Anticipated battery life is up to 7 years* depending on use.

Rounded end up

NOT worn directly on the skin.

Attached by Velcro strap or lycra cuff.

**Worn on the ankle, medial or lateral side of either leg.**

The StepWatch is listed with the FDA as a Class II Exempt Device. US Patent #5,485,402. 10521-002 Rev. A 12/23/14.

PROGRAMMING the StepWatch™

Verify the blue and green lights on the dock are both on. Place the StepWatch™ on the docking station. From the Monitor menu, choose "Start Recording Activity." Answer the following questions, then click the Start button. Wait until the green light is again showing before removing the StepWatch™ from the dock.
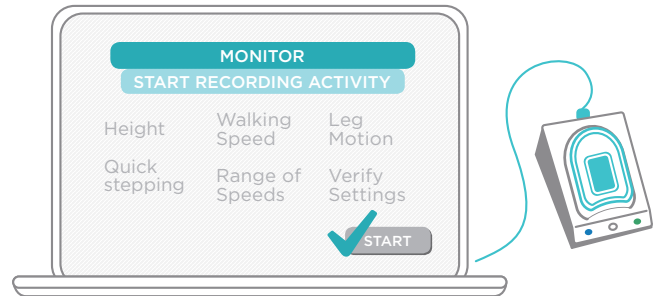
HEIGHT
Height strongly affects how quickly steps can be identified by the StepWatch™. If height is unknown, an estimate of height is required.

QUICK STEPPING
Do they regularly take short quick steps? Are they likely to do the quick stepping activity often during the monitoring session?

Examples of quick stepping activities might be walking or jogging with a short rapid stride, fast dancing, spinning on a bicycle, high impact aerobics, or vigorously playing sports such as basketball, soccer, volleyball, or tennis.

NOTE Indicating YES for Quick Stepping has a fairly strong affect on the StepWatch™ performance, so if you are uncertain, choose NO.

WALKING SPEED
The intent is to identify how quickly steps are being taken rather than the absolute speed at which a person traverses the ground. Most people will fall in the "average" category.

RANGE OF SPEEDS
This setting influences the range of step rates the StepWatch™ will expect. For most people, a "moderate range" is appropriate. Some clients, however, rarely change their walking speed because of habit, preference, or physical limitation. They may have a "limited range."

Examples of the slow extreme, where the leg is in the swinging phase for a long time, could be walking with a slow-moving elderly person or a young child. The fast extreme might be speed walking or jogging.

NOTE A person must regularly do BOTH EXTREMES to qualify for the "wide range" setting.

LEG MOTION
Observe how the subject moves in your presence. Look at the motion of their leg and ankle rather than their whole gait.

DYNAMIC/FIDGETY:
If your client is especially fidgety, tends toward quick, abrupt movements, or taps their heels, consider the "Fidgety and/or Dynamic" setting. Many children fall into this category.

GENTLE/GERIATRIC:
If your client moves very slowly or gently, use the "Gentle and/or Geriatric" setting. This designation may also be appropriate for people who regularly work at a workbench or counter, or in a small space.

VERIFY SETTINGS
Once the programming is completed, confirm your settings by watching the light on the top of the StepWatch™ blink one time per step for the first 40 steps as your client walks at their normal speed. You may also have them walk at the "slowest pace they would normally walk" and the "quickest pace they would normally walk" to ensure steps are being properly counted.

Watch to see that the StepWatch™ is not double blinking on slow steps, or missing fast steps. Your client should not try to look at the monitor as this will change their walking pattern.

NOTE The number of times the monitor blinks initially is adjustable in Preferences.

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