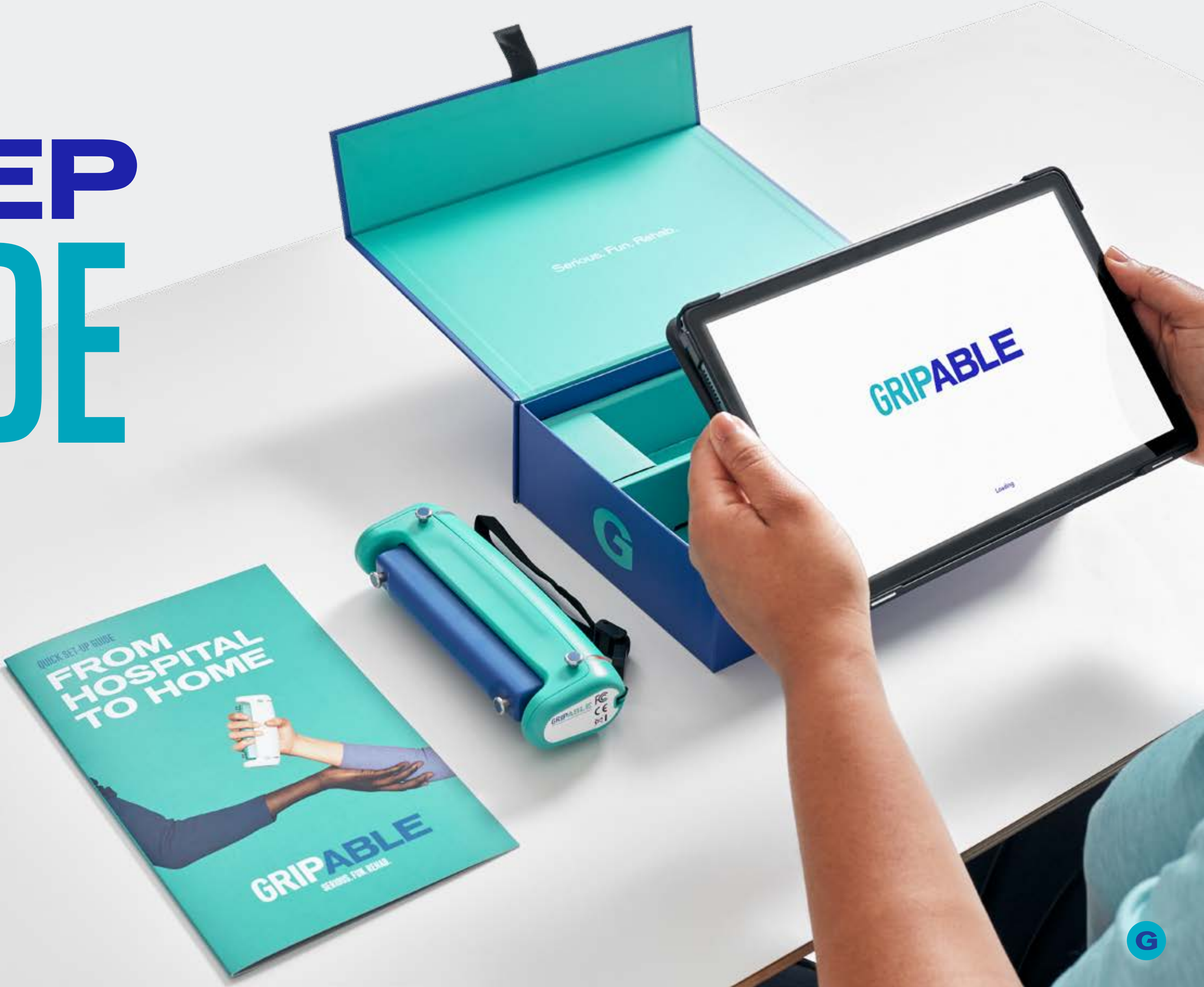


Software User Guide

STEP BY STEP HOW TO GUIDE

Everything you need to know
from creating an account to
remotely sharing reports.



Welcome to GripAble, your mobile assessment and training device for upper limb and hand rehab.

This is your step guide to help you navigate all areas of the GripAble app.

If you have any questions please contact:

hello@gripable.co

HELLO

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Link to video explainer

01

ACCOUNT CREATION

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1.1 Creating an account

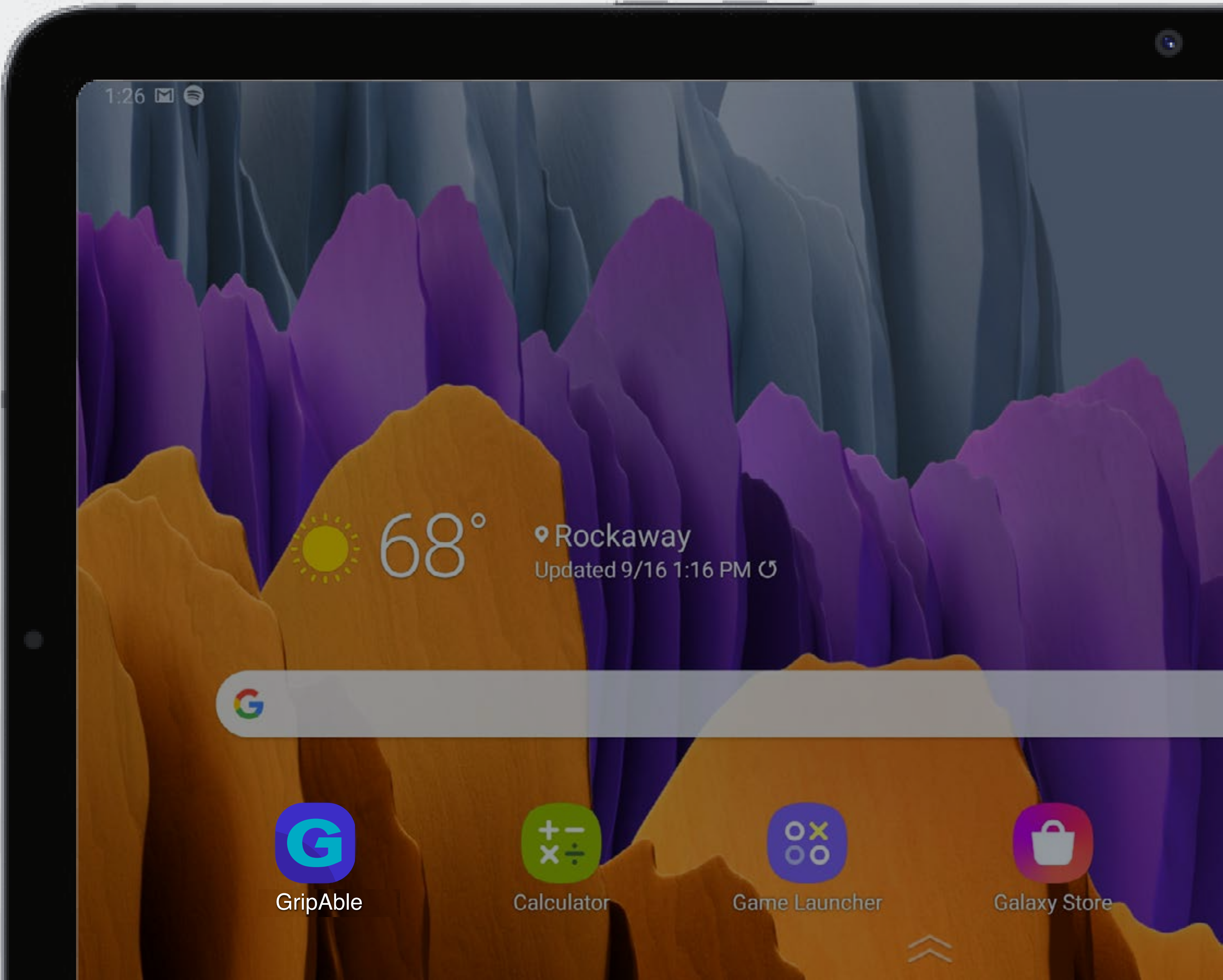
Launch the GripAble app by tapping on the icon and follow the steps to create a user account to log into the app home screen.

Note

Email address required for account creation.

If you already have an account tap

Sign in with email address

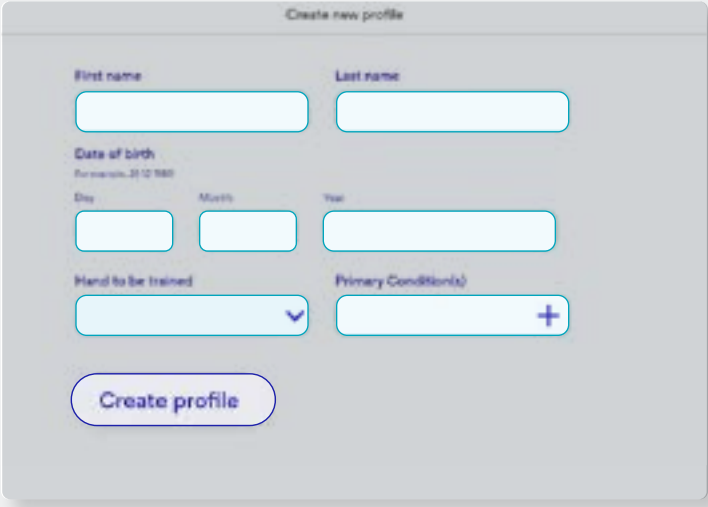


1.2 Adding a new user profile

- Step 01
- Step 02
- Step 03
- Optional
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- Step 06

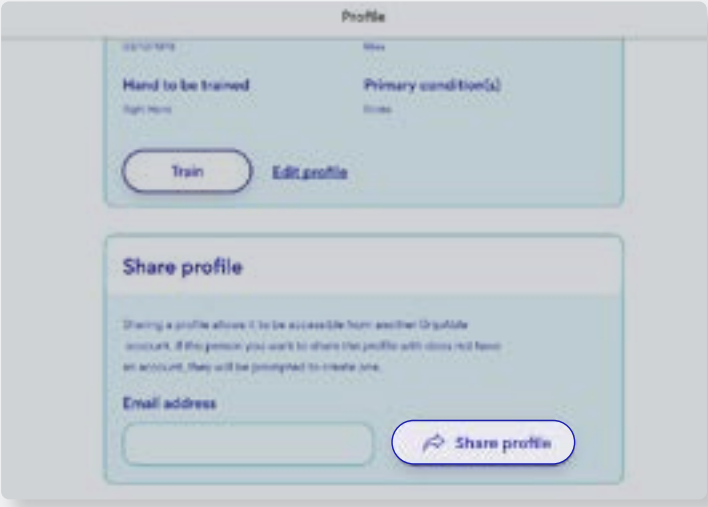


Create new profile
Tap 'Create new profile'



Fill in the form
Tap the boxes to complete all fields. Once completed tap Create profile

Note
When selecting the primary condition, scroll to the bottom of the page and tap Apply

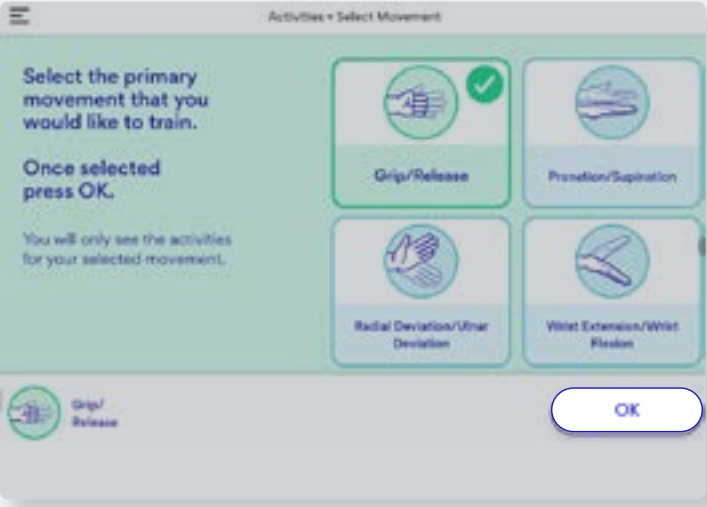


Share profile
Share profile

See section 9.2 How to share user profile page 53




Begin training
Tap Train to begin.



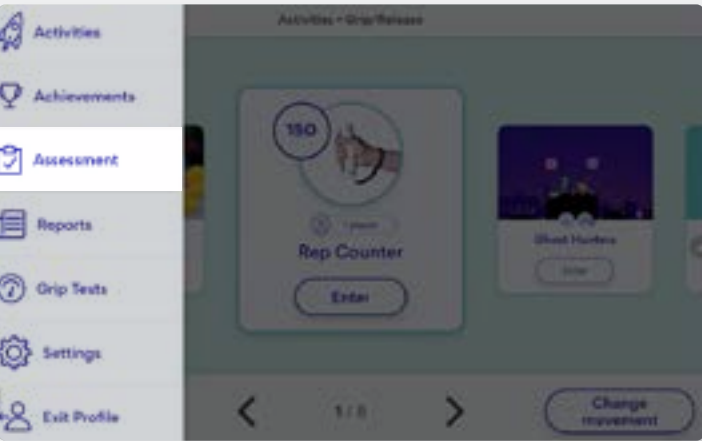
Select movement
Select a movement to train, tap OK



Need to calibrate your device?
If adding a new user profile for the first time, you will need to assess and calibrate the device to your current movement level to access the activities. Tap  for the profile main menu

1.3 Adding a new user profile

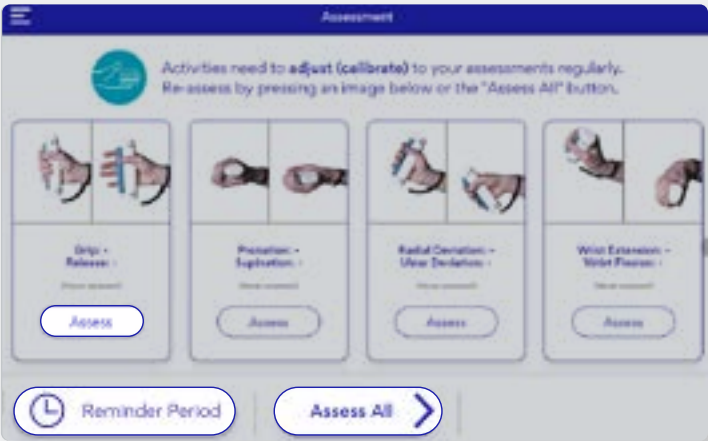
Step 07





Assessment


Tap  **Assessment**

Step 08



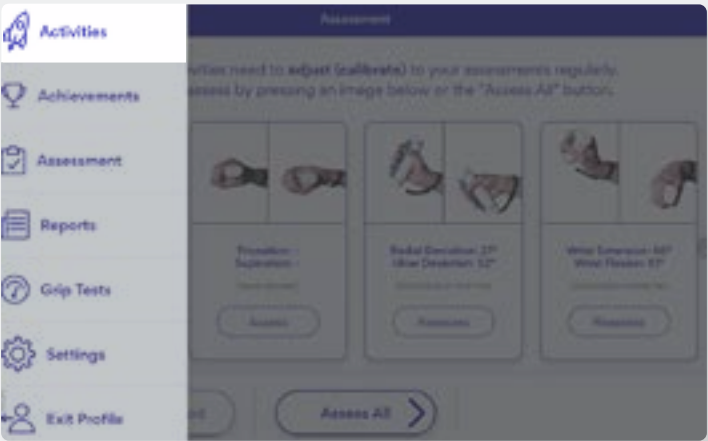
Assess movements

Tap  for any of the movements you would like to train, or tap 


Tap  to set how often you would like to reassess.

See chapter 02 Calibrating your device on pages 10–17

Step 09



Select activity

Once assessment is complete, tap  to open the profile menu and select

 **Activities**

See section 4.2 Selecting movements and activities on pages 30–31

02

CALIBRATING
YOUR DEVICE

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2.1 Video explainer

You can find all our How To Use GripAble videos on our Youtube channel.

 Tap here to view video

Or follow the written steps starting on the following page.



Alternatively scan the QR code to view video

WWW.GRIPABLE.CO

HOW TO CALIBRATE YOUR GRIPABLE DEVICE

GRIPABLE
SERIOUS. FUN. REHAB.

A photograph of an older man with a grey beard, wearing a light blue button-down shirt over a white t-shirt. He is sitting and holding a small, teal and blue handheld device in his right hand. The background is a simple indoor setting with a blue curtain and a black stand.

2.2 Calibrating your device

The GripAble handset requires calibration to your current movement level before use.

The GripAble device is highly sensitive and will detect small levels of active movement as well as maximum levels.

The minimum force required to begin the grip and release calibration is 0.3 Kg (0.6 lbs) with a maximum force measurement up to 90 Kg (198 lbs).

The minimum level of movement required to calibrate for Pronation and Supination, Radial and Ulnar deviation and wrist Extension and Flexion is 3 degrees.

2.2 Calibrating your device

Step 01



Check device is on

If prompted that your GripAble is off, to turn it on, squeeze and hold the finger plate in fully until you feel it vibrate and the blue light goes solid.

Step 02



Get into position

Adopt the position shown in the image if possible. Use additional support for the forearm if required.


The device must be held with the blue light at the top.

Step 03



Before starting


Before calibrating any of the movements, a positioning prompt on how to hold the GripAble is shown.

When ready to begin, keep the device stable and tap  OK to begin.

Note

The start position in the image can be adapted to the individual user if this can't be achieved.

Please see section 2.6 Adapting positioning for calibrating device on page 17.

It is important the start position is set and stable before tapping 

If the movement is not required tap 

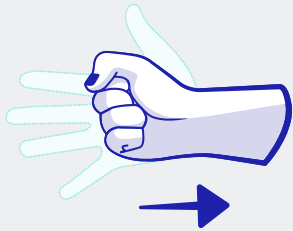
Calibrations can be completed at any time in the “Assessment” section of the user profile main menu. See section 3.5 Assessment on page 23

2.3 Calibrating your device: Grip and Release

The measurement is for Grip and Release, prompts will appear on the screen.

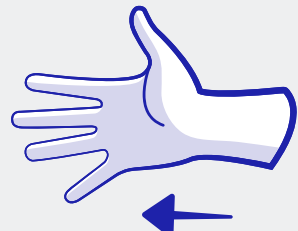
Note
All measurements will not begin until you have initiated the movement.

Step 01



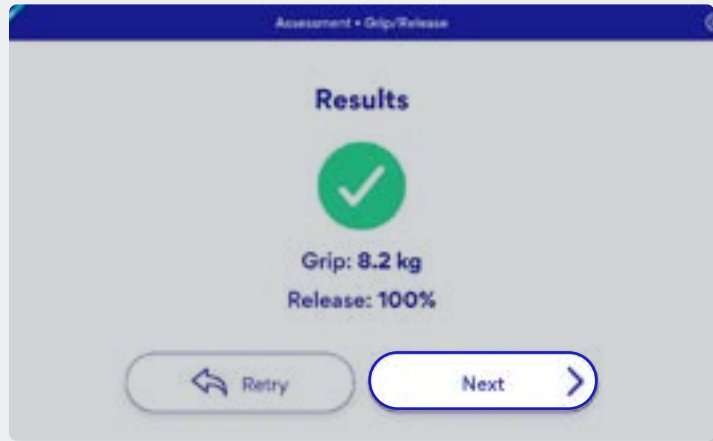
To start
Squeeze and hold the finger plate and watch the timing circle fill up green, do not let go until the tick appears in the circle, indicating the measurement is complete.

Step 02



Continue movement
Now open your hand to measure release, keeping it open until the tick appears in the circle. Alternate between grip and release until all circles are complete.

Step 03



Move on or try again
Once done tap Next >

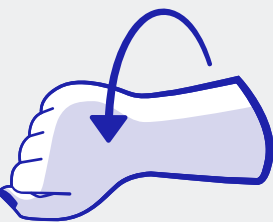
If you move to the next measurement before the tick has appeared, the next circle will remain flashing even if you keep attempting the movement. Tap Retry to start again.

2.4 Calibrating your device: Pronation and Supination

Measurements will alternate between Pronation and Supination. There is no requirement to squeeze the handset, but if pressure is applied it won't affect the results.

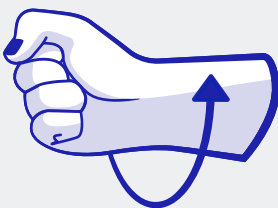
Note
All measurements will not begin until you have initiated the movement.

Step 01



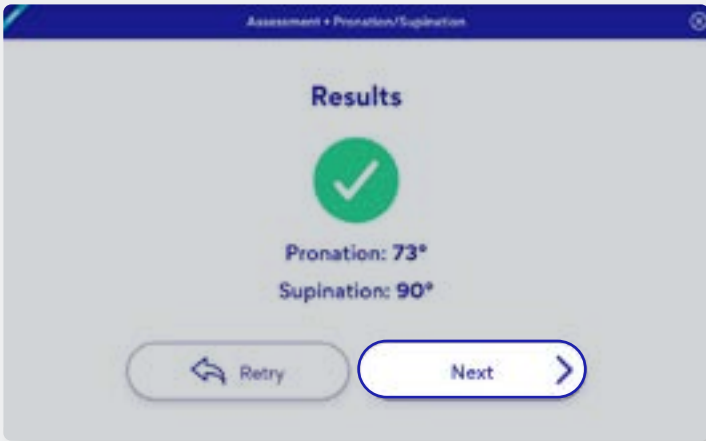
To start
Turn your palm down as far as you can and maintain the position until the tick appears in the circle.

Step 02




Continue movement
Now turn your palm up as far as you can and maintain the position until the tick appears in the circle. Alternate until all circles are complete.

Step 03



Move on or try again
Once done tap 

If you move to the next measurement before the tick has appeared, the next circle will remain flashing even if you keep attempting the movement. Tap  to start again.

2.5 Calibrating your device: Radial and Ulnar Deviation

Measurements will alternate between Radial and Ulnar deviation. There is no requirement to squeeze the handset, but if pressure is applied it won't affect the results.

Note
All measurements will not begin until you have initiated the movement.

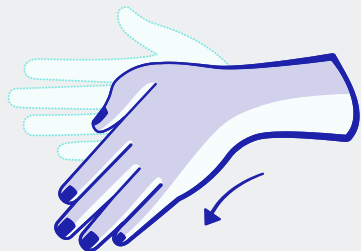
Step 01



To start

Deviat up as far as you can and maintain the position until the tick appears in the circle.

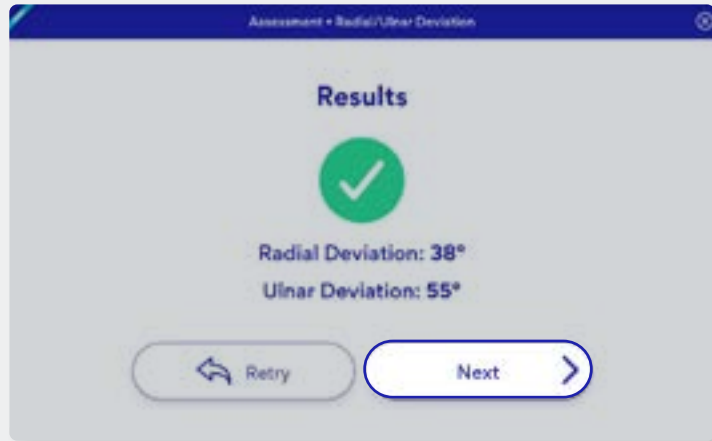
Step 02



Continue movement

Now deviate down as far as you can and maintain the position until the tick appears in the circle. Alternate until all circles are complete.

Step 03



Move on or try again

Once done tap

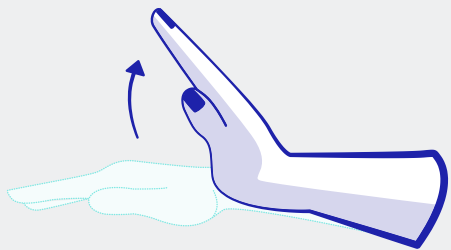
If you move to the next measurement before the tick has appeared, the next circle will remain flashing even if you keep attempting the movement. Tap to start again.

2.6 Calibrating your device: Extension and Flexion

Measurements will alternate between Extension and Flexion. There is no requirement to squeeze the handset, but if pressure is applied it won't affect the results.

Note
All measurements will not begin until you have initiated the movement.

Step 01



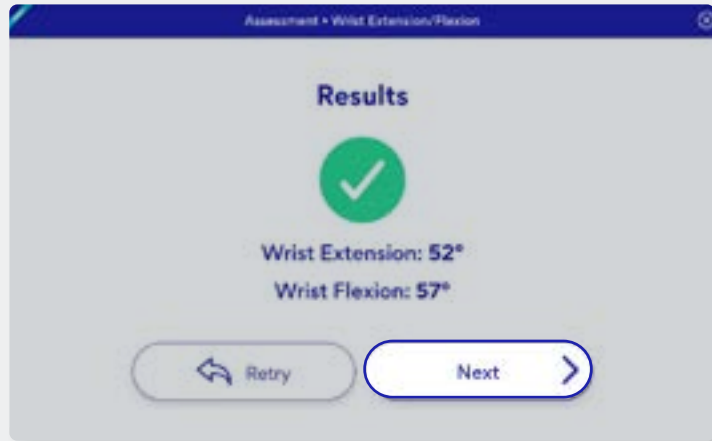
To start
Extend your wrist up as far as you can and maintain the position until the tick appears in the circle.

Step 02



Continue movement
Now flex your wrist down as far as you can and maintain the position until the tick appears in the circle. Alternate until all circles are complete.

Step 03



Move on or try again
Once done tap Next >

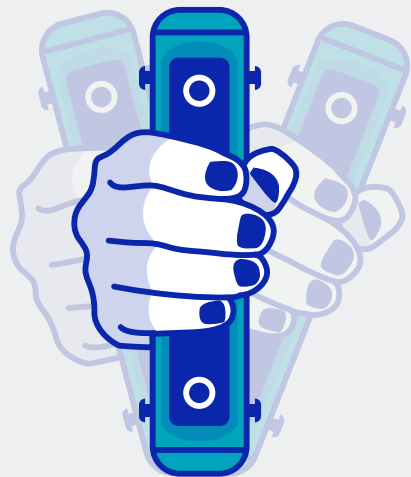
If you move to the next measurement before the tick has appeared, the next circle will remain flashing even if you keep attempting the movement. Tap Retry to start again.

2.7 Adapting positioning for calibrating device

Positioning for calibrating the GripAble device can be adapted to each individual user if they are unable to hold the device as shown in the imaging prompts.

Note
If adapting the positioning, make sure the start position is set before tapping 'OK' to begin movement calibration, as the device will take this as the starting point. Always start in the adapted position before beginning an activity.

Alternative



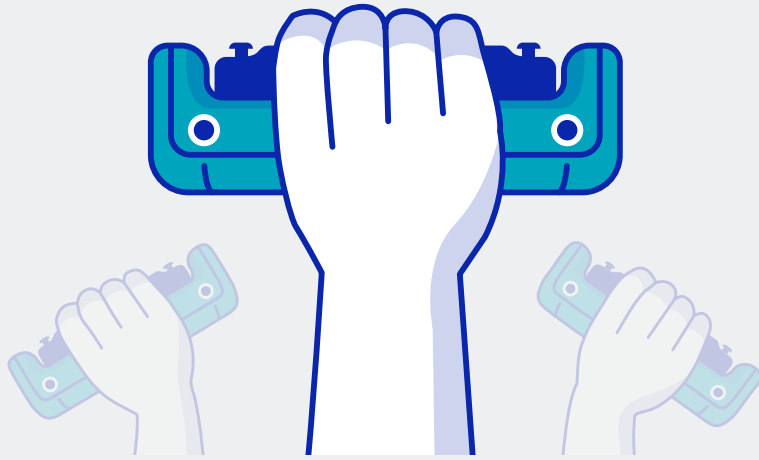
Pronation and Supination
If the device cannot be held fully upright, adapt the starting position as close to upright as possible, either left or right.

Alternative



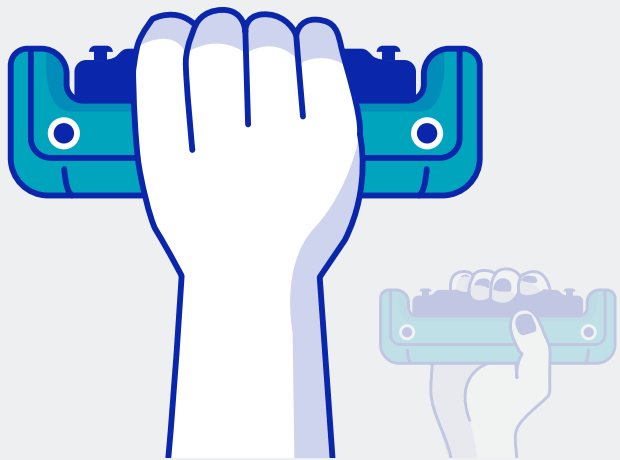
Extension and Flexion
Calibrate the device holding it upright rather than in the horizontal start position. Starting in the upright position will also reduce the weight of the device for wrist extension/flexion.

Alternative



Radial and Ulnar deviation
Start with your palm facing down when holding the device. Starting in this position will also help reduce the weight of the device against gravity.

Alternative



Grip and Release
You can rest the device palm down or palm up.

03

NAVIGATING
THE APP

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3.1 Video explainer

You can find all our How To Use GripAble videos on our Youtube channel.

 Tap here to view video

Or follow the written steps starting on the following page.



Alternatively scan the QR code to view video

WWW.GRIPABLE.CO



**FINDING
YOUR WAY
AROUND
THE MENU**

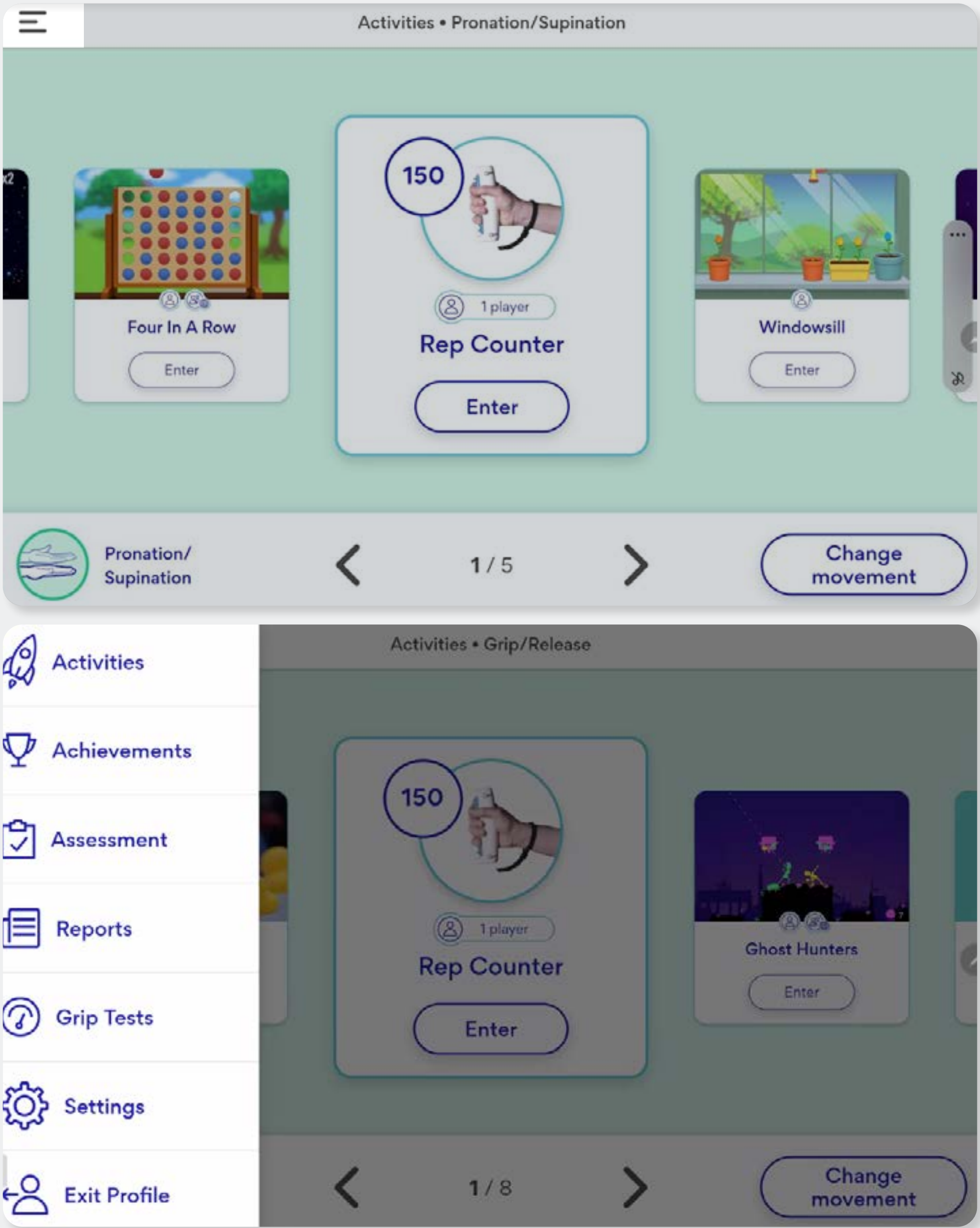
GRIPABLE
SERIOUS. FUN. REHAB.

A photograph showing a person's hand holding a blue GripAble device. The device has a black strap around the wrist. In the background, a tablet is propped up on a small green table, displaying the GripAble app interface. The app shows a menu on the left with options like Activities, Achievements, Assessment, Reports, Grip Tests, Support, and Log Out. The main screen displays a 'Rep Counter' with a '150' target and a 'Change movement' button.

3.2 The profile menu



The user profile menu displays the different functions and information available under each heading.

To access the main menu, tap  in the top left corner of the screen and select the required option. To go back and select a different option, tap  again to re-open the menu.

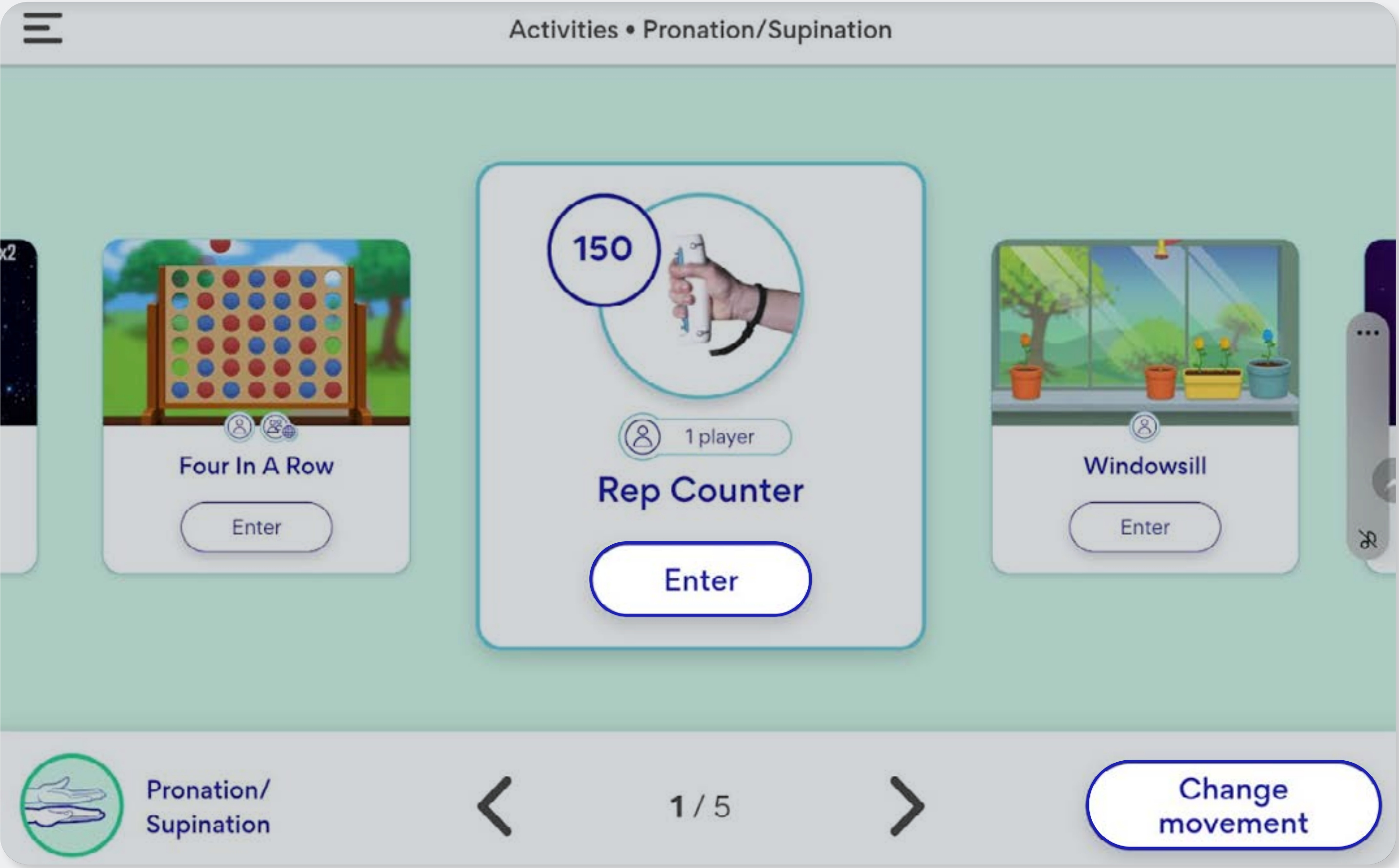


3.3 Activities

Open the activities list, swipe left or right to show the available activities.

The movement required to play the games is displayed at the top of the screen and the bottom left. Tap  to play the activity or to select a different movement tap 

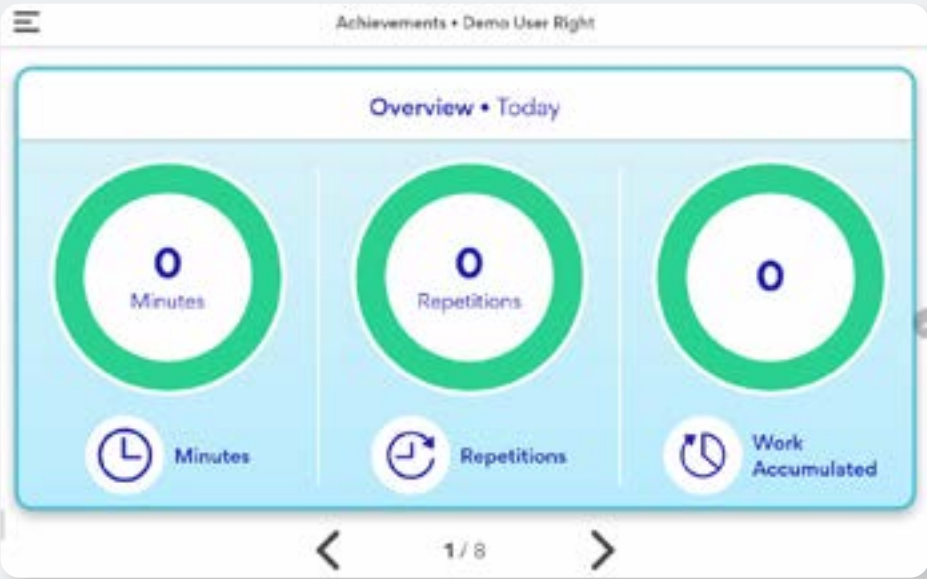
See chapter 04 Choosing your training on pages 29–31.



3.4 Achievements

- There are 8 pages to swipe through:
- **Page 1** Overview of the days training
 - **Page 2** Minutes done per activity
 - **Page 3** Goal setting for minutes
 - **Page 4** Goal setting for repetitions
 - **Pages 5-8** View training history for each movement

See chapter 05 Goals and history on pages 33–36.



Page 1



Page 2



Page 3



Page 4



Page 5



Page 6



Page 7

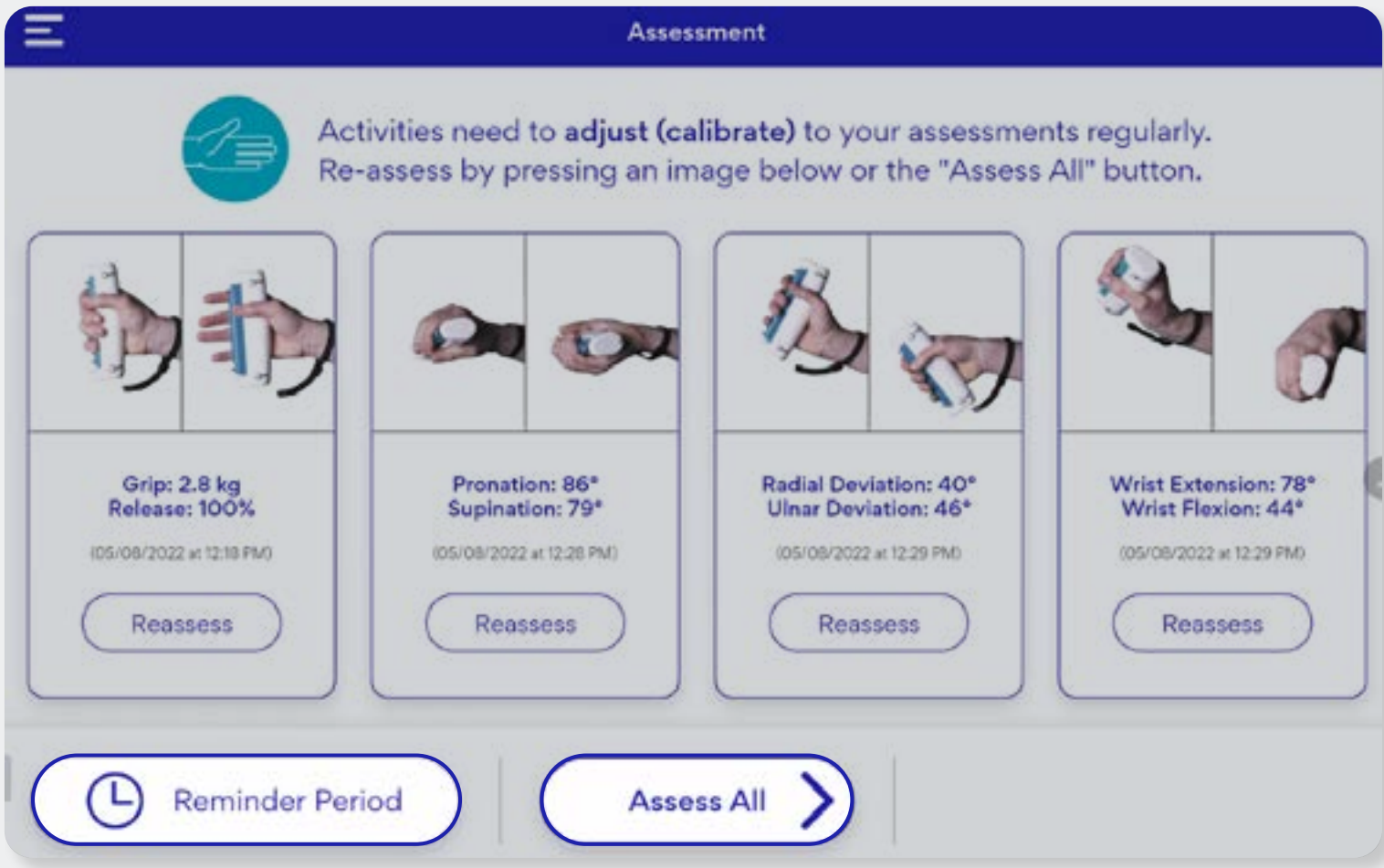


Page 8

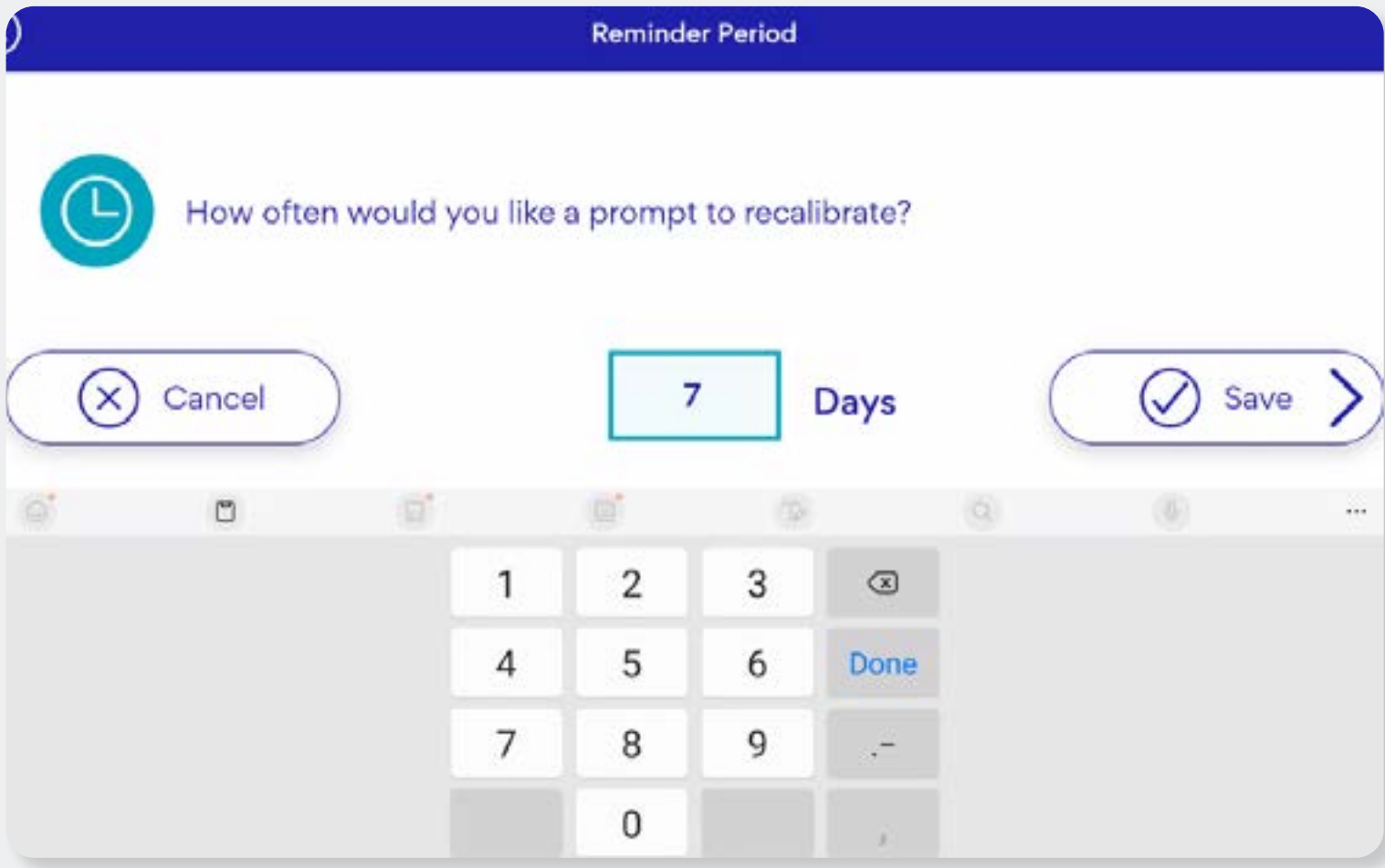
3.5 Assessment

Recalibrate movements at any time, either individually or all movements by tapping **Assess All** . Tap **Reminder Period** to set a reassessment reminder to update your calibration so the GripAble device adjusts to your improved level of movement.

See chapter 02 Calibrating your device on pages 10–17.



Assessment overview

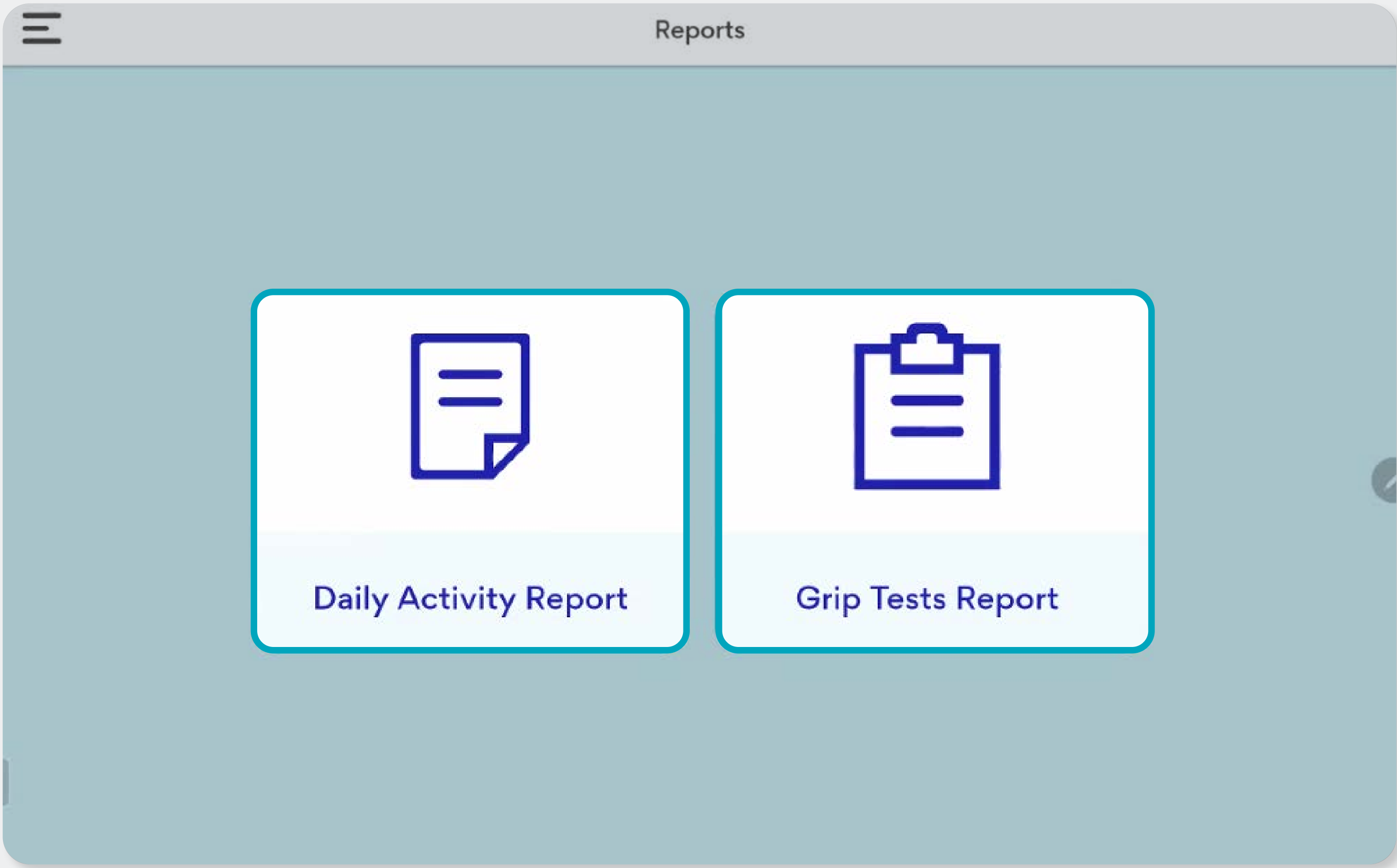


Reminder period

3.6 Reports

Daily activity and grip test reports can be viewed here and emailed.

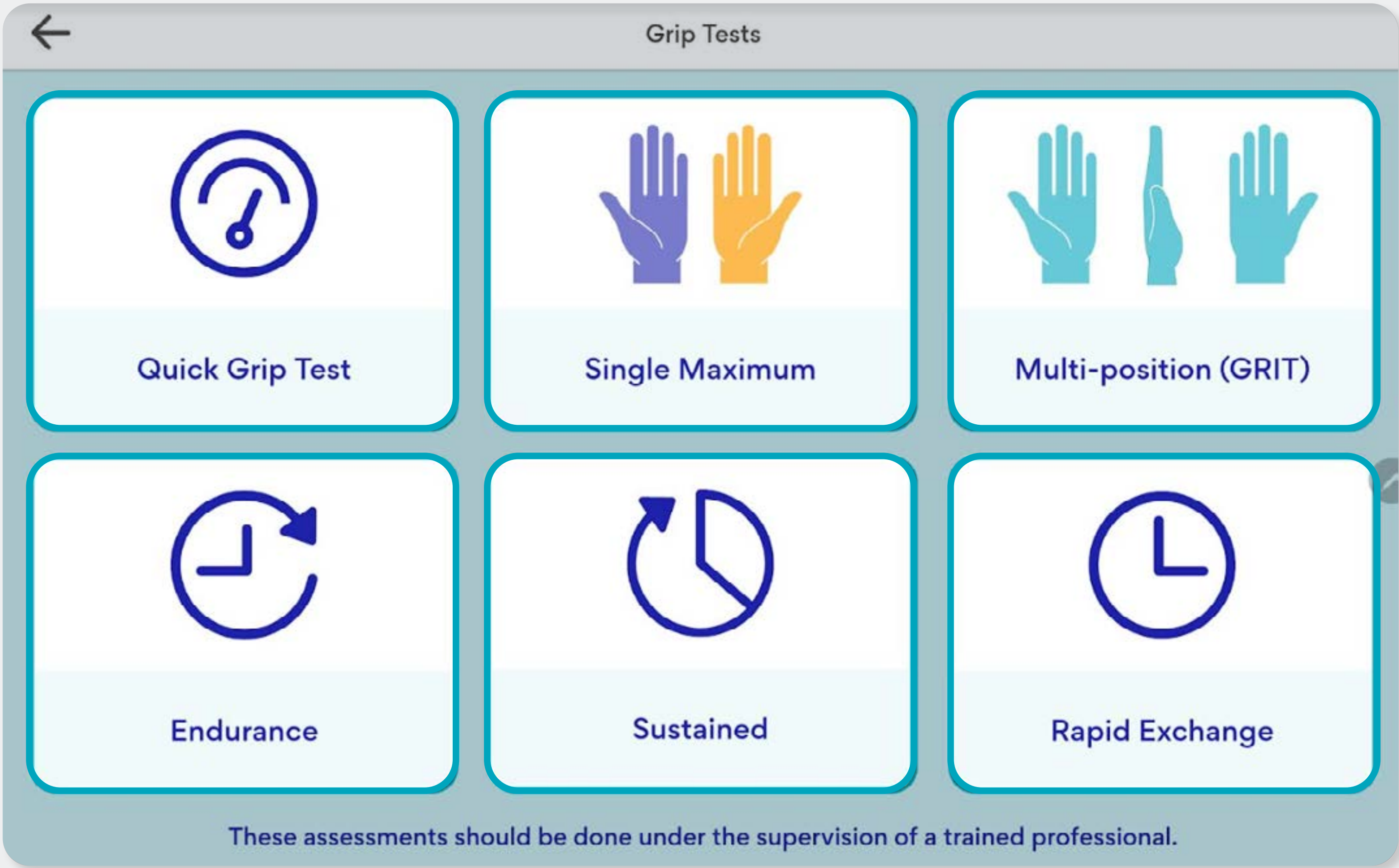
See chapter 06 Sharing activity reports remotely on pages 38–39.



3.7 Grip tests

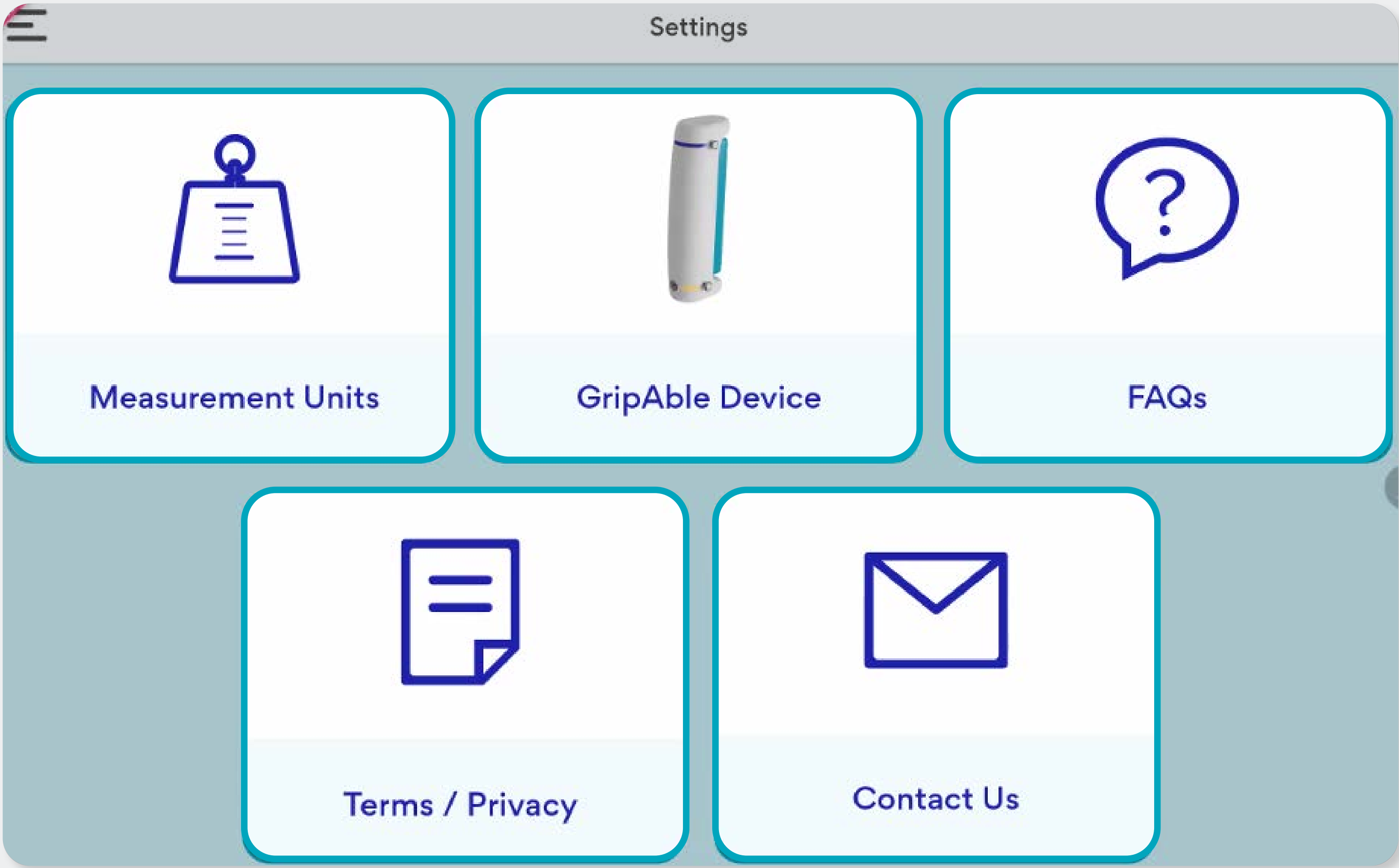
Displays the range of grip tests available for assessment by trained professionals.

See chapter 07 Grip tests on pages 41 –45.



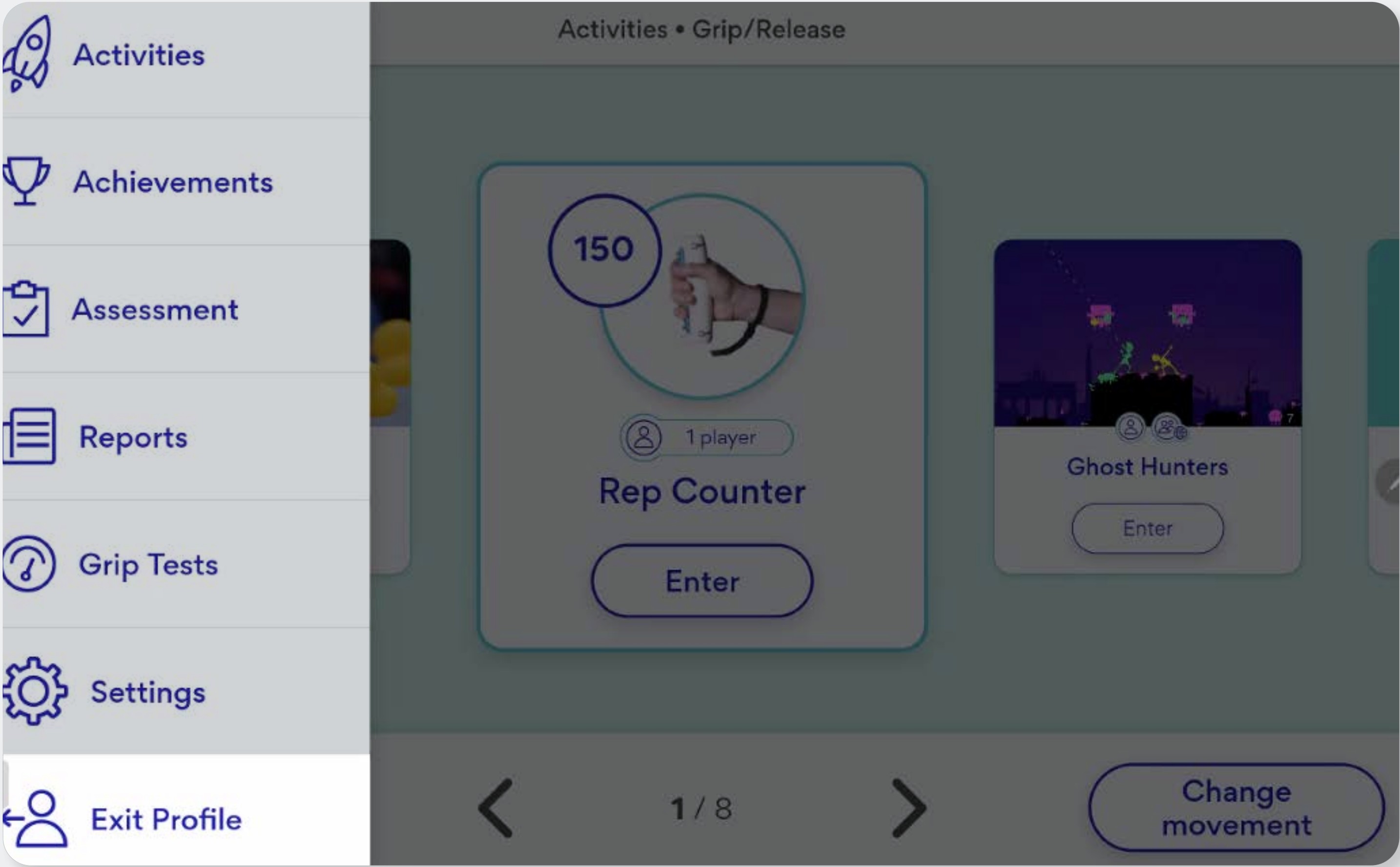
3.8 Settings

Change the units of measurement, view device instructions, terms and privacy policies, FAQs and how to contact us.



3.9 Exit profile

Tap to exit the user profile and return to the app home screen.



04

CHOOSING
YOUR TRAINING

4.1 Video explainer	29
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4.1 Video explainer

You can find all our How To Use GripAble videos on our Youtube channel.

▶ Tap here to view video

Or follow the written steps starting on the following page.



Alternatively scan the QR code to view video

WWW.GRIPABLE.CO

CHOOSING YOUR MOVEMENT AND ACTIVITY FOR TRAINING

GRIPABLE
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Activities • Change Movement

Change the primary movement that you would like to train.

You will only see the activities for your selected movement.

Grip/Release

Pronation/Supination

Radial/Ulnar Deviation

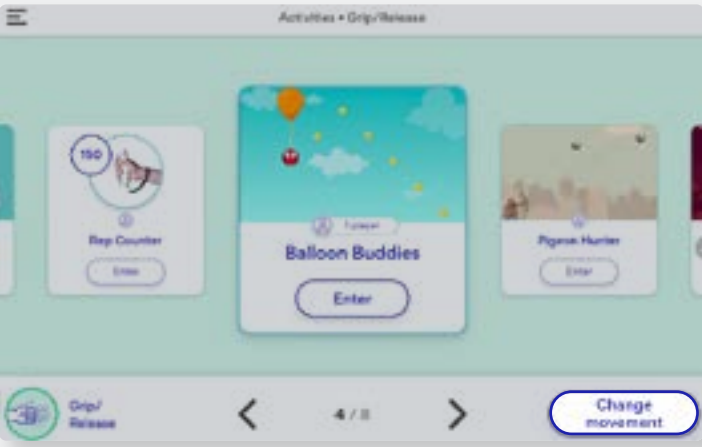
Wrist Extension/Flexion

Grip/Release

OK

4.2 Selecting movements and activities

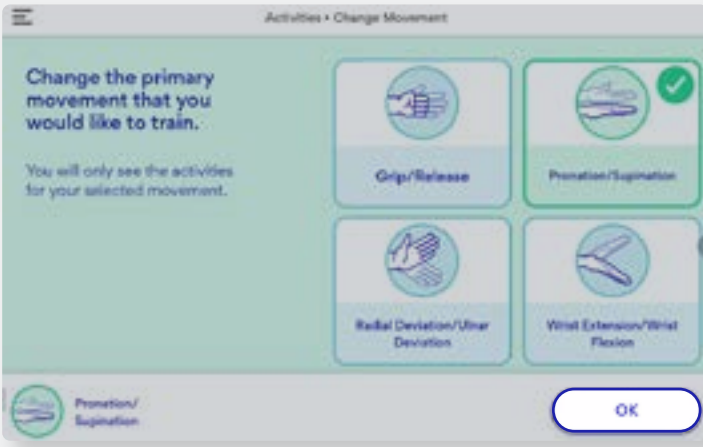
Step 01



Change movement

Tap **Change movement** from the activities screen.

Step 02

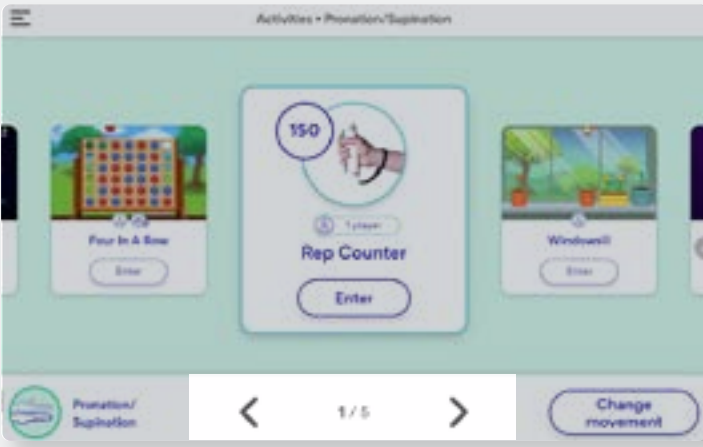


Select your movement

Tap the desired movement so it's ticked and tap

OK

Step 03

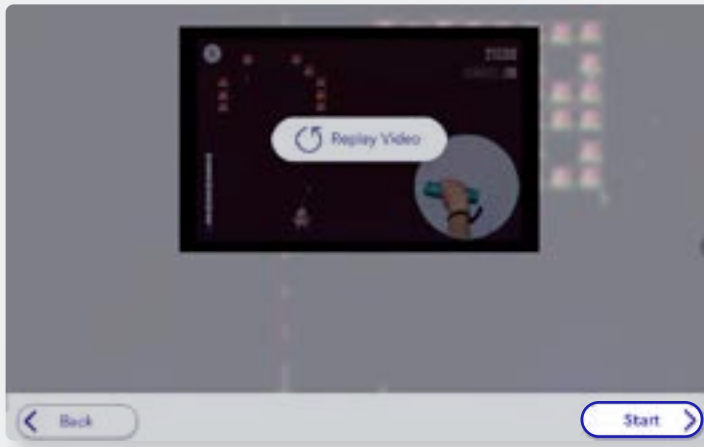


View your activities

The activities listed will work on the chosen movement.

Tap **< 1/5 >** left and right arrow to browse.

Step 04



Select your activity

Tap **Enter** on an activity to view the video explainer,

then tap **Start >**

Step 05



Choose your level

Tap to choose a level.

Step 06

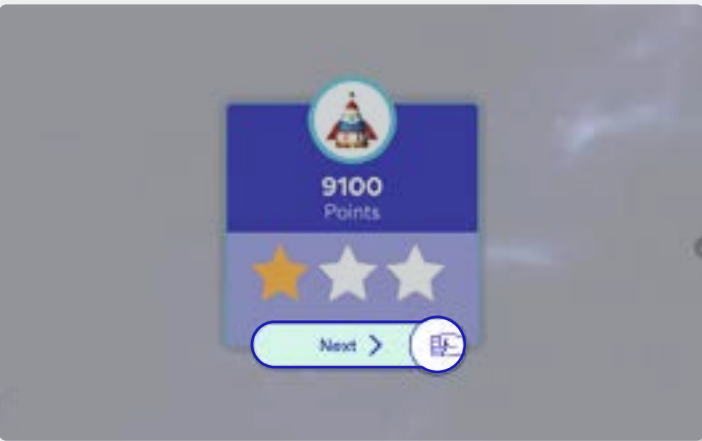


Lets go!


Squeeze/release the handset or tap the screen to start.

4.2 Selecting movements and activities

Step 07



Activity complete

Once the activity is completed, you will see your star rating. Tap  or squeeze the handset for the next screen.


Step 08



See your results

View feedback on the number of repetitions completed in the activity and number of minutes trained.





If you have a daily goal set for repetitions and minutes to train per day, the green outline of the circles will begin filling up to show progress towards completing the goal. Tap 

Step 09



Next steps

Choose another level, restart the same one, or tap  to begin the next level.  will take you back to the activities screen.

05

GOALS AND HISTORY

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5.1 Video explainer

You can find all our How To Use GripAble videos on our Youtube channel.

▶ Tap here to view video

Or follow the written steps starting on the following page.



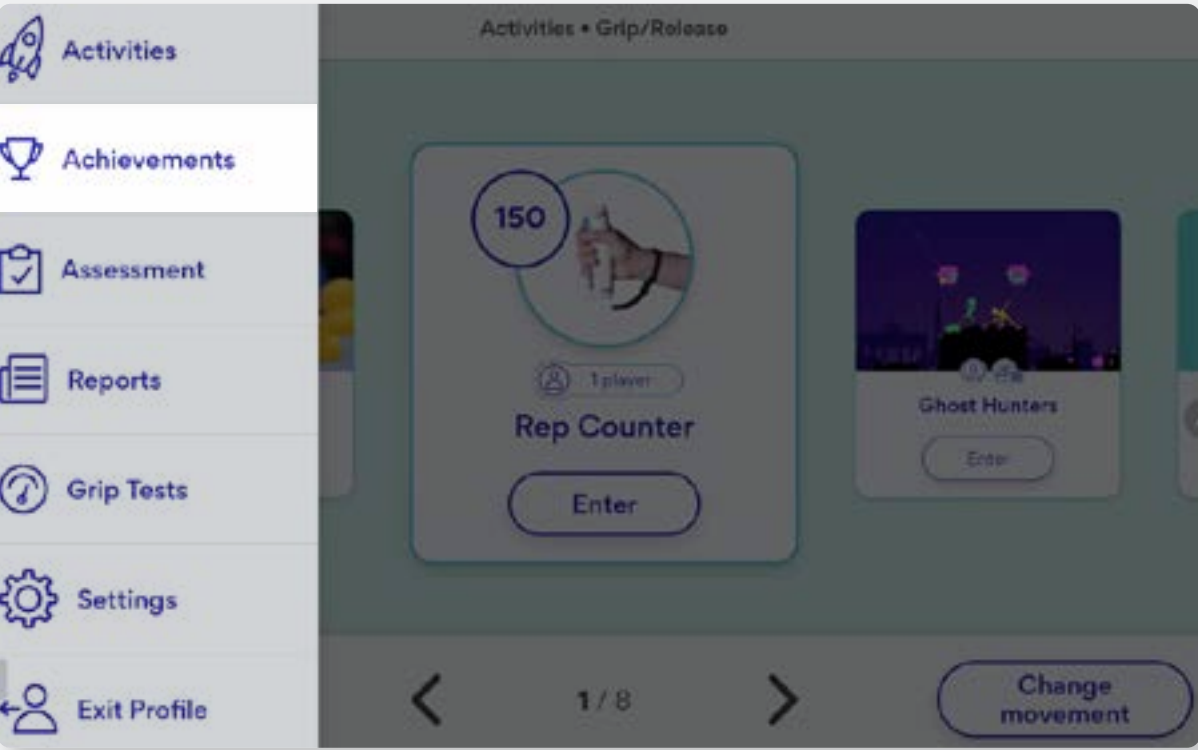
Alternatively scan the QR code to view video

WWW.GRIPABLE.CO

SETTING GOALS AND VIEWING HISTORY IN THE APP

GRIPABLE
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5.2 Setting goals



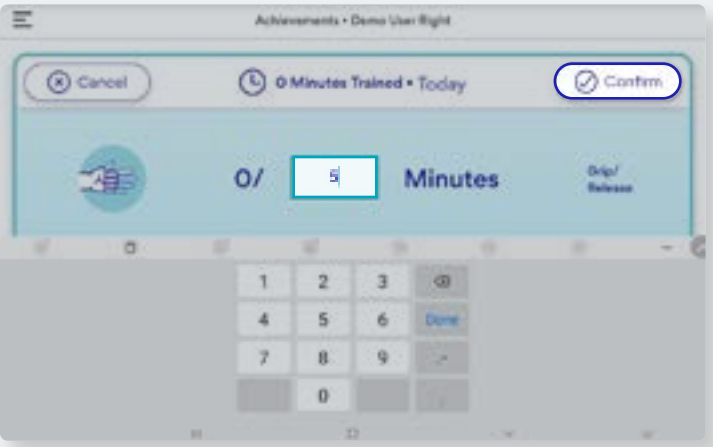
Step 01




Step 02





Alternative




To set and update goals, increase or decrease your daily minute or repetition count, select  from the profile main menu.

To set/update goals for minutes, tap the arrow or swipe to page 3, for daily repetitions go to page 4. Daily goals can be set and updated at anytime.

To start
Tap 

Adjusting goals
Tap the   to enter the desired amount for the required movements

Tap  to use the keypad

Adjusting goals with the keypad
Tap  after entering the desired amount

Steps continue on next page.

5.2 Setting goals

Step 03



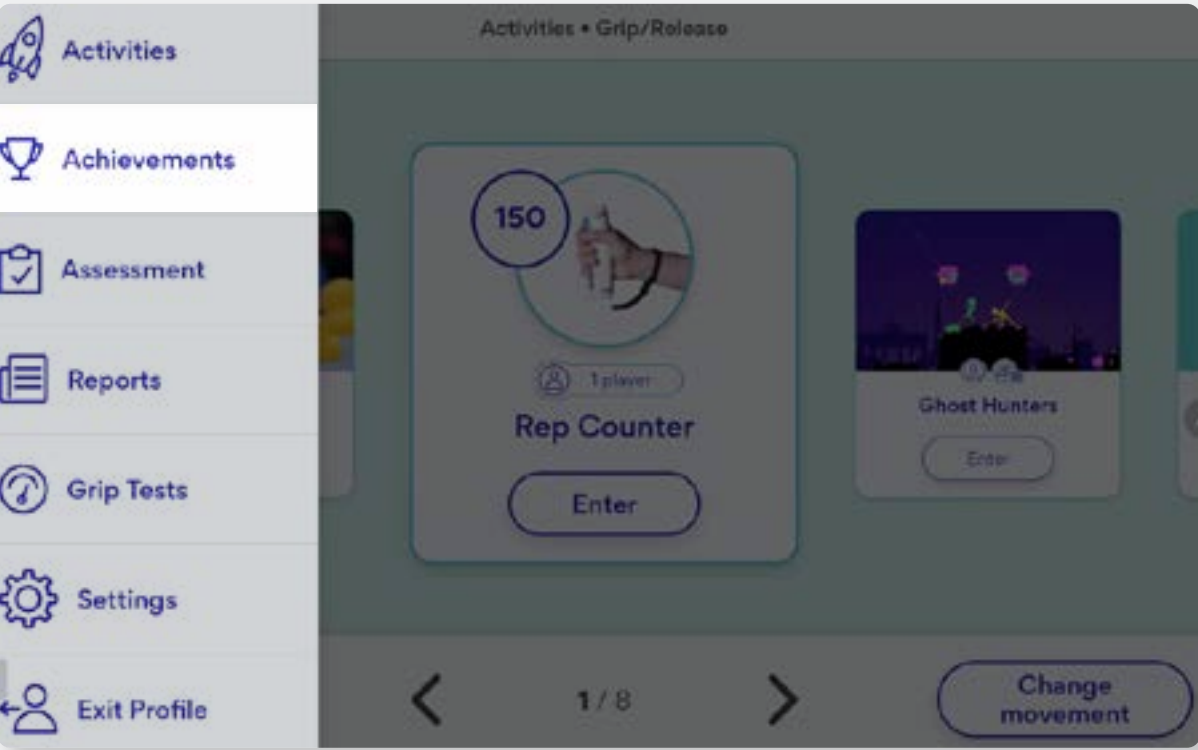
Save your goal

Tap **Save Goals** to update to a percentage showing progress towards the daily goal.

Note

Daily goals will always start at 0% each day until an activity is played.

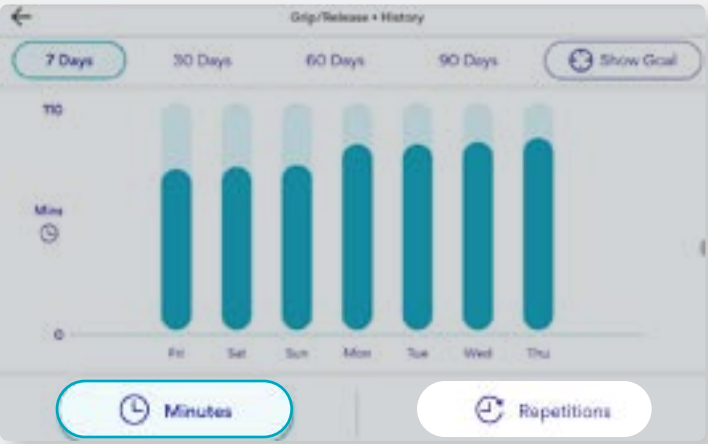
5.3 View history



Step 01



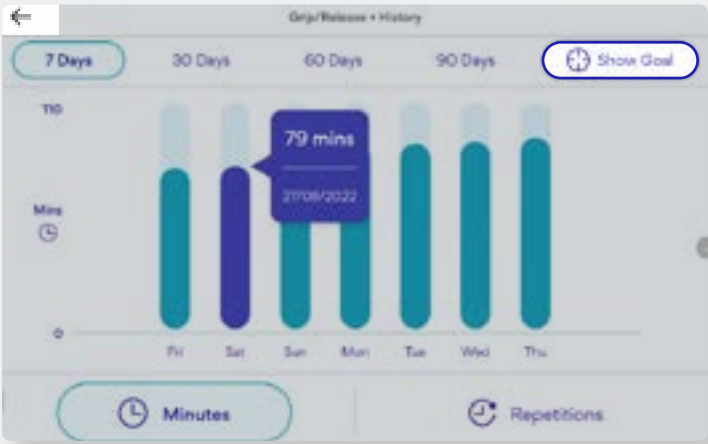
Step 02





Step 03





Step 04





Training history can be found on pages 5-8 in the  section tab of the main menu. Each page shows the history of one of the four movements. Find the movement you would like to view.

To start
Tap 


View progress
Tap 
or 

Define progress scale
View progress over the previous: 




Show goal
Tap  to plot the daily goal line over the graph. (If no goal has been set the line will show at the bottom of the graph.)

Tap the bar graph on any day to show the date and number of minutes/ repetitions completed.

Tap the  to go back to the page number.

06

SHARING ACTIVITY
REPORTS REMOTELY

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6.2 Sharing activity reports remotely	39



6.1 Video explainer

You can find all our How To Use GripAble videos on our Youtube channel.

 Tap here to view video

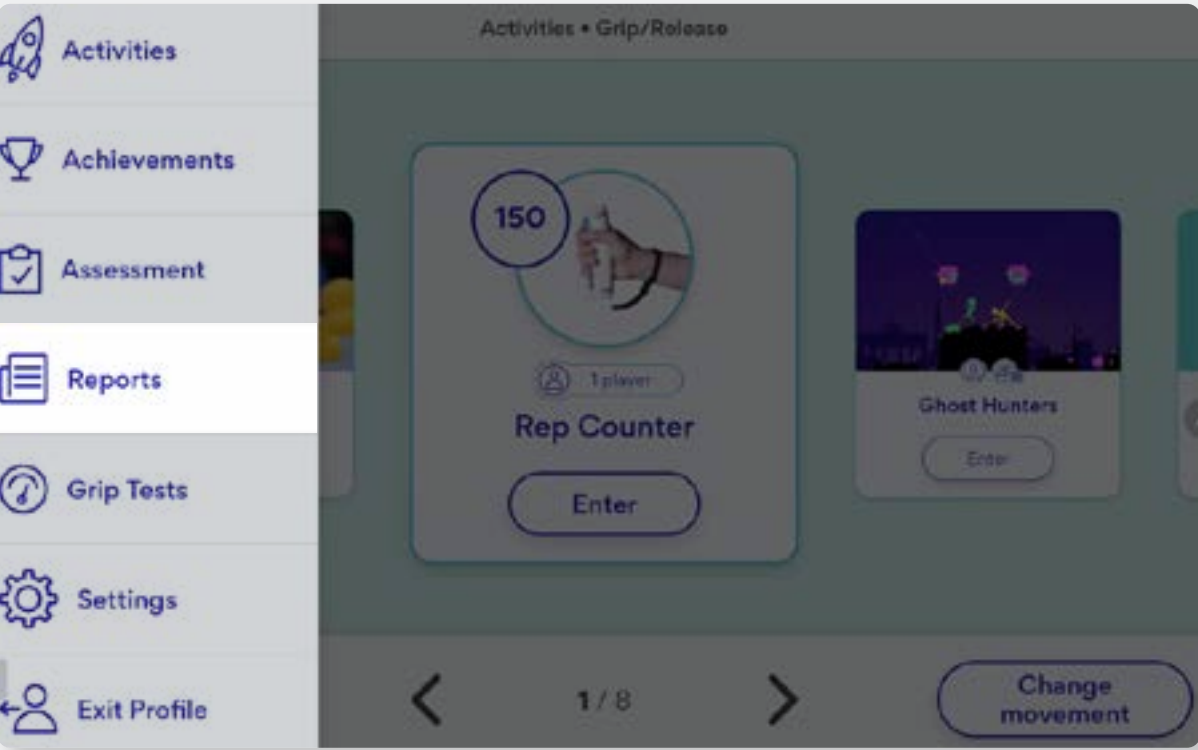
Or follow the written steps starting on the following page.



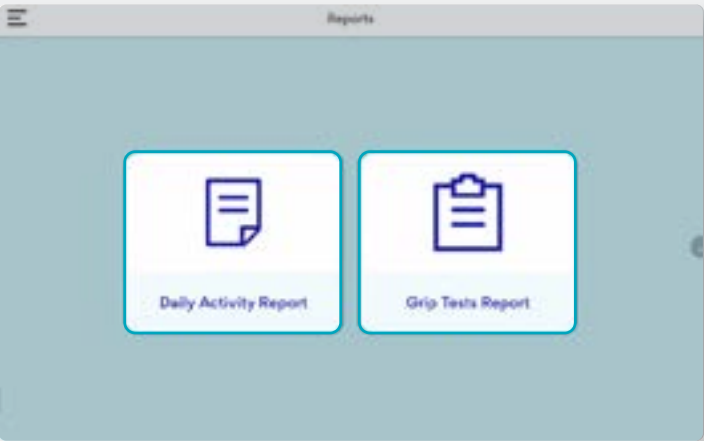
Alternatively scan the QR code to view video



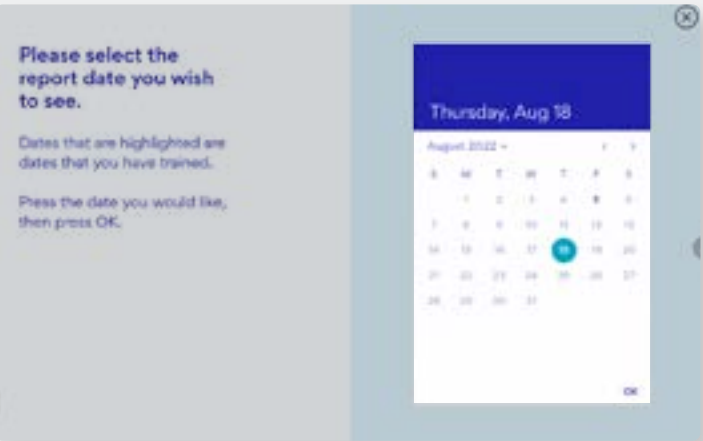
6.2 Sharing activity reports remotely



Step 01



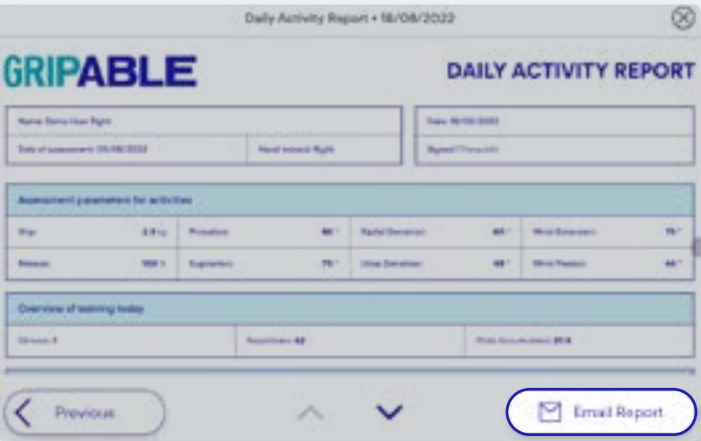
Step 02




Step 03




Step 04



Daily activity reports and grip test reports can be viewed and shared remotely via email by selecting  in the profile main menu.



To start
Select either “Daily Activity Report” or “Grip Test Report.”

View available dates
The calendar will highlight the dates a report is available to view and share.

Tap the required date and tap  to view the report.

Note
To generate a daily activity report, an activity must have been played. The quick grip test will not generate a report, the other available grip tests will.

View report
Scroll down the report to view all the available information.

Send report
To share the report tap  enter the email address and tap .


07

GRIP TESTS

7.1 Grip tests	41–42
7.2 How to unlock from Isometric Mode	43
7.3 Calibrating the sensors in the GripAble device	44–45

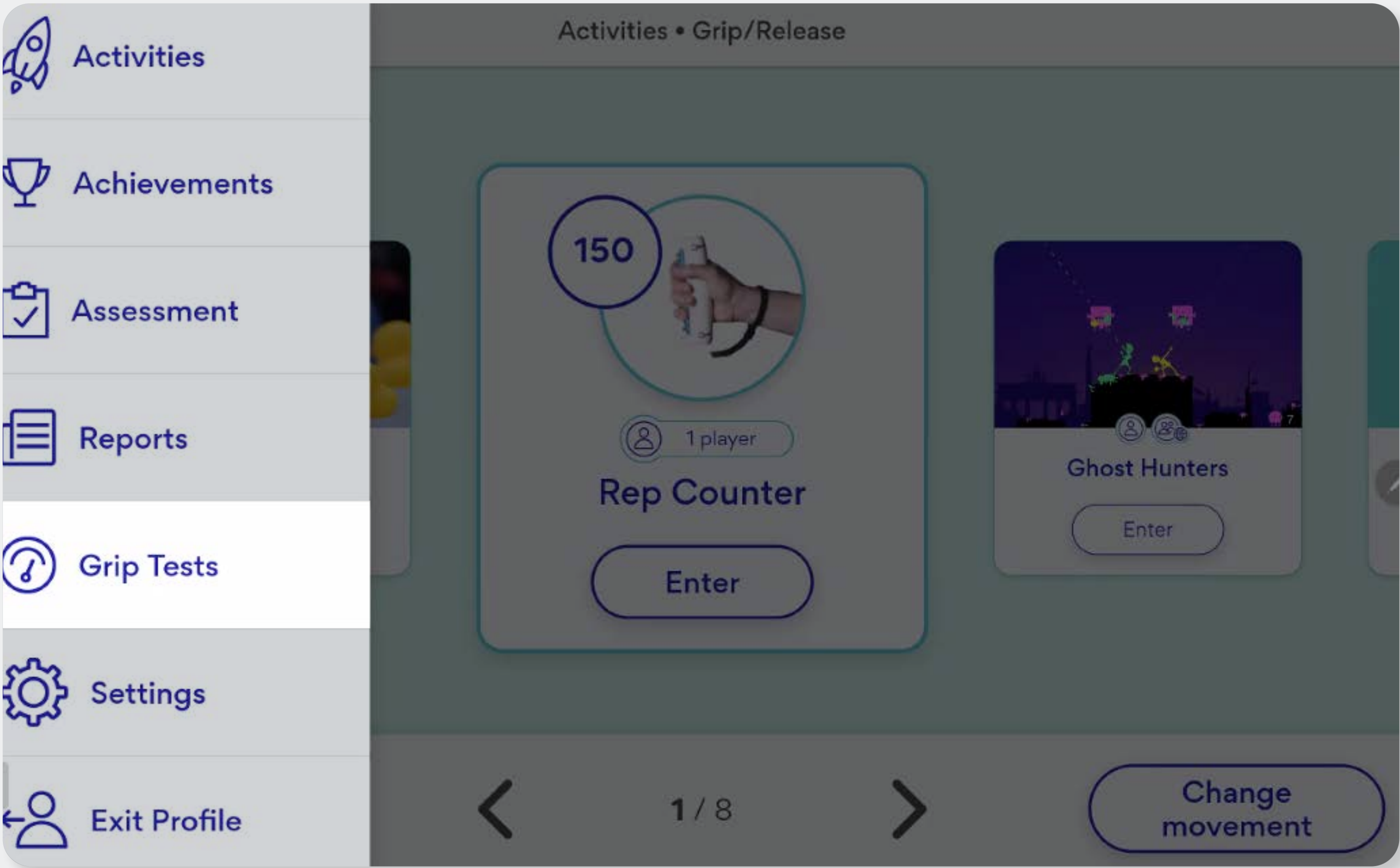


7.1 Grip tests

The GripAble device can be used as a dynamometer for grip strength testing and measures from 0.1 kgs (0.2lbs) up to 90 kgs (198lbs). There are six different grip tests available and can be accessed by selecting  **Grip Tests** in the user profile main menu.

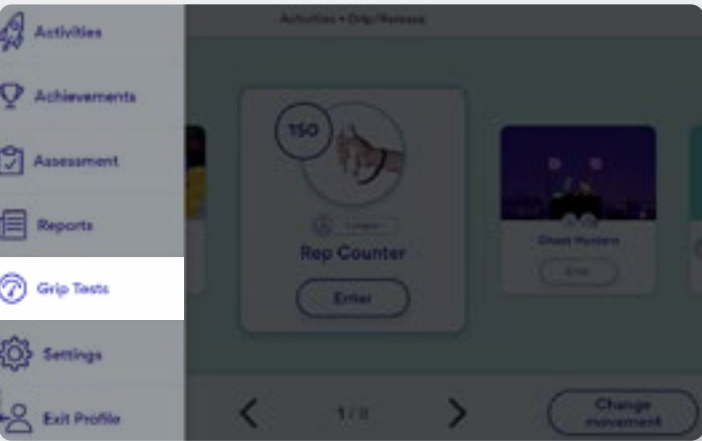
The test result screen (with the exception of the quick grip test) can be emailed and the results will also be saved in the grip test reports.

See [chapter 06 Sharing activity reports remotely](#) on pages 38–39



7.1 Grip tests

Step 01



To start

Select  from the profile main menu.

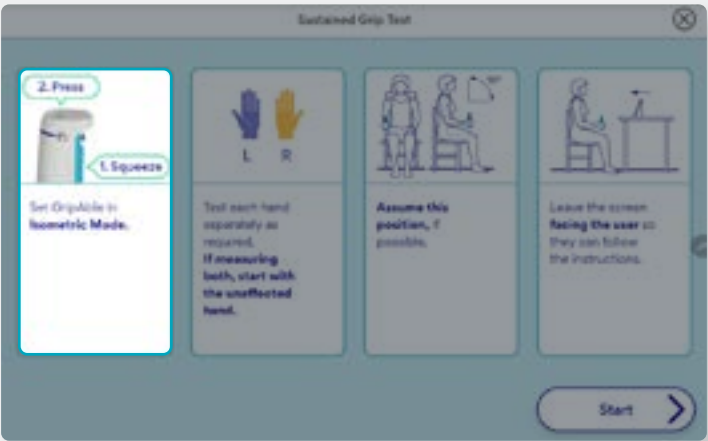
Step 02



Choose your test

Select a test by tapping on it.

Step 03




Set Isometric Mode

Set the device in Isometric Mode by squeezing and holding the finger plate in fully and then pushing the blue lock button down. (The finger plate will now stay locked in).

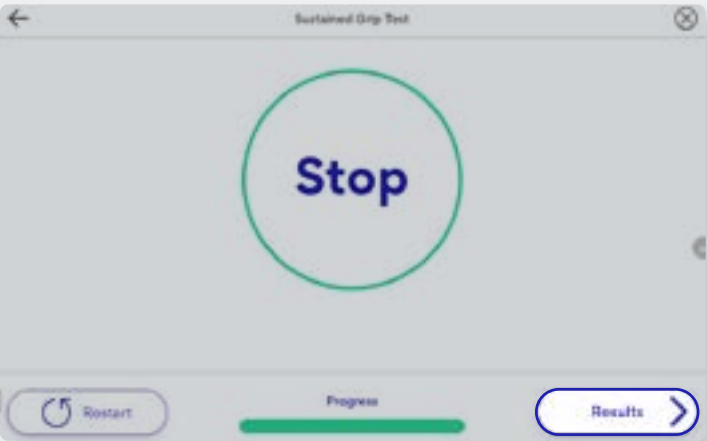
Step 04




Follow on screen instructions

Follow the rest of the set up instructions and tap  then input the desired hand(s) and specific metrics depending on the type of test chosen.

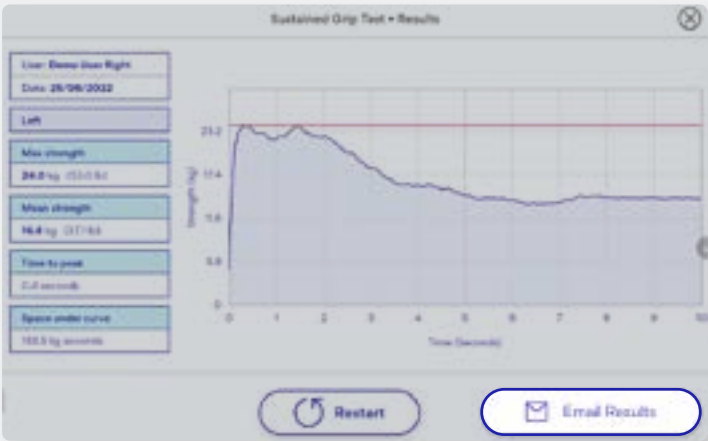
Step 05




Complete test

At the end of a test, tap  to view the metrics for the test.

Step 06



Email results

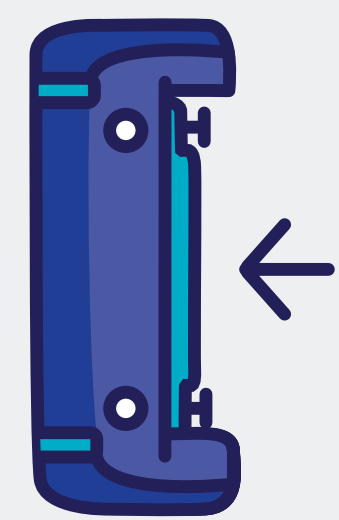
Tap  to send a copy of the results immediately. The test result will also be saved in the grip test reports and can be emailed at any time from there.

See chapter 06 Sharing activity reports remotely on pages 38–39

7.2 How to unlock from Isometric Mode

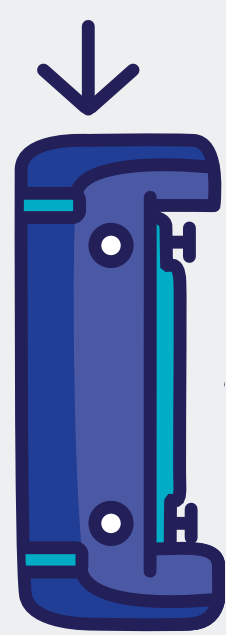
Isometric Mode is only used for the grip tests. When testing is complete, unlock the finger plate by following these steps.

Step 01



To start
Squeeze and hold in the finger plate.

Step 02




Press lock button
Press the lock button down so it springs back up and the finger plate will now release.



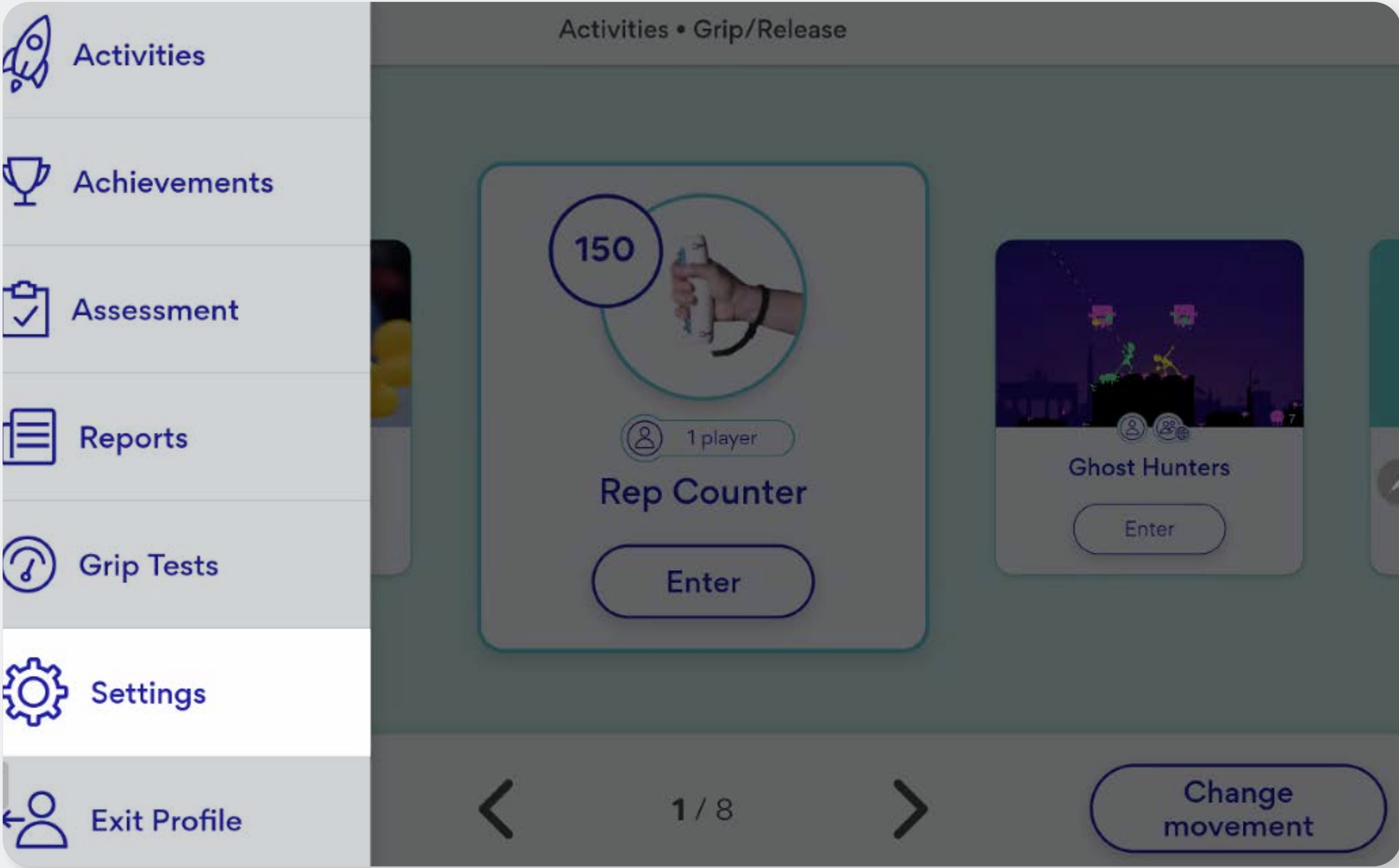
Note
If the blue locking button is pushed in on its own at any time, an error message will appear, prompting you to unblock the device. Press the blue button to release it.

7.3 Calibrating the sensors in the GripAble device

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

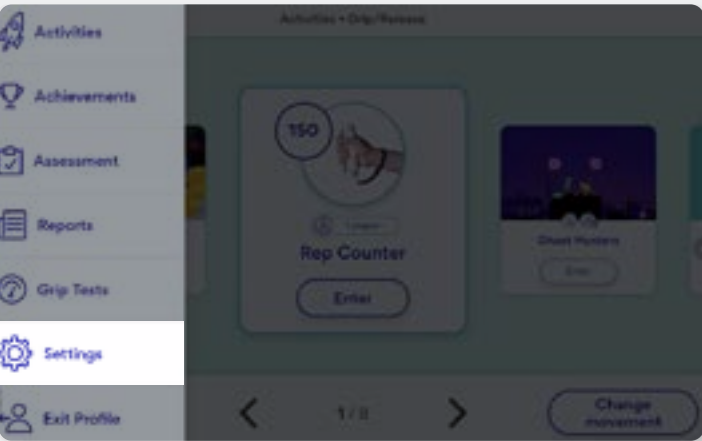
The sensors have the option to be calibrated at any time though and take less than 1 minute to complete. The calibrate function is located in the  **Settings** tab of the profile main menu.

Note
Calibration is optional, as the device sensors maintain accuracy, however calibration is recommended if the device has been dropped on the floor.



7.3 Calibrating the sensors in the GripAble device

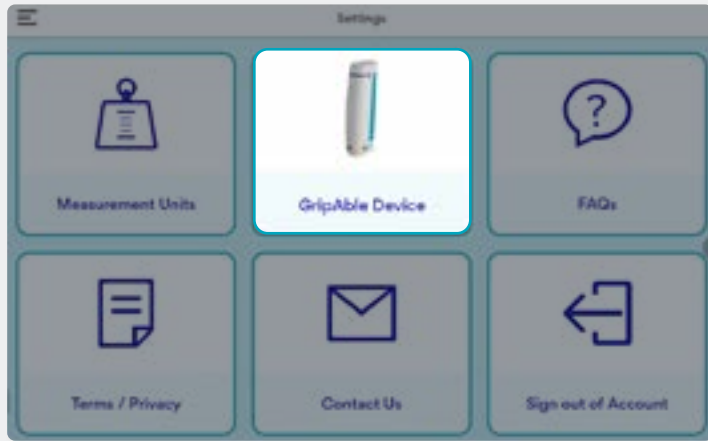
Step 01



To start

Tap  Settings

Step 02



Select device

Tap “GripAble Device”.

Step 03



Select Calibrate

Tap “Calibrate GripAble”.

Step 04



Follow on screen instructions

Follow the prompts for calibrating in unlocked and locked modes.



08

TURNING OFF YOUR GRIPABLE DEVICE AND APP

8.1 Video explainer	47
8.2 Turning off your GripAble device and app	48–49



8.1 Video explainer

You can find all our How To Use GripAble videos on our Youtube channel.

 Tap here to view video


Or follow the written steps starting on the following page.

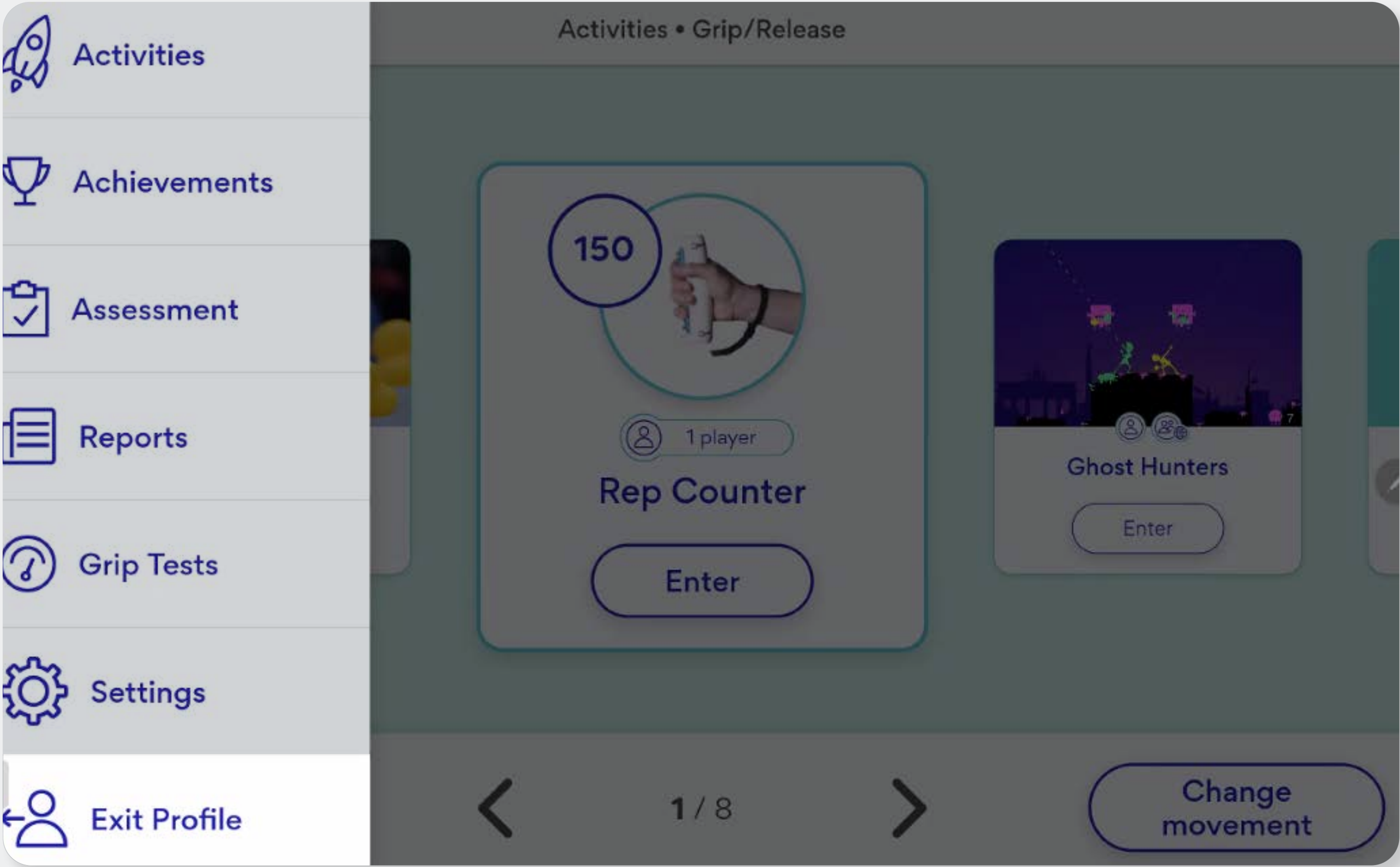


Alternatively scan the QR code to view video



8.2 Turning off your GripAble device and app

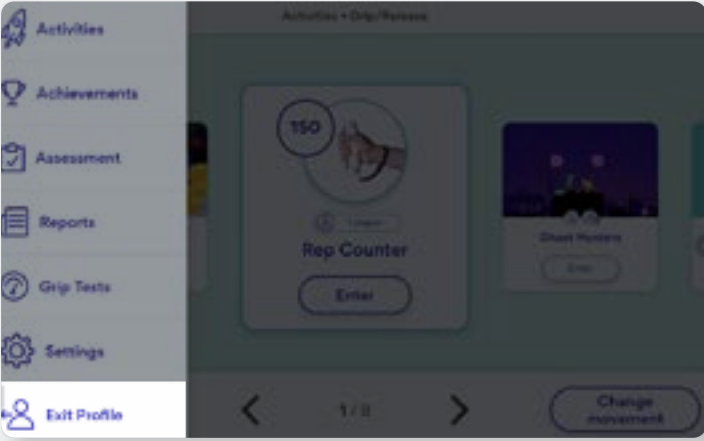
Once you have finished using your GripAble device, it is important to always  first before turning the handset off.




8.2 Turning off your GripAble device and app

Note
If not using a tablet supplied by GripAble, exit the profile and close the app down as per the instructions for your device.


Step 01



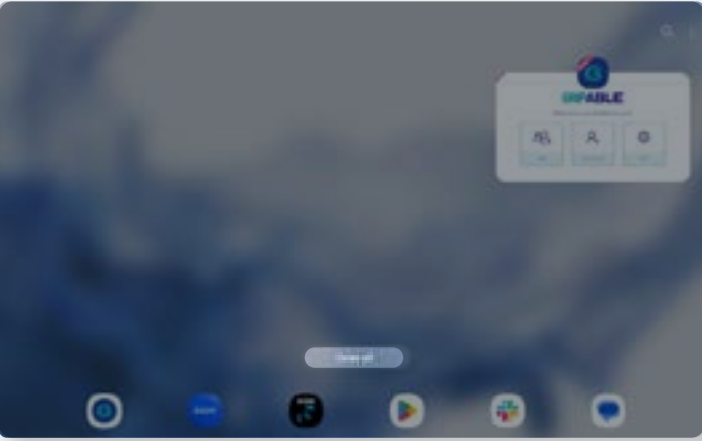
To start
Open the profile main menu and tap  Exit Profile to take you back to the app home screen.


Step 02



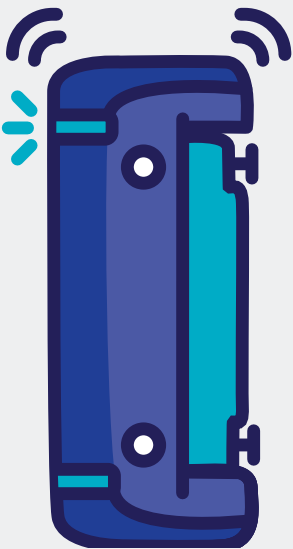
Swipe up
Swipe up from the bottom of the screen and tap the three vertical lines. 

Step 03



Close
Tap  to switch the handset off and close the app.

Step 04



Put handset down
The handset will vibrate and the blue light will flash for 5 minutes whilst it turns off.

09 USER PROFILES

9.1 How to log back into a user profile	51
9.2 Forgotten your account PIN?	52
9.3 How to share user profile	53
9.4 Receiving a profile share request	54



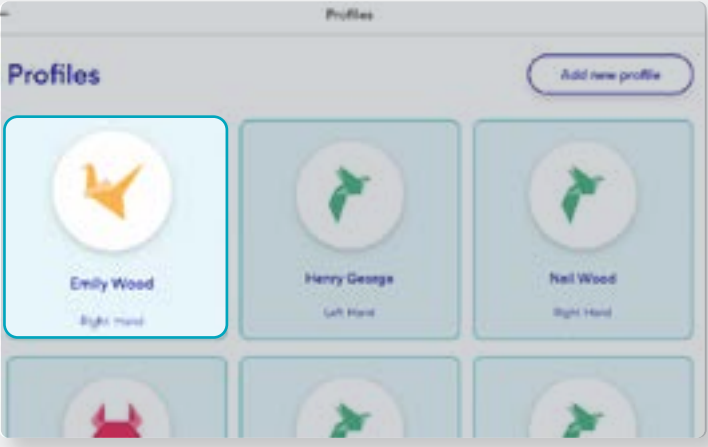
9.1 How to log back into a user profile

Step 01



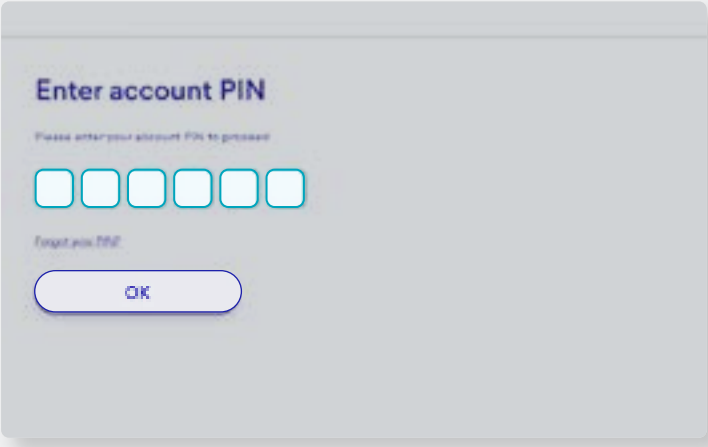
To start
Tap “Profiles.”

Step 02



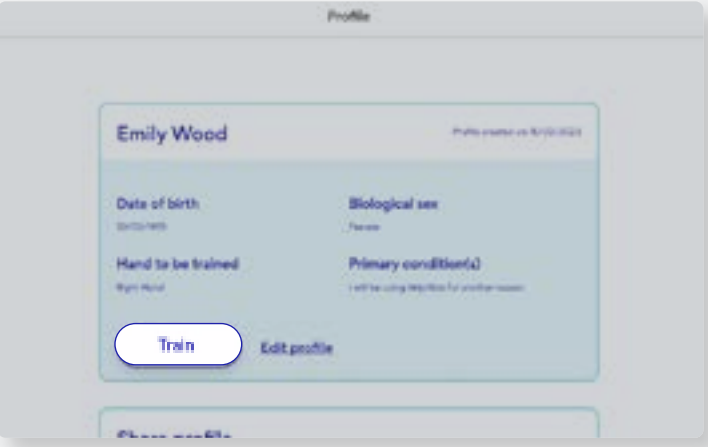
Select profile
Tap the required profile.

Step 03



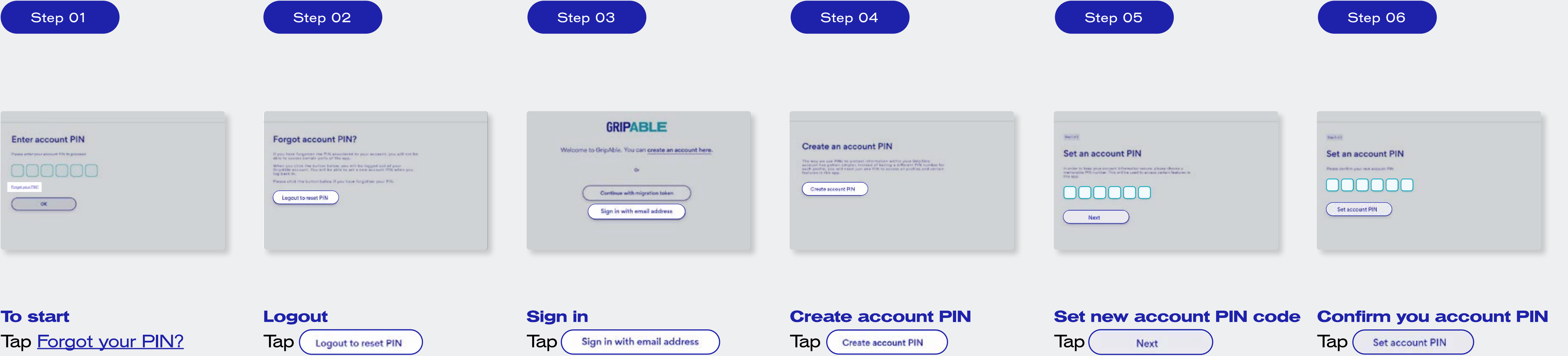
Enter account PIN
Tap

Step 04



You're now ready to train
Tap

9.2 Forgotten your account PIN?



9.3 How to share user profile

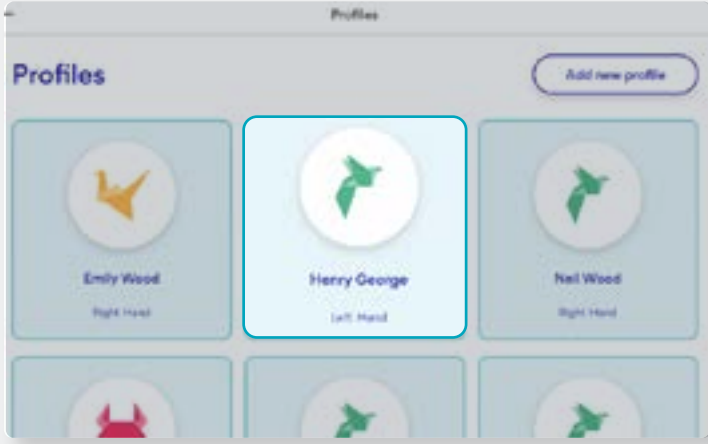
Step 01



Profiles

Tap “Profiles.”

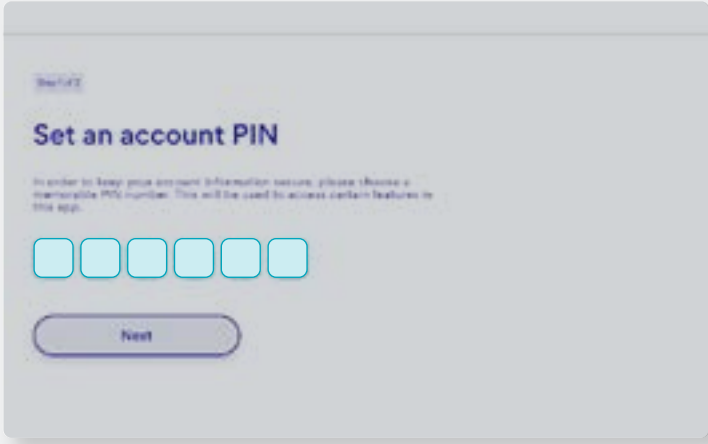
Step 02



Select profile

Select the profile to share.

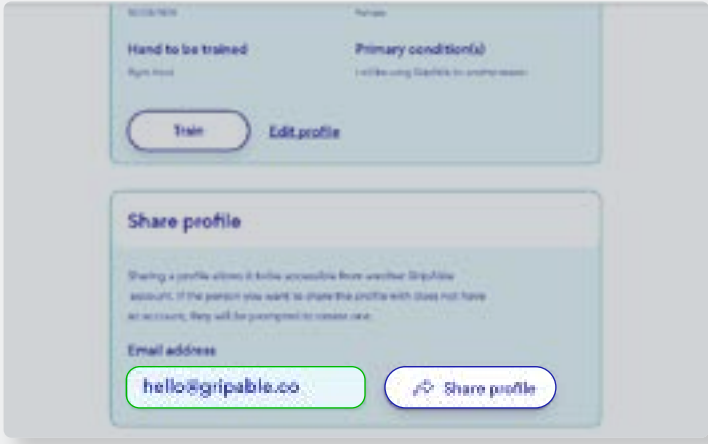
Step 03




Enter account PIN

Enter the account PIN.

Step 04



Enter recipient email address

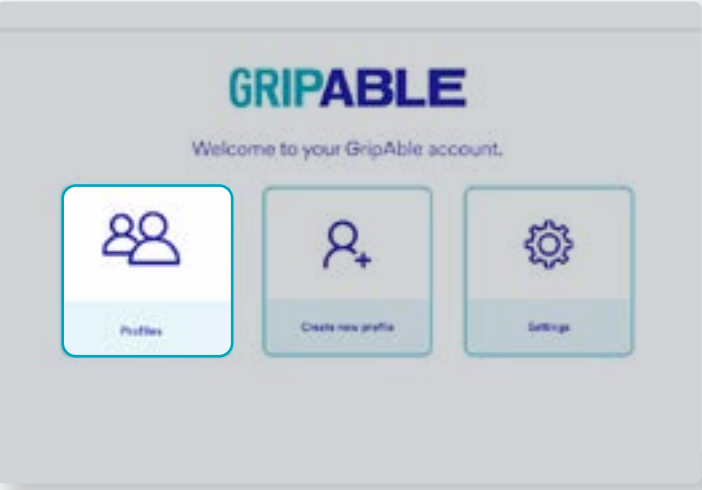
Enter the email address of the person you would like to share the profile with and tap  Share profile

Note

If the person you want to share the profile with does not have an account, they will be prompted to create one.

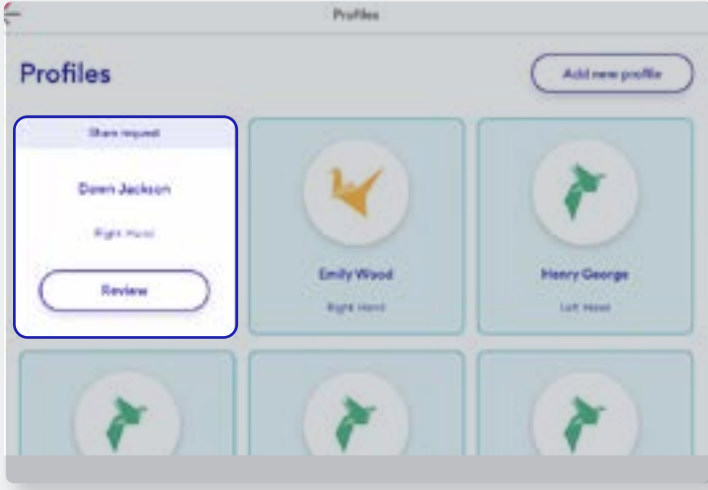
9.4 Receiving a profile share request

Step 01



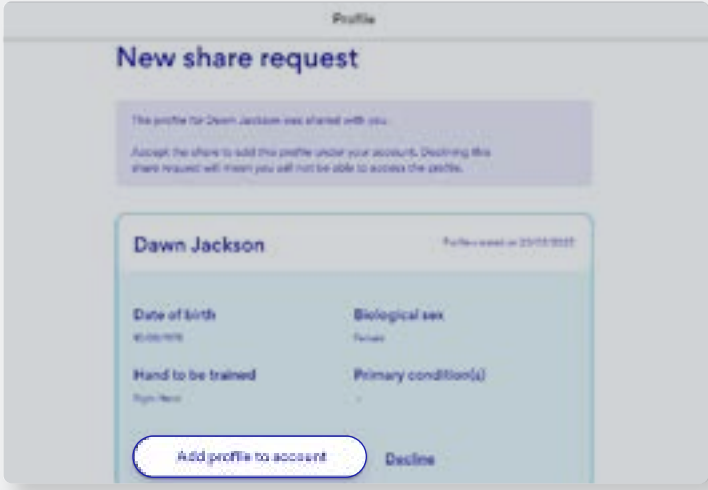
Enter profile
Tap “Profiles”

Step 02



Select profile
Tap **Review**

Step 03



New share request
Tap **Add profile to account**

Step 04



See profile in list
Once added the profile will appear in the list.

10

PAIRING AND UNPAIRING A GRIPABLE DEVICE

10.1 Video explainer	56
10.2 Pairing a GripAble device	57–58
10.3 Unpairing a GripAble device	59



10.1 Video explainer

You can find all our How To Use GripAble videos on our Youtube channel.

 Tap here to view video

Or follow the written steps starting on the following page.



Alternatively scan the QR code to view video


WWW.GRIPABLE.CO

HOW TO PAIR AND UNPAIR YOUR DEVICE

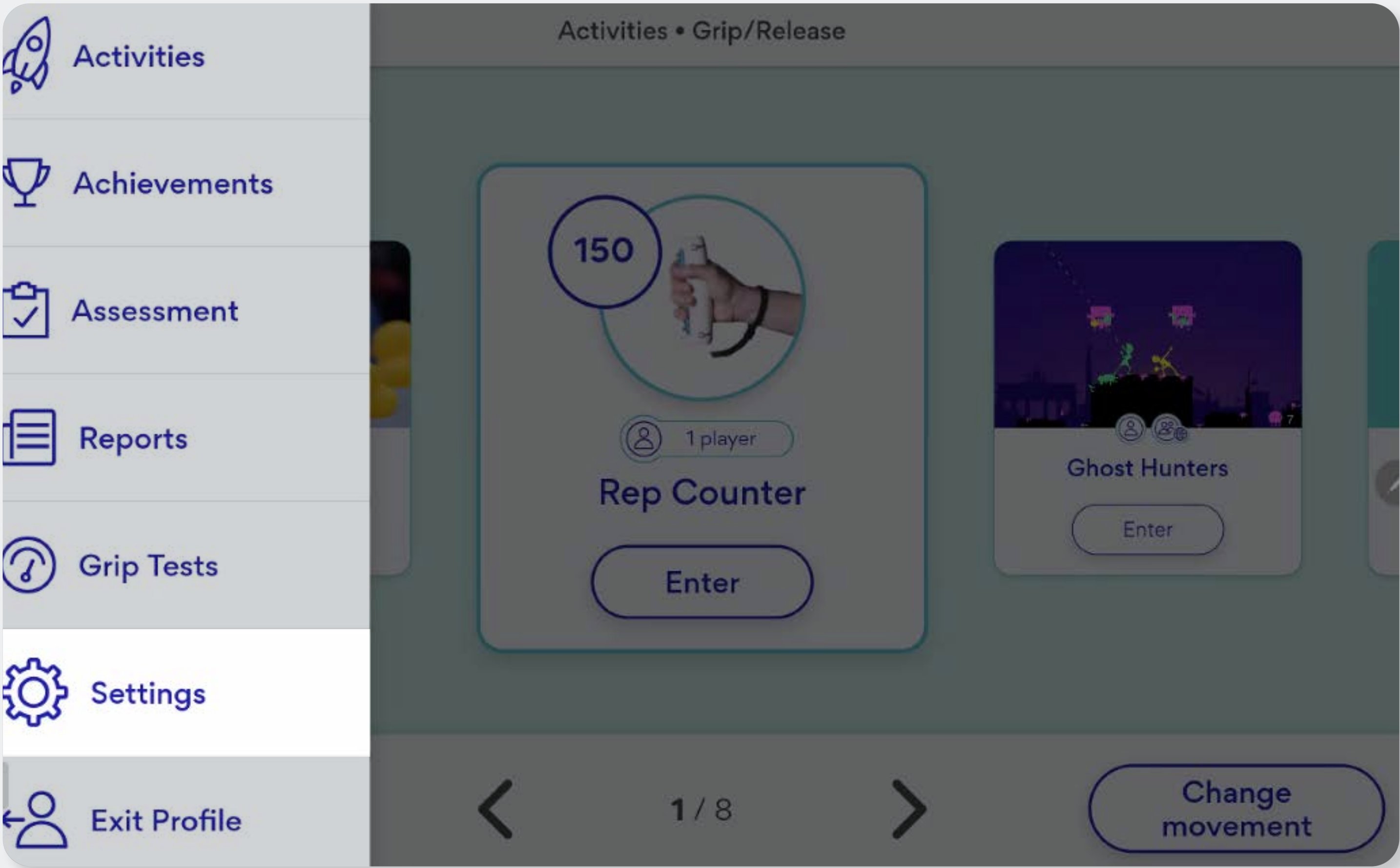
GRIPABLE
SERIOUS. FUN. REHAB.



10.2 Pairing a new GripAble device

If your GripAble device came with a tablet in the box, it will already be paired via Bluetooth. Pairing and unpairing GripAble devices can be found in the  **Settings** tab of the main menu under “GripAble Device”.

Note
If you need to pair a replacement handset, you will need to unpair the old one first before pairing the new one.



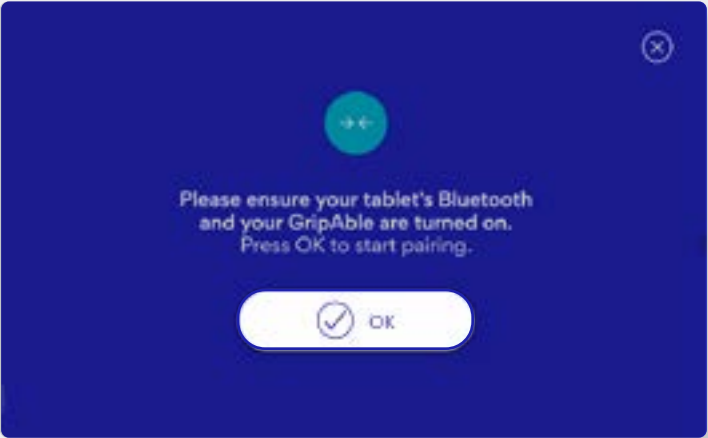
10.2 Pairing a new GripAble device




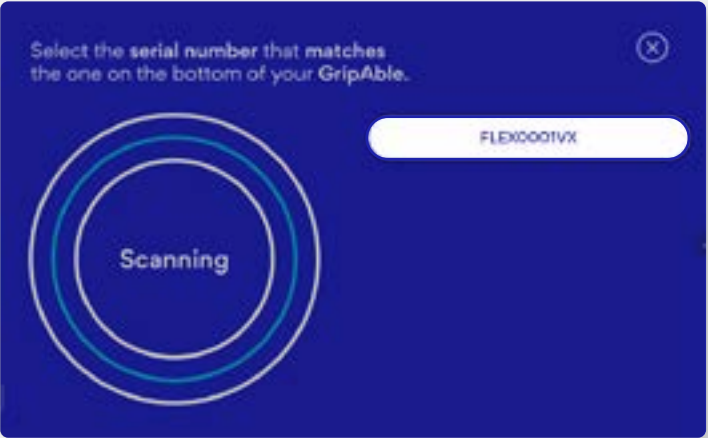
To start
Tap “GripAble Device”.



To start
Tap “Pair New GripAble”.

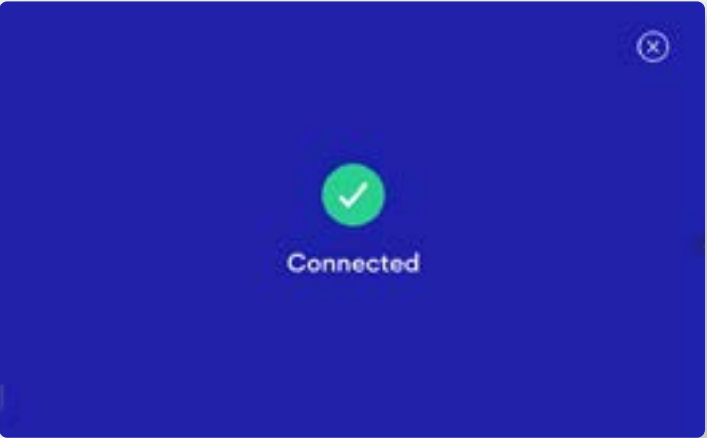


Ensure Bluetooth is on
Turn the handset on so the blue light is flashing. Check the tablet Bluetooth is on and then tap 



Select handset serial number
Tap the serial number of the handset you need to pair.

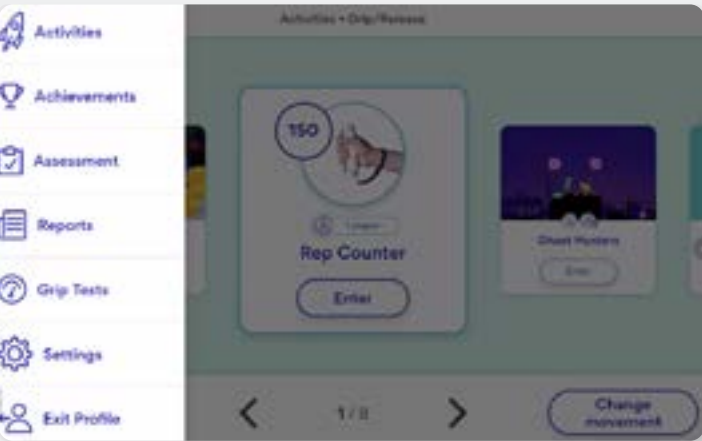
The serial number is located on the label at the bottom of the handset.



All done
The device is now paired.

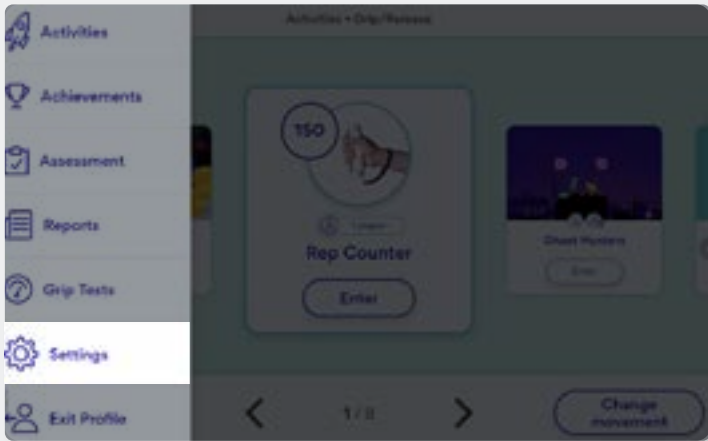
10.3 Unpairing a GripAble device

Step 01



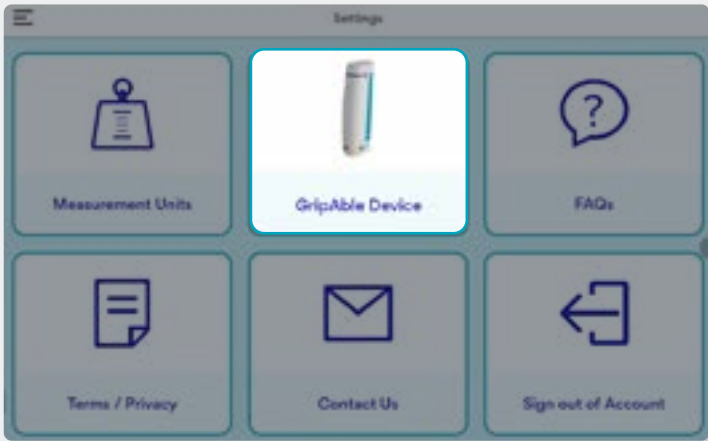
To start
Open the main menu.

Step 02



Go to settings
Tap  Settings

Step 03



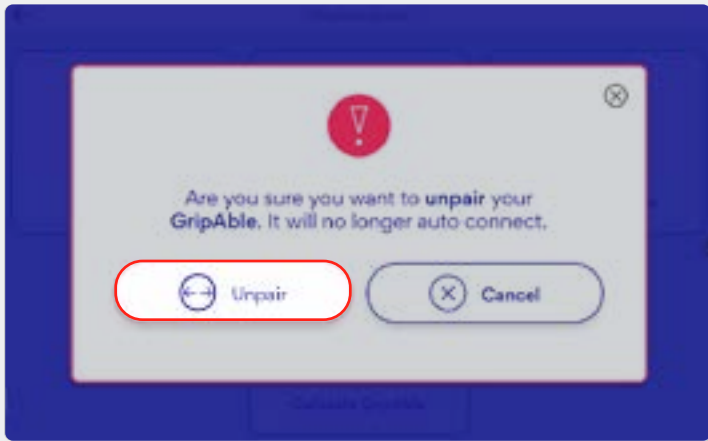
Select “GripAble device”
Tap “GripAble Device”.


Step 04



Select “Unpair GripAble”
Tap “Unpair GripAble”.

Step 05



Unpair
Tap  Unpair and the device will vibrate and the blue light will start flashing, indicating that it's unpaired.

Step 06



No device paired
The circle will show as red in the “Pair New GripAble” tab indicating no device is currently paired. Tap the red circle to begin pairing a GripAble device.

11

USING THE SILICONE STRAPS

11.1 Video explainer	61
11.2 How to use the silicone straps	62



11.1 Video explainer

You can find all our How To Use GripAble videos on our Youtube channel.

 Tap here to view video

Or follow the written steps starting on the following page.



Alternatively scan the QR code to view video



11.2 How to use 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.



12 USER ACCOUNT

12.1 Signing out of a user account	64
12.2 Firmware updates	65–66



12.1 Signing out of a user account

Step 01



To start

From the app home page,
Tap ‘Settings’

Note

Next time you open the app you will need to sign back in with the email address and password you used to log into the app for the first time

Step 02




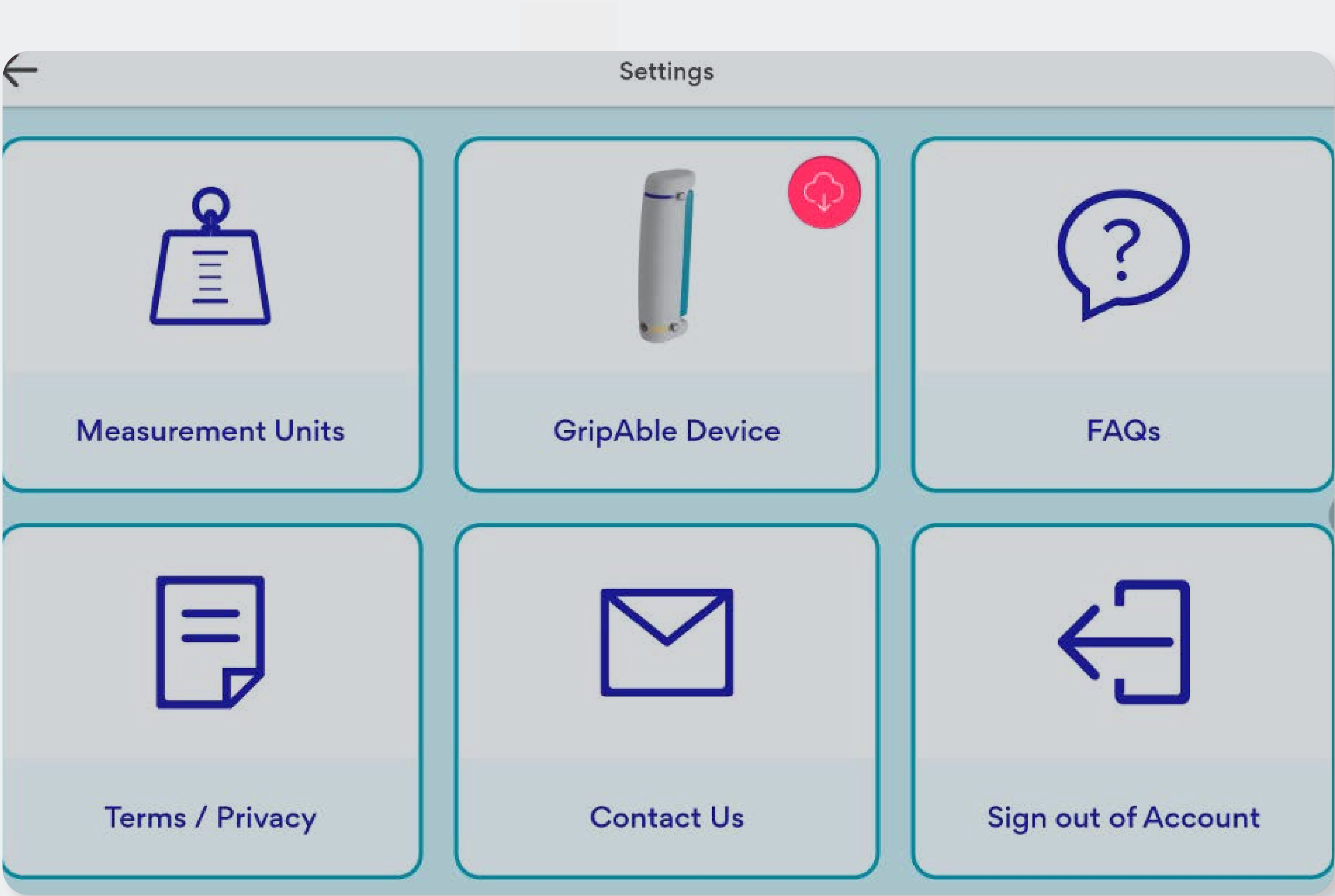
Sign out

Tap ‘Sign out of account’

12.2 Firmware updates

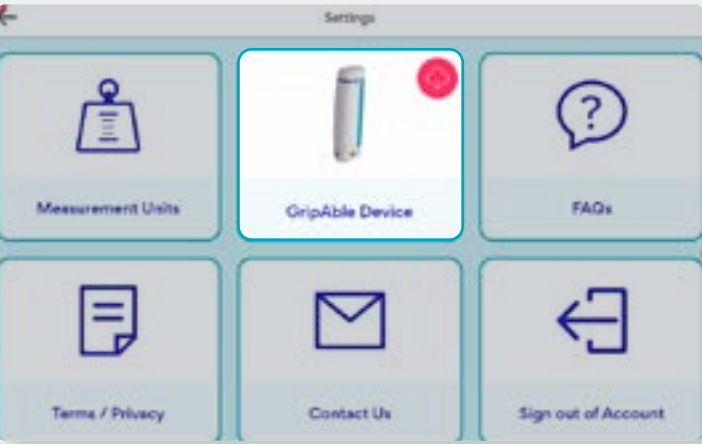
Your GripAble device will from time to time receive a firmware update to improve functionality and features of the device.

If an update is available, this will be indicated in the ‘Settings’ tab with a  symbol showing on the ‘GripAble Device’ tab.



12.2 Firmware updates

Step 01



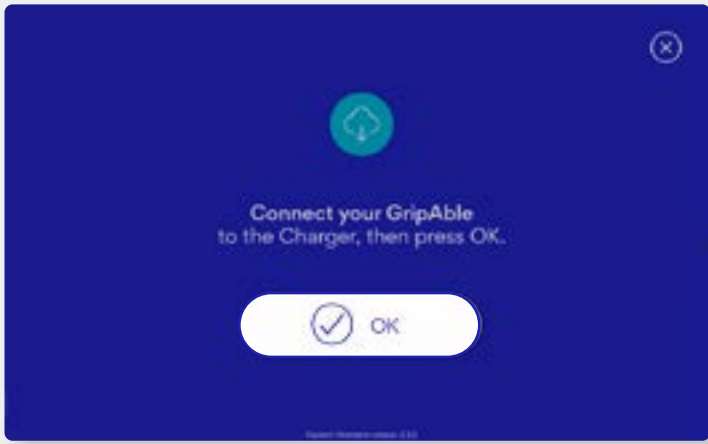
To start
Tap 'GripAble Device'

Step 02



Update
Tap 'Firmware Update'

Step 02



Follow prompts
Follow prompts and tap 

13 OFFLINE FUNCTIONALITY



13.1 Offline Functionality


The GripAble app will continue to operate when a WIFI connection is not available as long as you are signed into your GripAble account. Nearly all functions in the GripAble app will continue to operate, including creating and logging into user profiles and training.

There are some functions that do require a WIFI connection to work and these are as follows:

- Creating and signing into your GripAble account.
- Emailing daily activity or grip test reports.
- Sending a profile sharing request.


If you have used the app in offline mode, the data from your session will be backed up and synced to the GripAble cloud services the next time you open the app with a WIFI connection. Connection status to the GripAble cloud services and data syncing can be checked by tapping the cloud symbol in the top right corner of the screen.

Online States

 **Connection Status**


We're checking your connection to the GripAble cloud services and data synchronization status. This might take a moment...

Data last synced 3 minutes ago

 **Connection Status**

You are currently connected to the GripAble Services.


Data last synced 3 minutes ago

 **Connection Status**

You are currently connected to the GripAble Services.


Data syncing...

Offline States

 **Connection Status**

We have been unable to reach the GripAble cloud services. We will keep trying. You can continue to use the GripAble app in the meantime


Data last synced 3 minutes ago

 **Connection Status**

It has been 21 or more days since last connecting to the GripAble cloud services. To avoid risk of data loss, please find a stable internet connection or contact support.

Data last synced 22 days

Error States

 **Connection Status**

We encountered a problem while syncing, your data is at potential risk of loss. We will keep retrying, but if this message persists please contact GripAble support.

Data last synced 32 days ago

14

CLEANING THE GRIPABLE DEVICE

14.1 Cleaning the GripAble device	70
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14.1 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.



Do

Clean with antibacterial wipes



Do not

Submerge in liquid