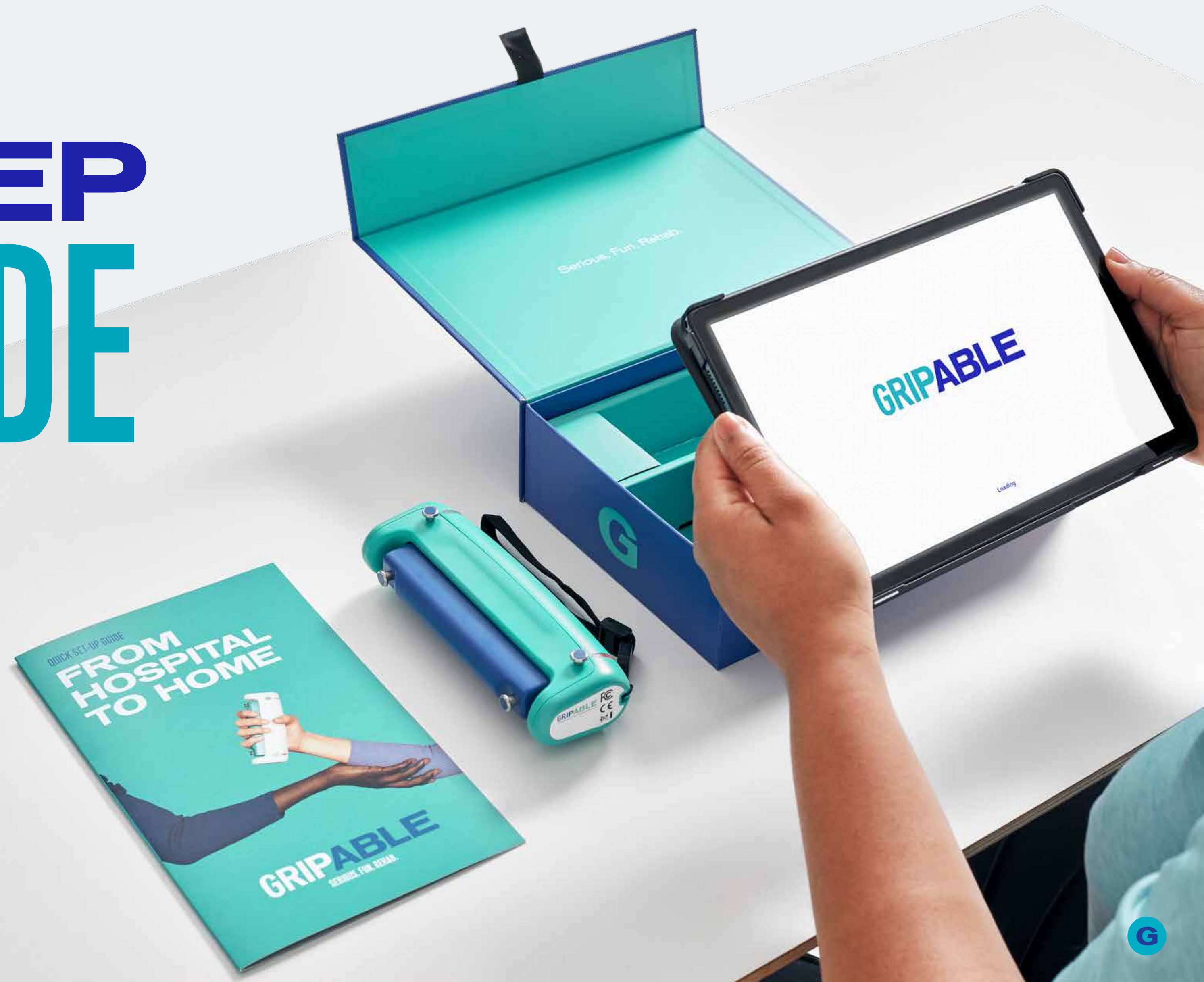


Software User Guide

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

01

Account creation

1.1 Creating an account	6
1.2 Adding a new user profile	7–8

02

Calibrating your device

2.1 Video explainer	10
2.2 Calibrating your device	11–12
2.3 Grip and Release	13
2.4 Pronation and Supination	14
2.5 Radial and Ulnar deviation	15
2.6 Extension and Flexion	16
2.7 Adapting position for calibrating device	17

03

Navigating the app

3.1 Video explainer	19
3.2 The profile menu	20
3.3 Activities	21
3.4 Achievements	22
3.5 Assessment	23
3.6 Reports	24
3.7 Grip tests	25
3.8 Settings	26
3.9 Exit profile	27

04

Choosing your training

4.1 Video explainer	29
4.2 Selecting movements and activities	30–31

05

Goals and history

5.1 Video explainer	33
5.2 Setting goals	34–35
5.3 View history	36

06

Sharing activity reports remotely

6.1 Video explainer	38
6.2 Sharing activity reports remotely	39


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

08

Turning off your GripAble device and app

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


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


10

Pairing and unpairing the GripAble device

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


11

Using the silicone straps

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

12

User account

- 12.1 Signing out of a user account 64 
- 12.2 Firmware updates 65–66
- 12.3 Deleting an account 67
- 12.4 Regulatory information 68

13

Offline Funtionality

- 13.1 Offline functionality 70

14

Cleaning the GripAble device

- 14.1 Cleaning the GripAble device 72

 [Link to video explainer](#)

01 ACCOUNT CREATION

1.1 Creating an account	6
1.2 Adding a new user profile	7-8

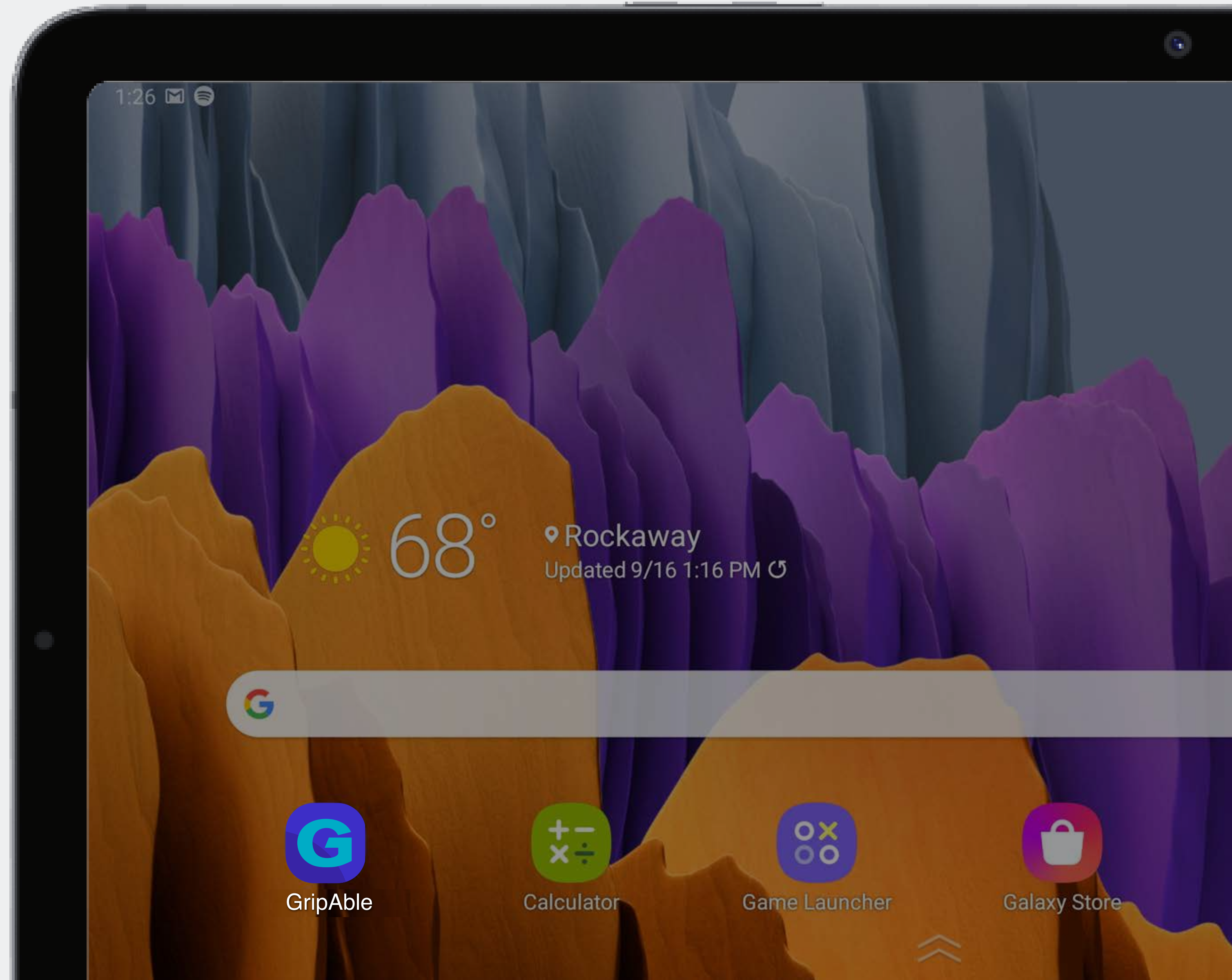
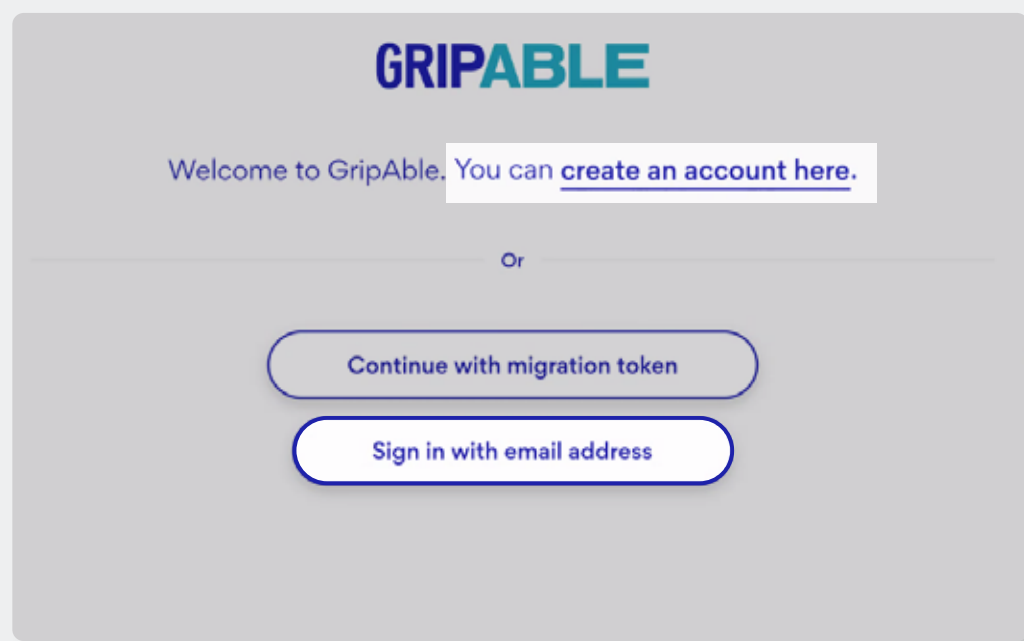
1.1 Creating an account

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](#)



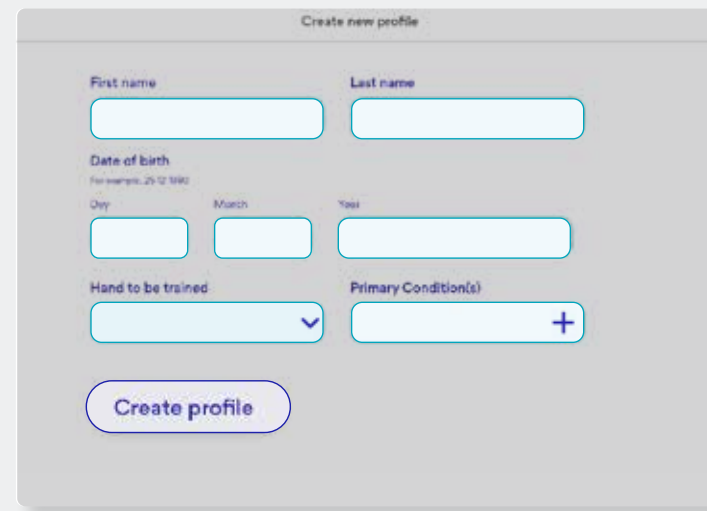
1.2 Adding a new user profile

Step 01



Create new profile
Tap 'Create new profile'

Step 02

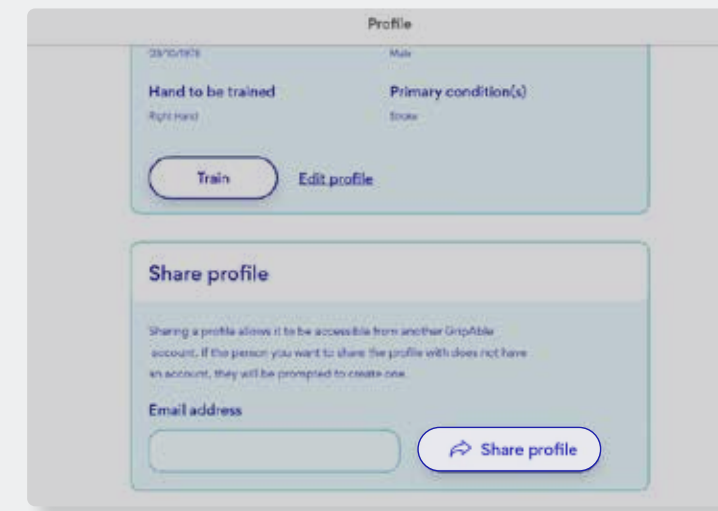


Fill in the form
Tap the boxes to complete all fields. Once completed tap **Create profile**

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

Step 03

Optional



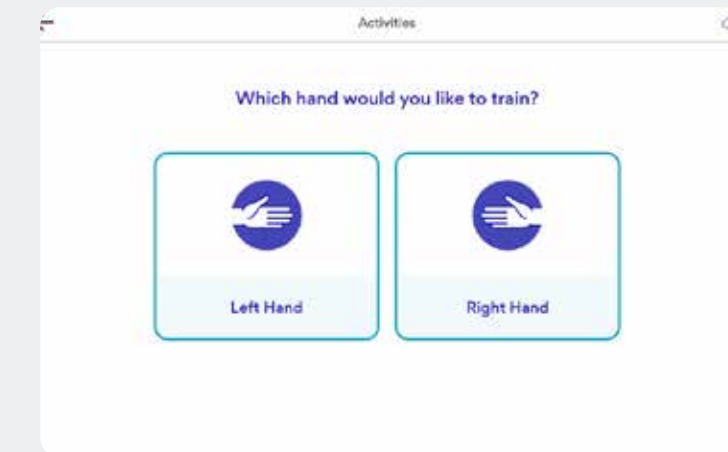
Share profile
Share profile

See section 9.2 How to share user profile page 53

Step 04

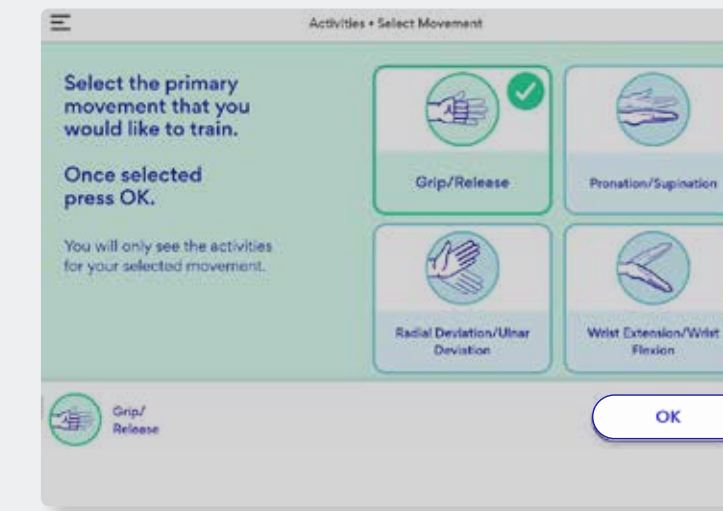


Begin training
Tap **Train** to begin.



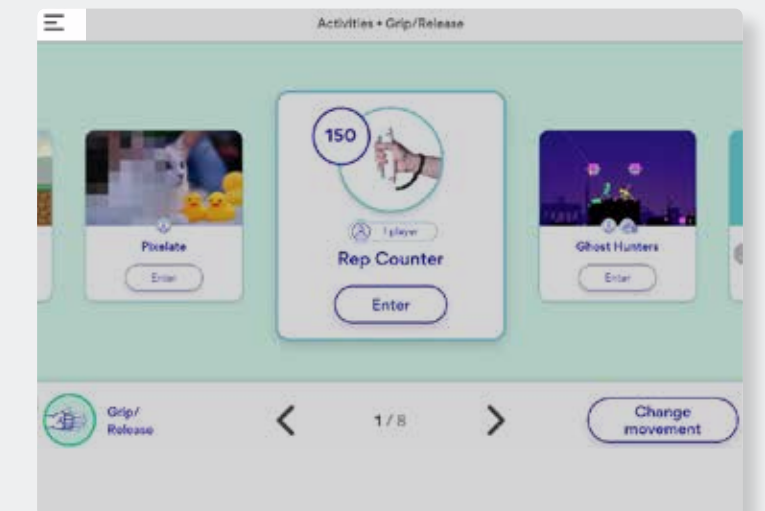
Note
If you have set up your profile to train both hands, after tapping train, select the hand you want to train.


Step 05



Select movement
Select a movement to train, tap **OK**

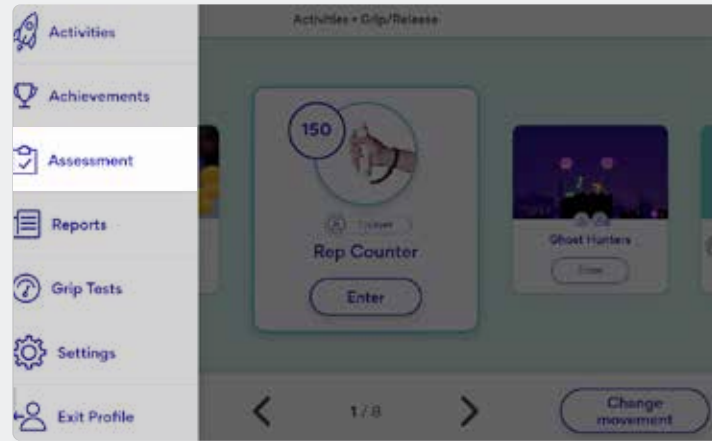
Step 06



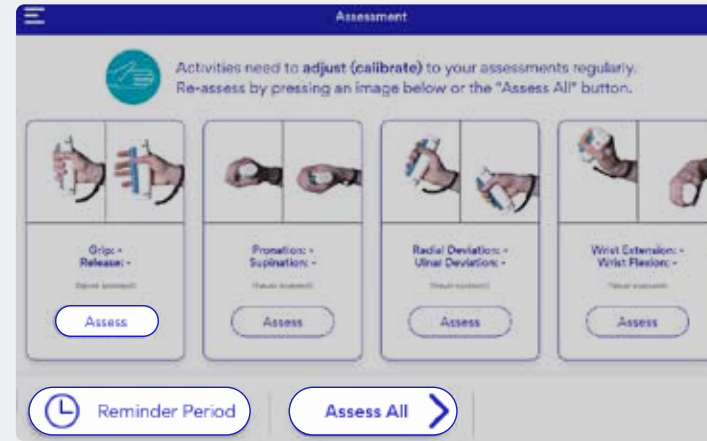
Need to calibrate your device?
If adding a new user profile for the first time, you will need to assess and calibrate the device to your current movement level to access the activities. Tap  for the profile main menu

1.3 Adding a new user profile

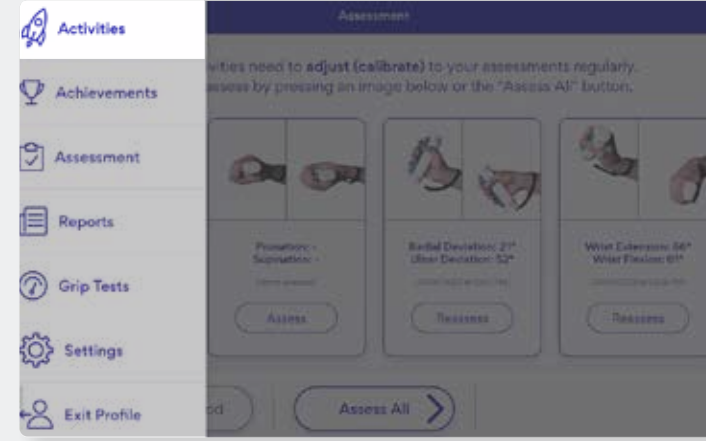
Step 07



Step 08





Step 09




Assessment

Tap  Assessment

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

Note

If your profile is set up to train both hands, you can switch between hands for assessment by tapping the “Switch to..” option in the top right of the screen

Select activity

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



See section 4.2 [Selecting movements and activities](#) on pages 30–31

02

CALIBRATING YOUR DEVICE

2.1 Video explainer	10
2.2 Calibrating your device	11–12
2.3 Grip and Release	13
2.4 Pronation and Supination	14
2.5 Radial and Ulnar deviation	15
2.6 Extension and Flexion	16
2.7 Adapting position for calibrating device	17

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.



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

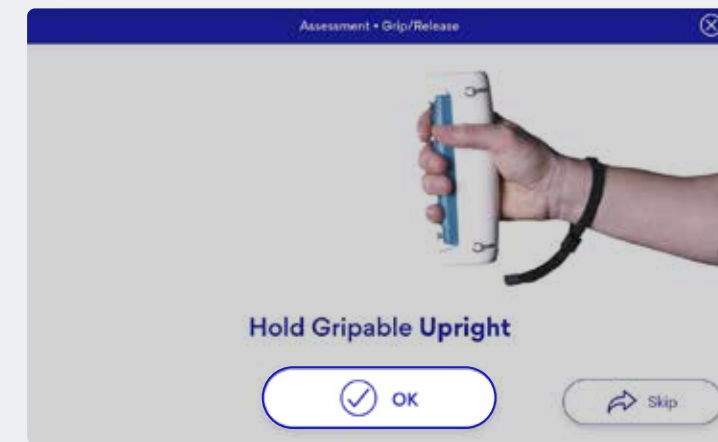


Get into position

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  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

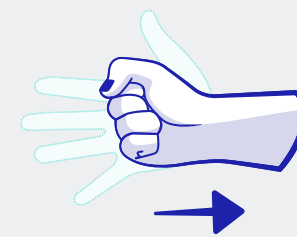
2.3 Calibrating your device: Grip and Release

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.

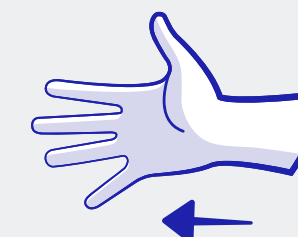
Step 01



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.

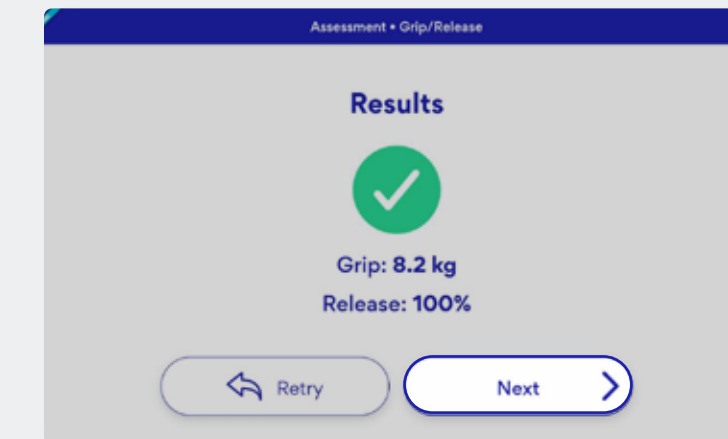
Step 02



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



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.

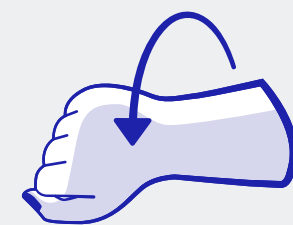
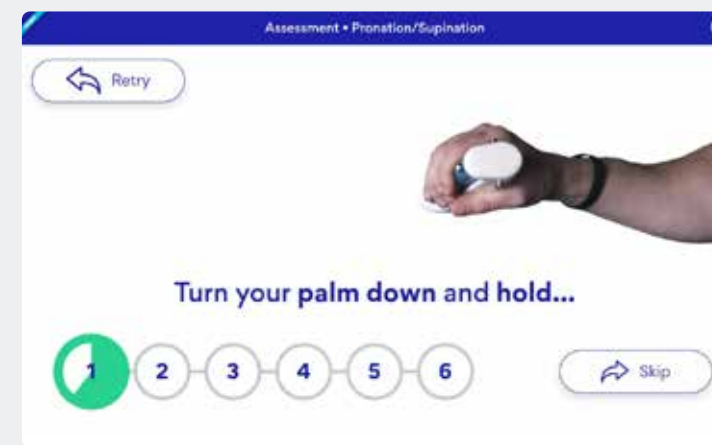
2.4 Calibrating your device: Pronation and Supination

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.

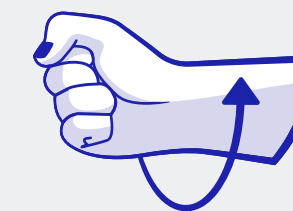
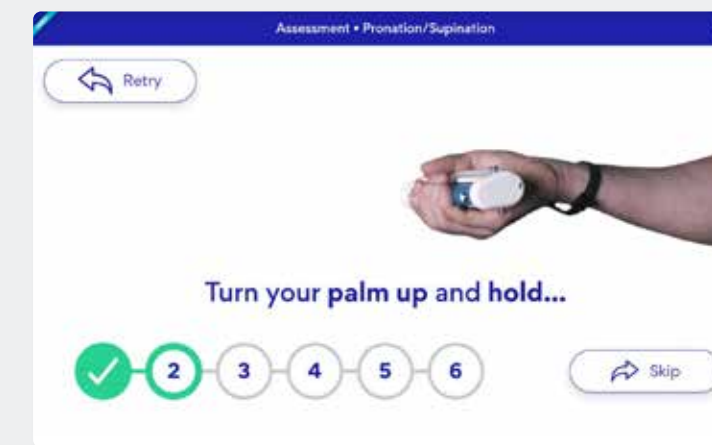
Step 01



To start

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

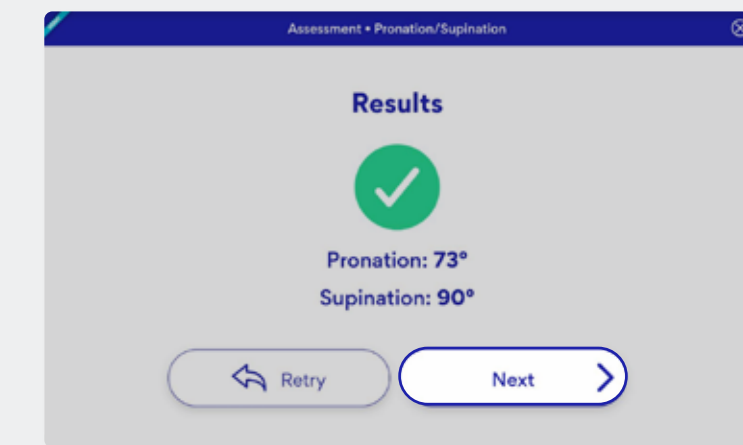
Step 02



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.

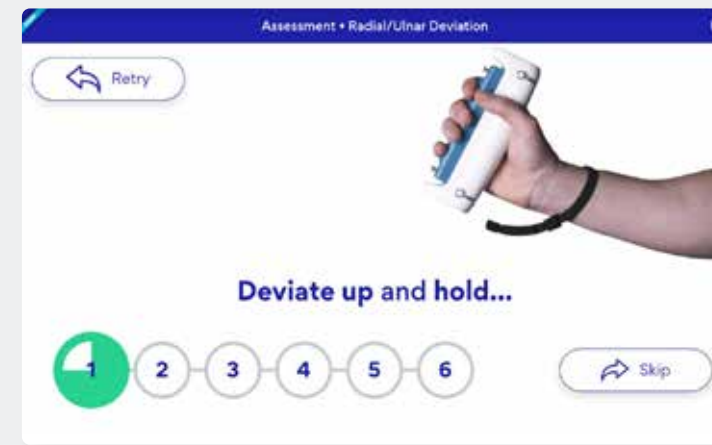
2.5 Calibrating your device: Radial and Ulnar Deviation

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.

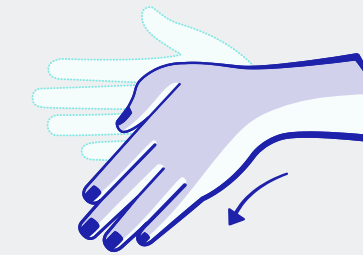
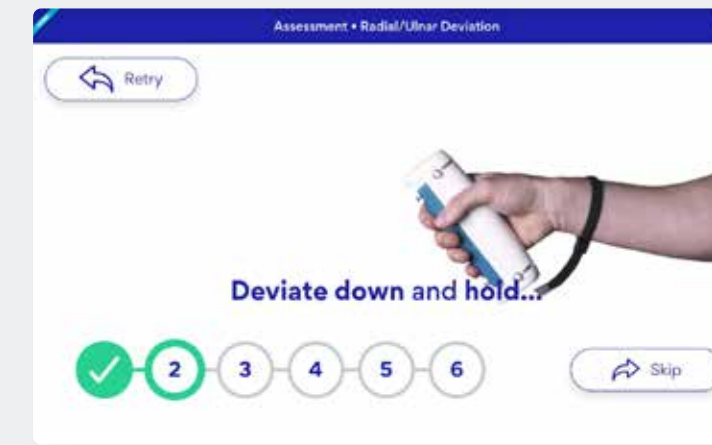
Step 01



To start

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

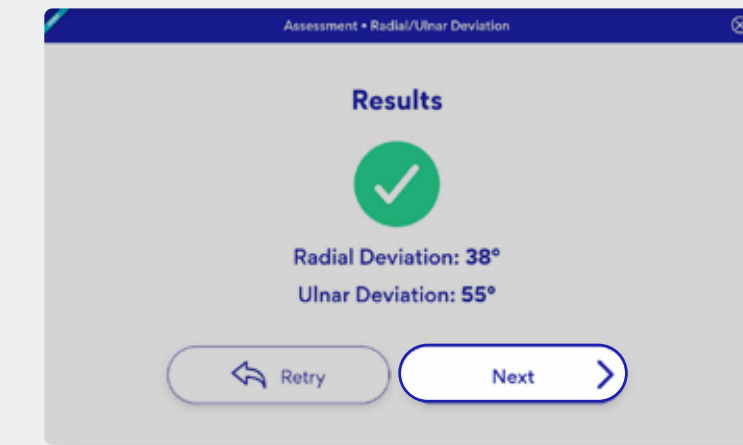
Step 02



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

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



to start again.

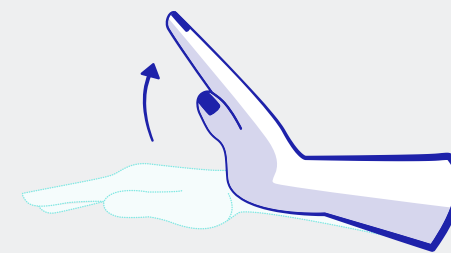
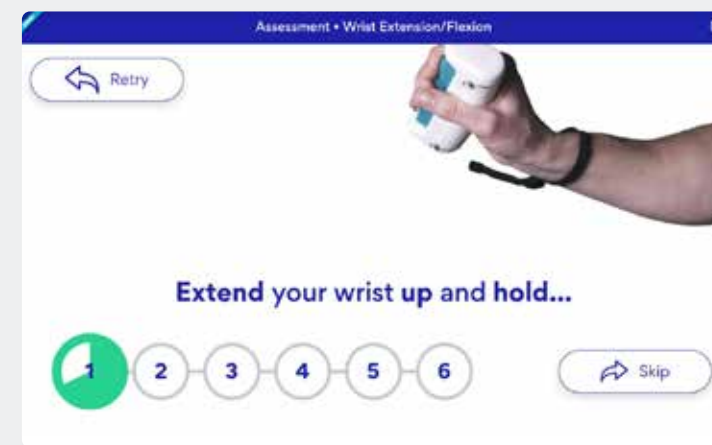
2.6 Calibrating your device: Extension and Flexion

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.

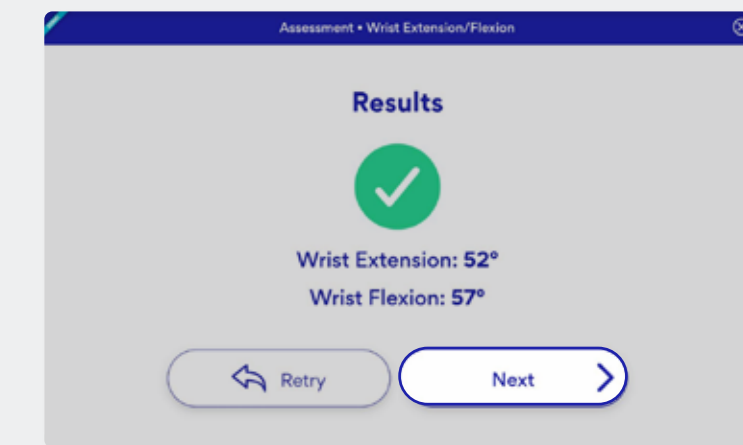
Step 02



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 

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.

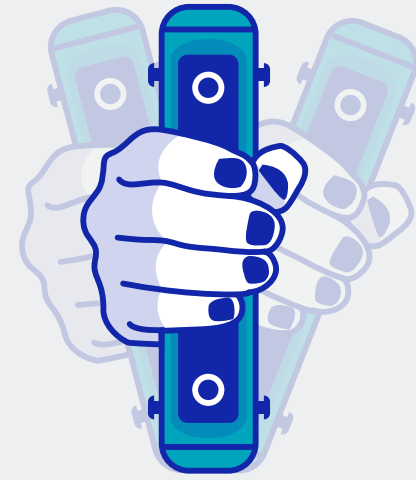
2.7 Adapting positioning for calibrating device

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.

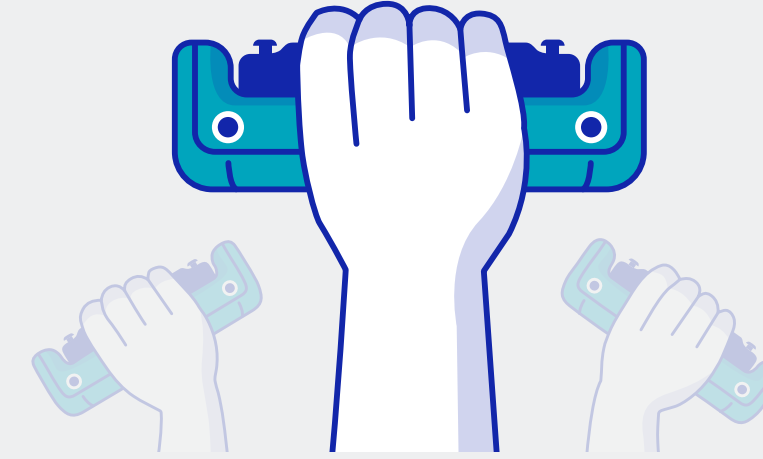
Alternative



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.

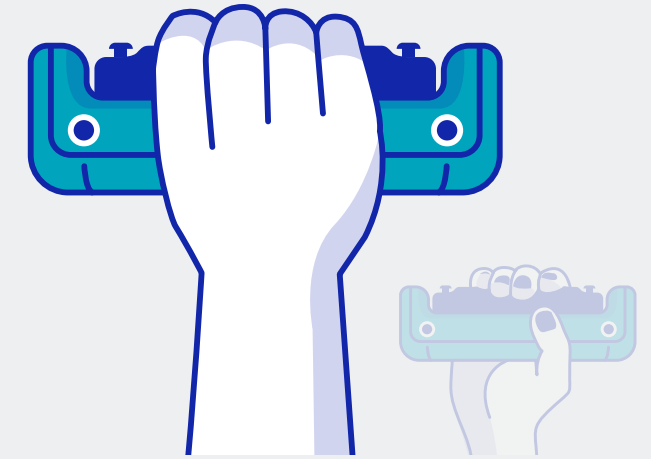
Alternative



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

2.1 Video explainer	19
2.2 The profile menu	20
2.3 Activities	21
2.4 Achievements	22
2.5 Assessment	23
2.6 Reports	24
2.7 Grip tests	25
2.8 Settings	26
2.9 Exit profile	27

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**

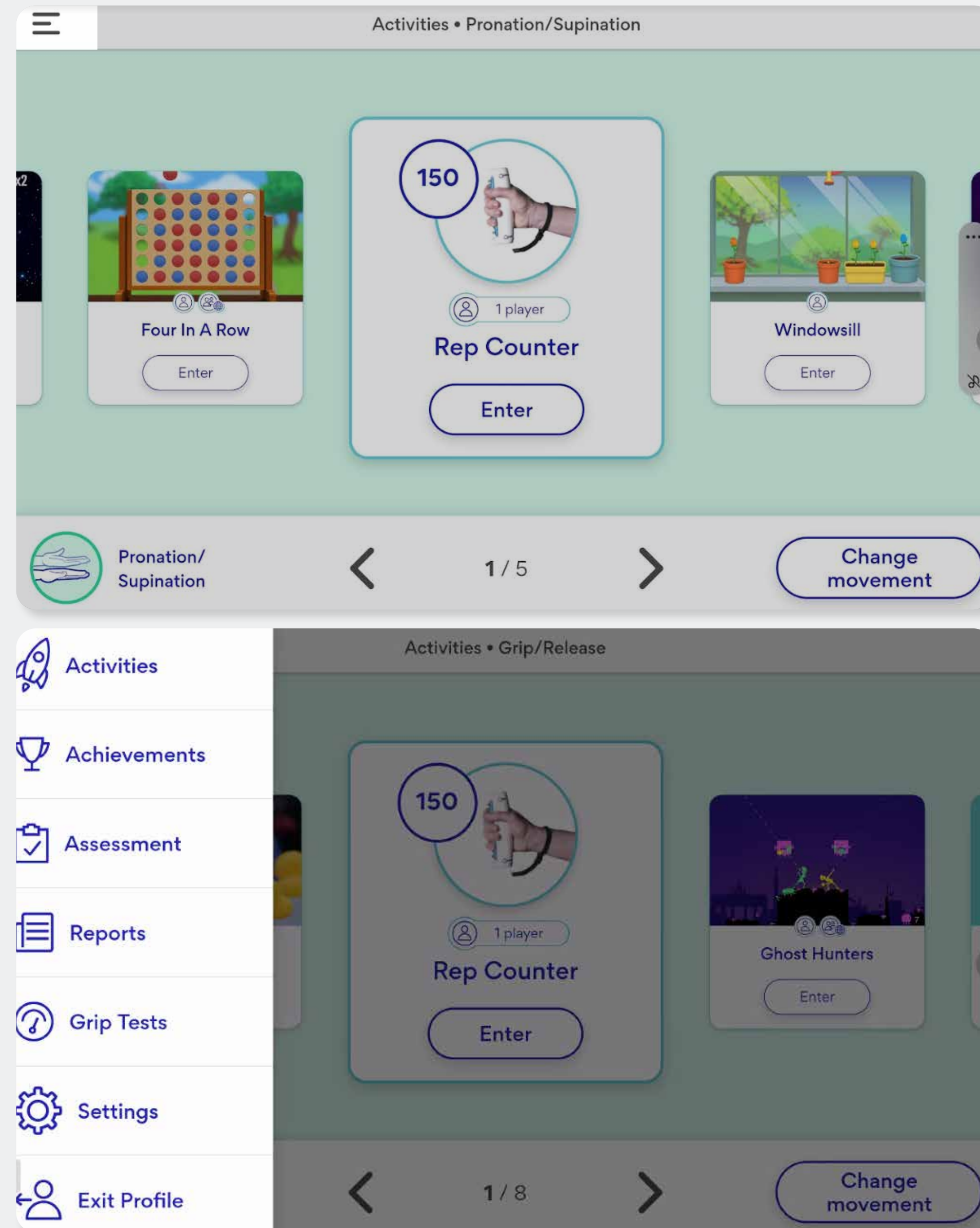
GRIPABLE
SERIOUS. FUN. REHAB.



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.

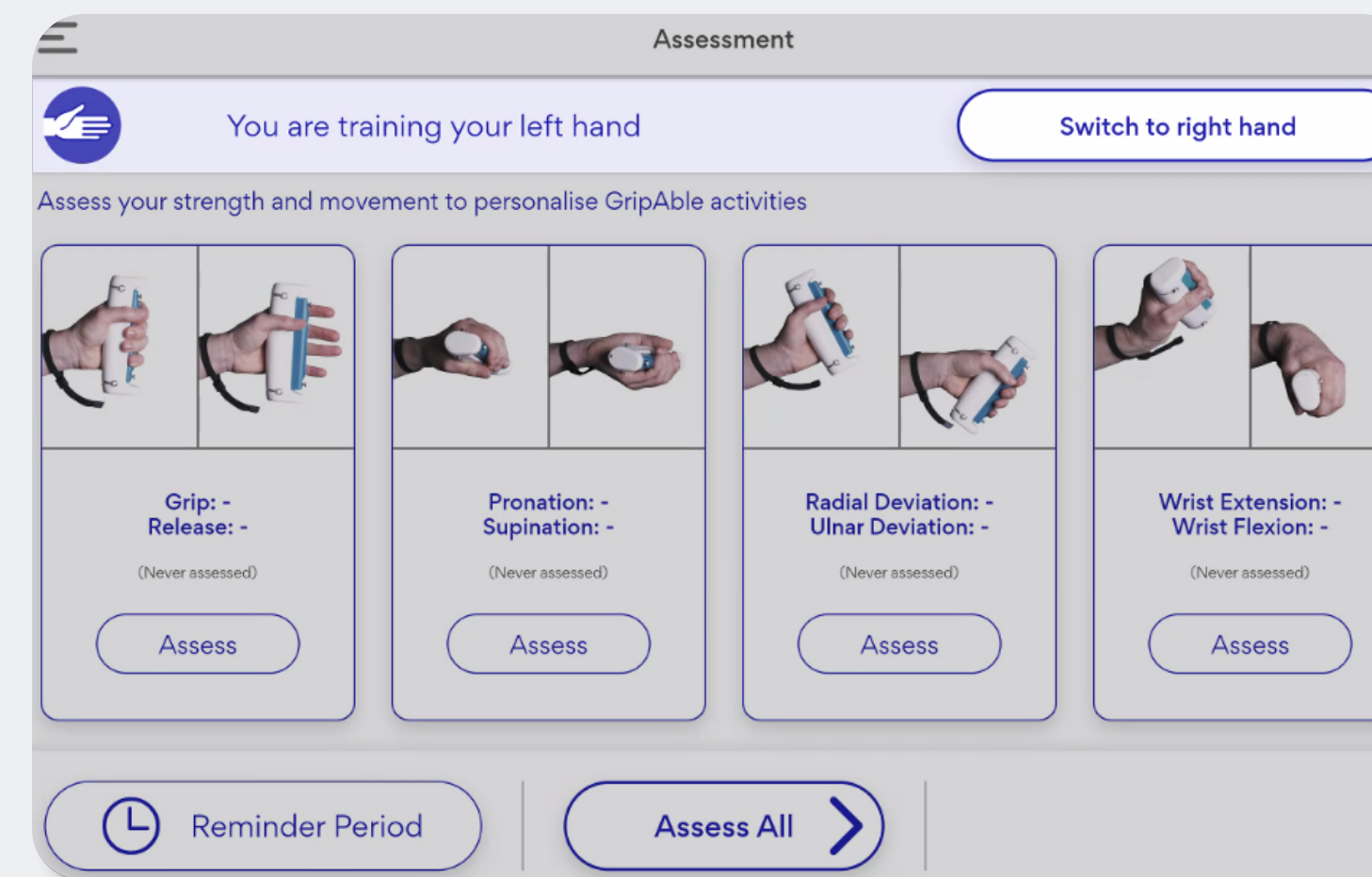
The movement required to play the games is displayed at the top of the screen and the bottom left. Tap  to play the activity or to select a different movement tap 

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

If your profile is set up to train both hands, you will have the option to switch between training your right or left hand by tapping the “Switch to..” option.



Training both hands



3.4 Achievements

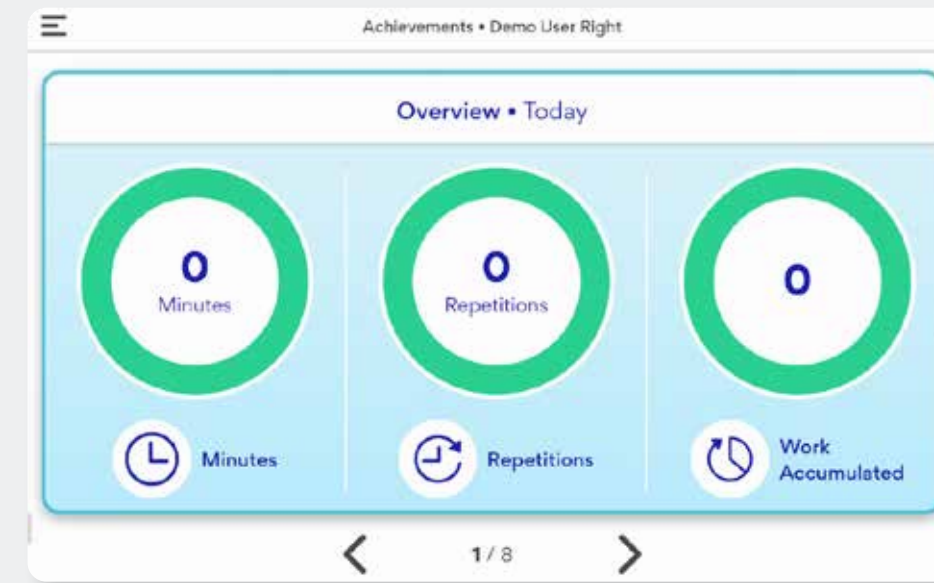
There are 8 pages to swipe through:

- **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

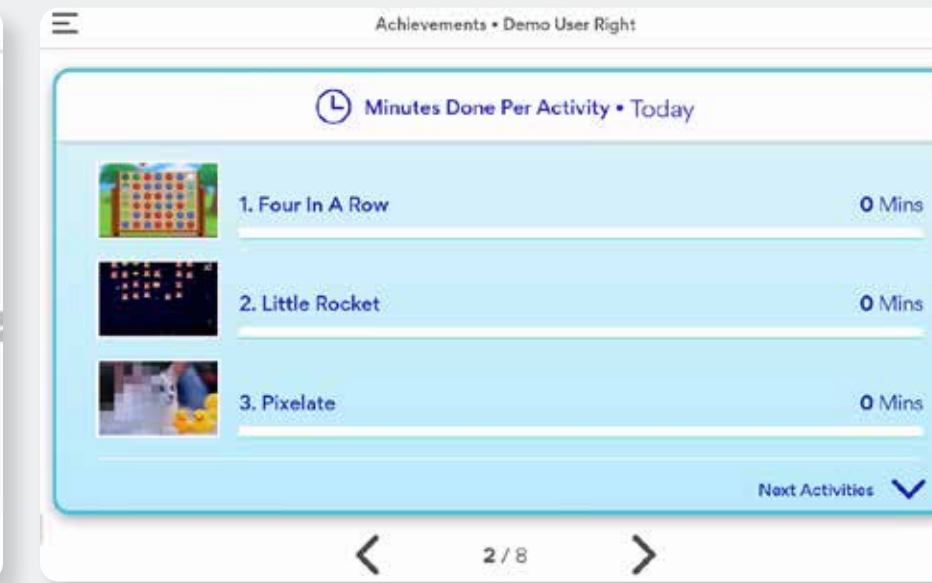
Pages 5-8 View training history for each movement

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

Note - If your profile is set up to train both hands, a “Switch to..” option will be displayed at the top of each page to switch between hands



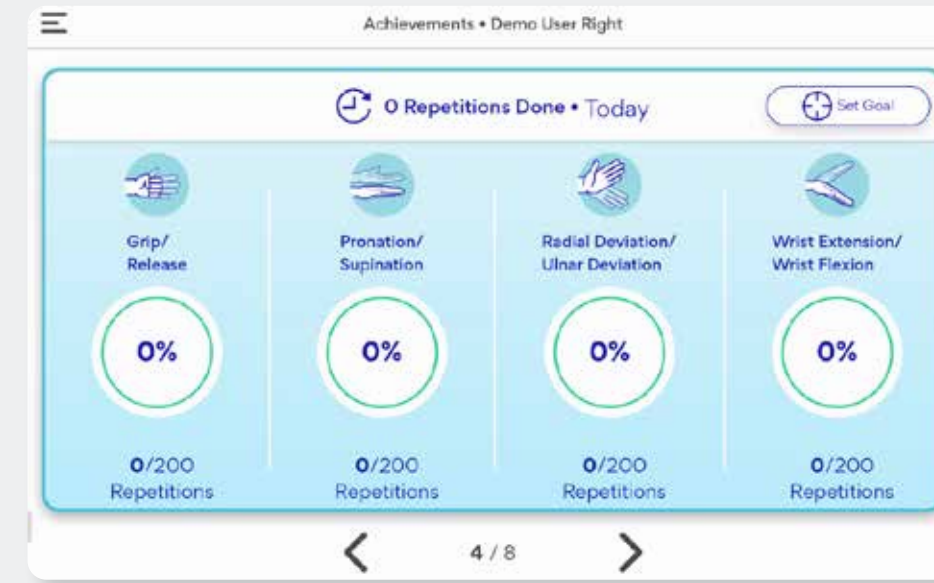
Page 1



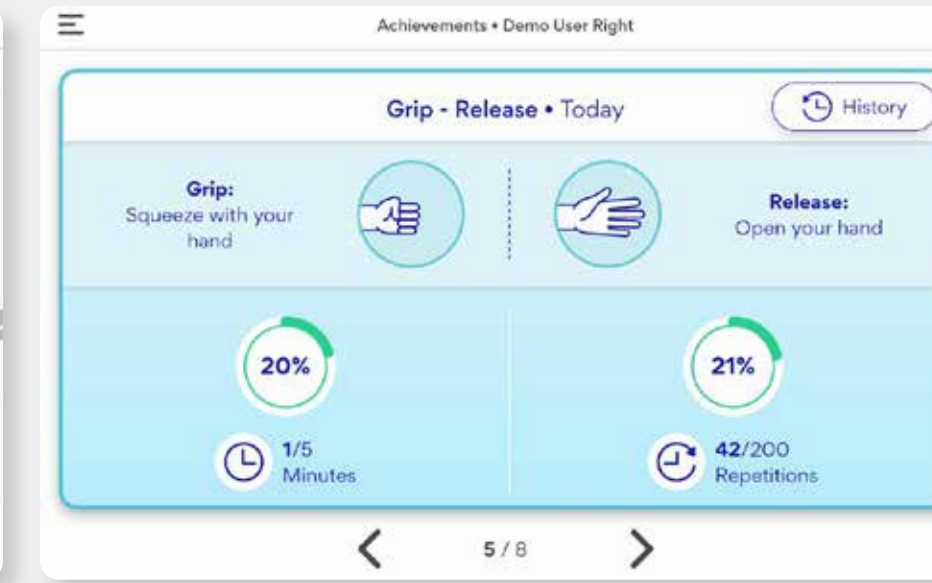
Page 2



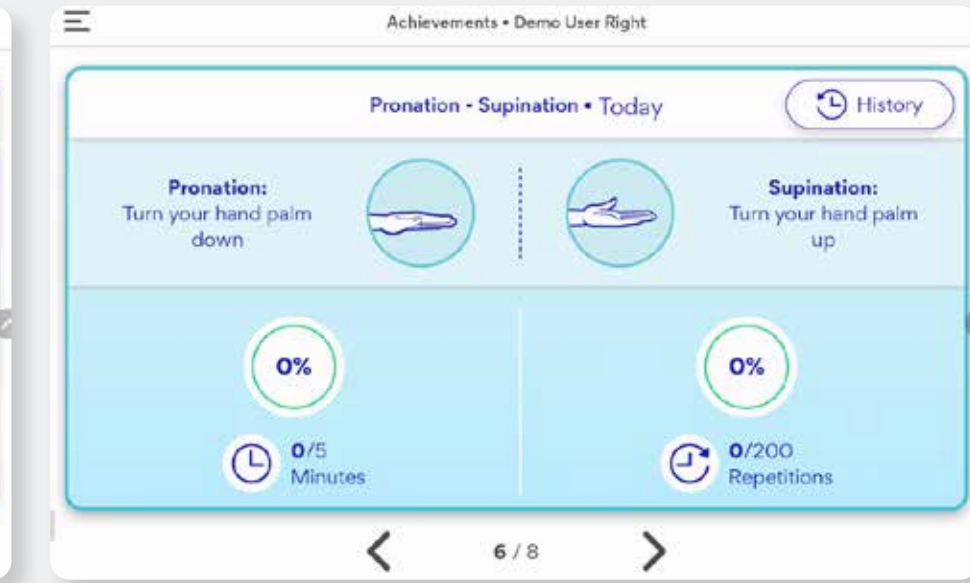
Page 3



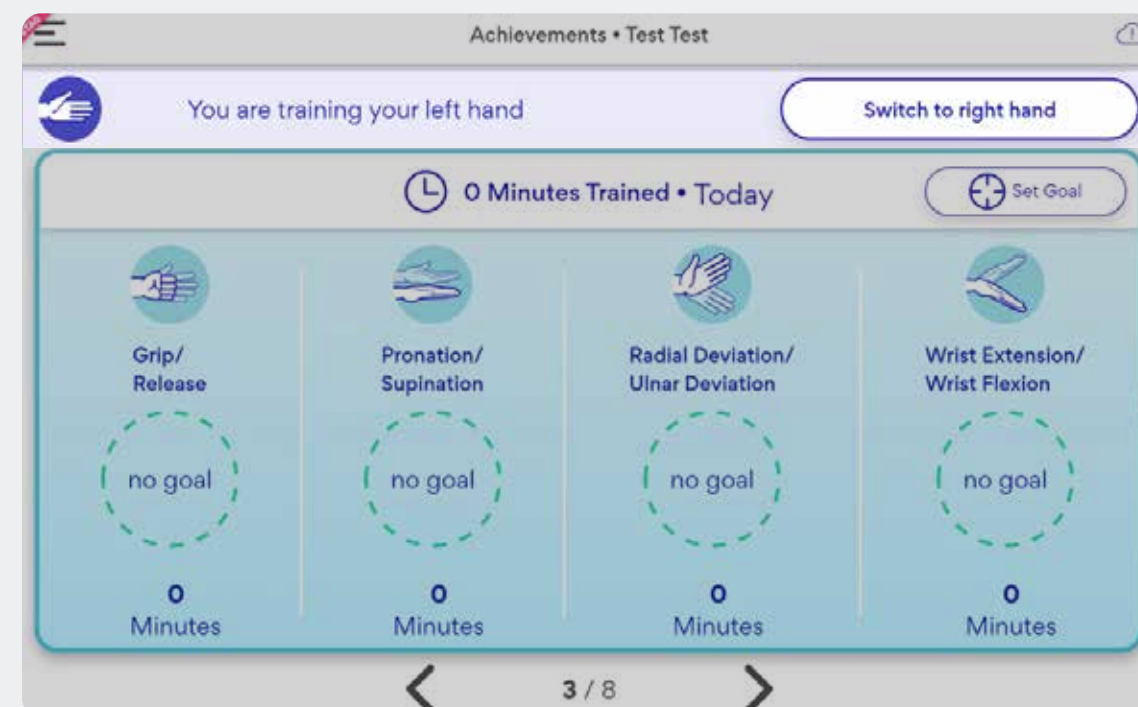
Page 4



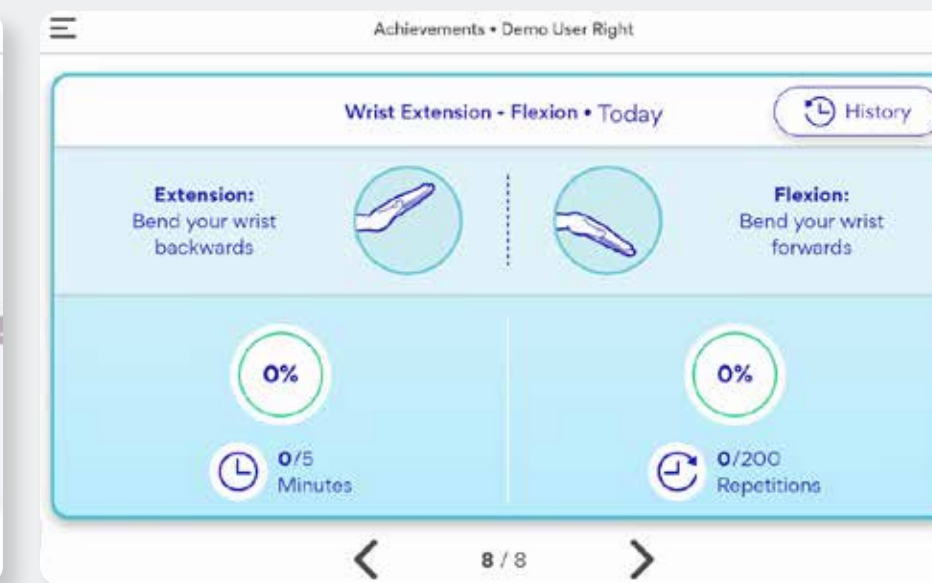
Page 5



Page 6



Page 7

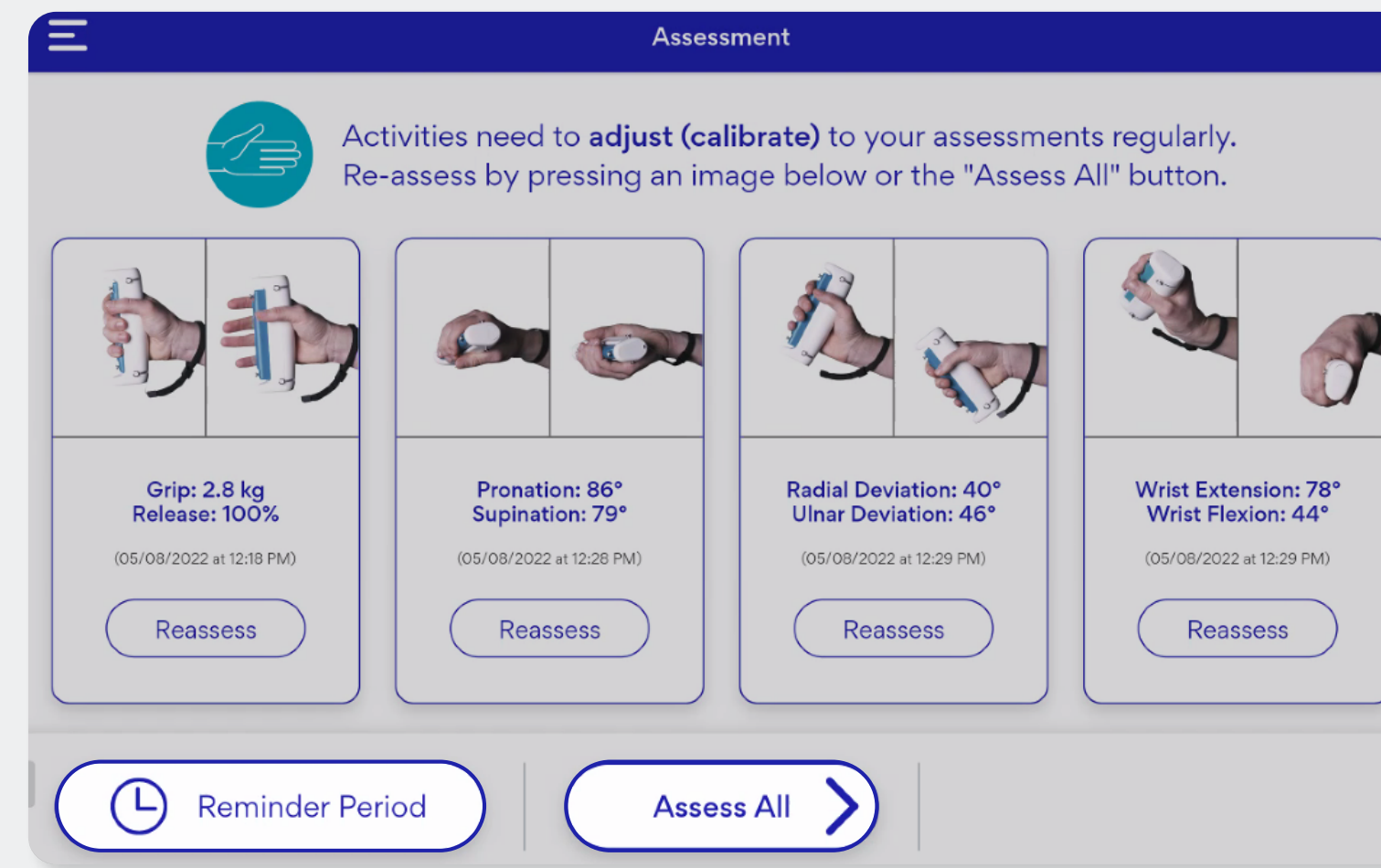


Page 8

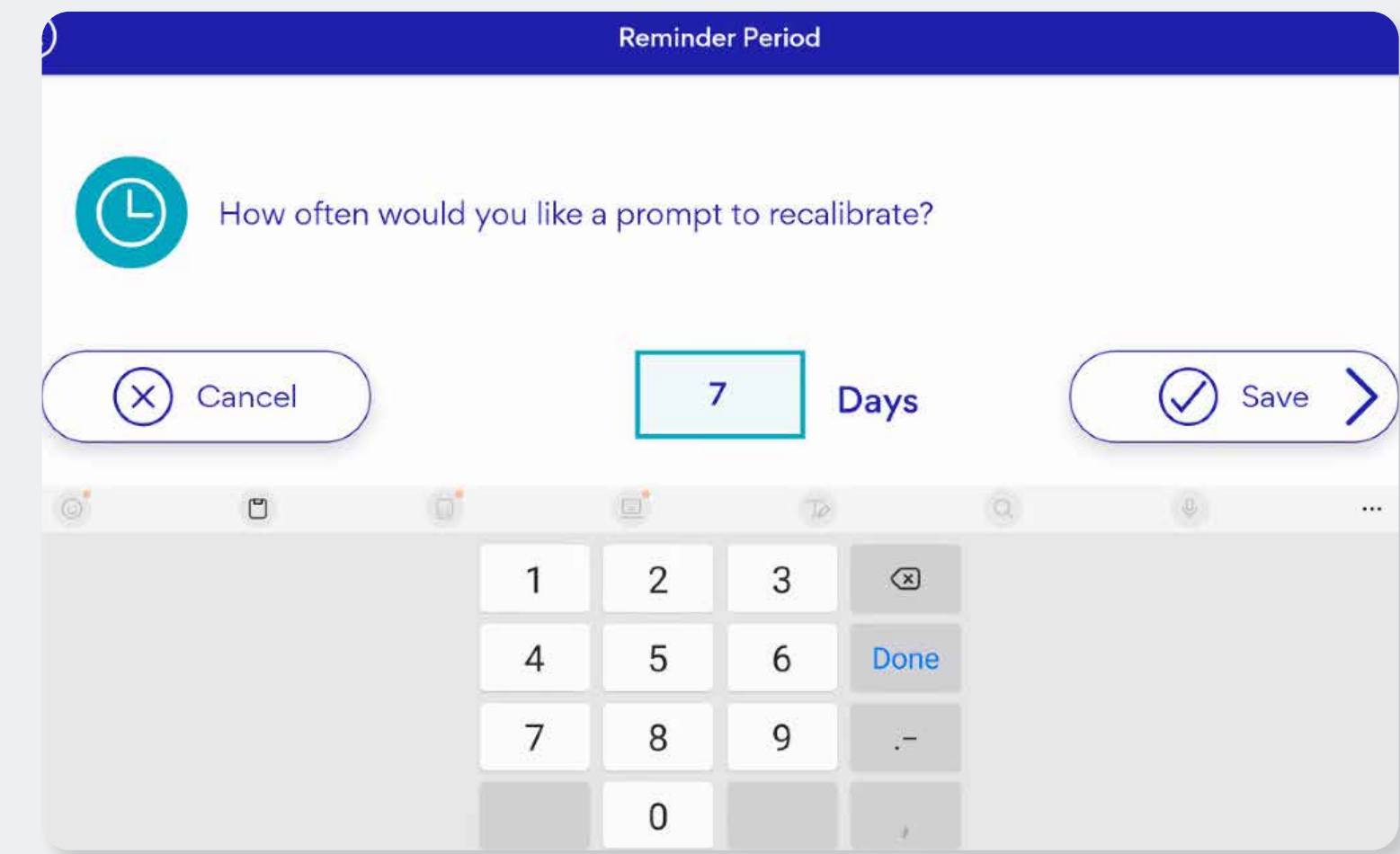
3.5 Assessment

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.

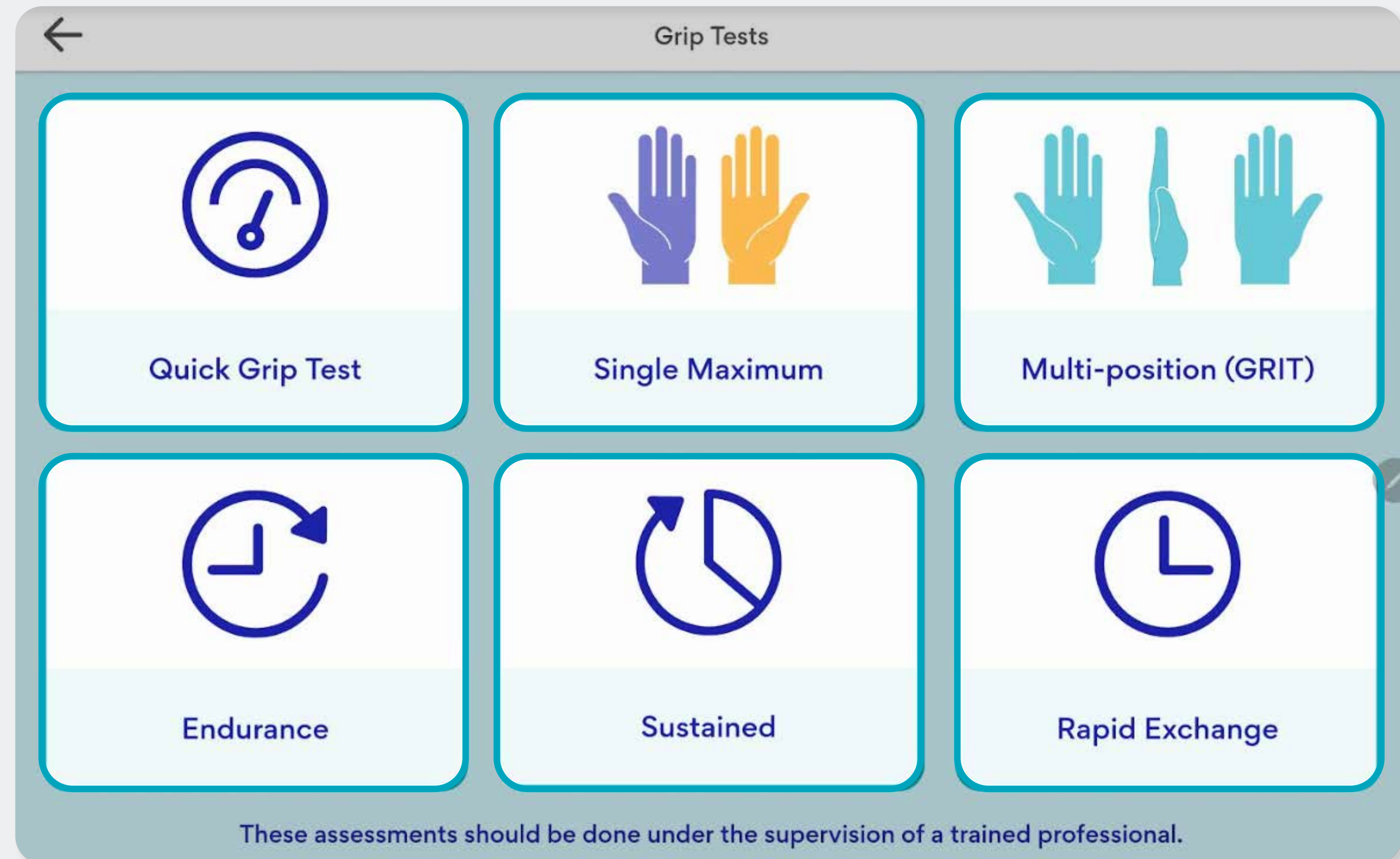
See chapter 06 Sharing activity reports remotely on pages 38–39.



3.7 Grip tests

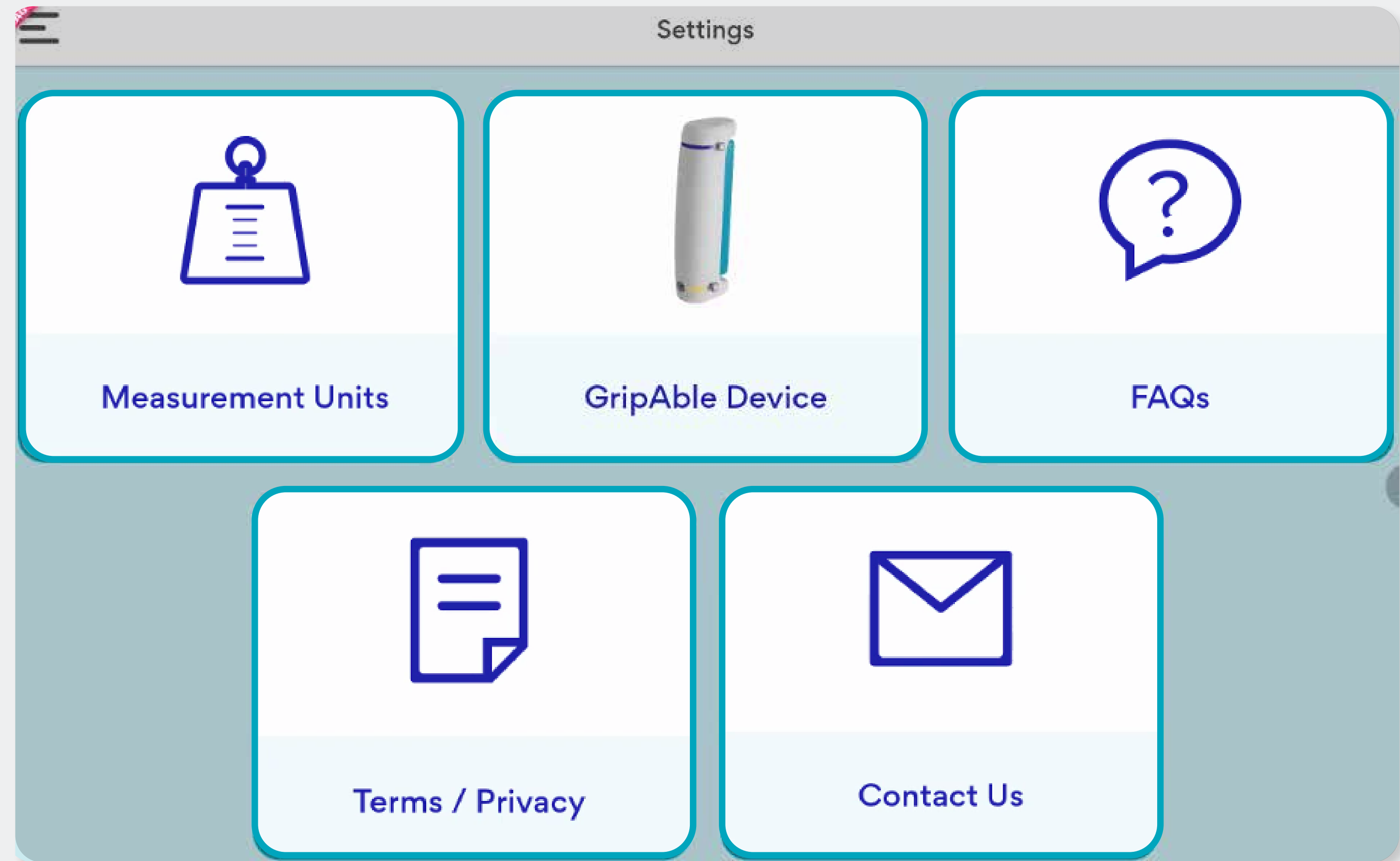
Displays the range of grip tests available for assessment by trained professionals.

See chapter 07 Grip tests on pages 41–45.



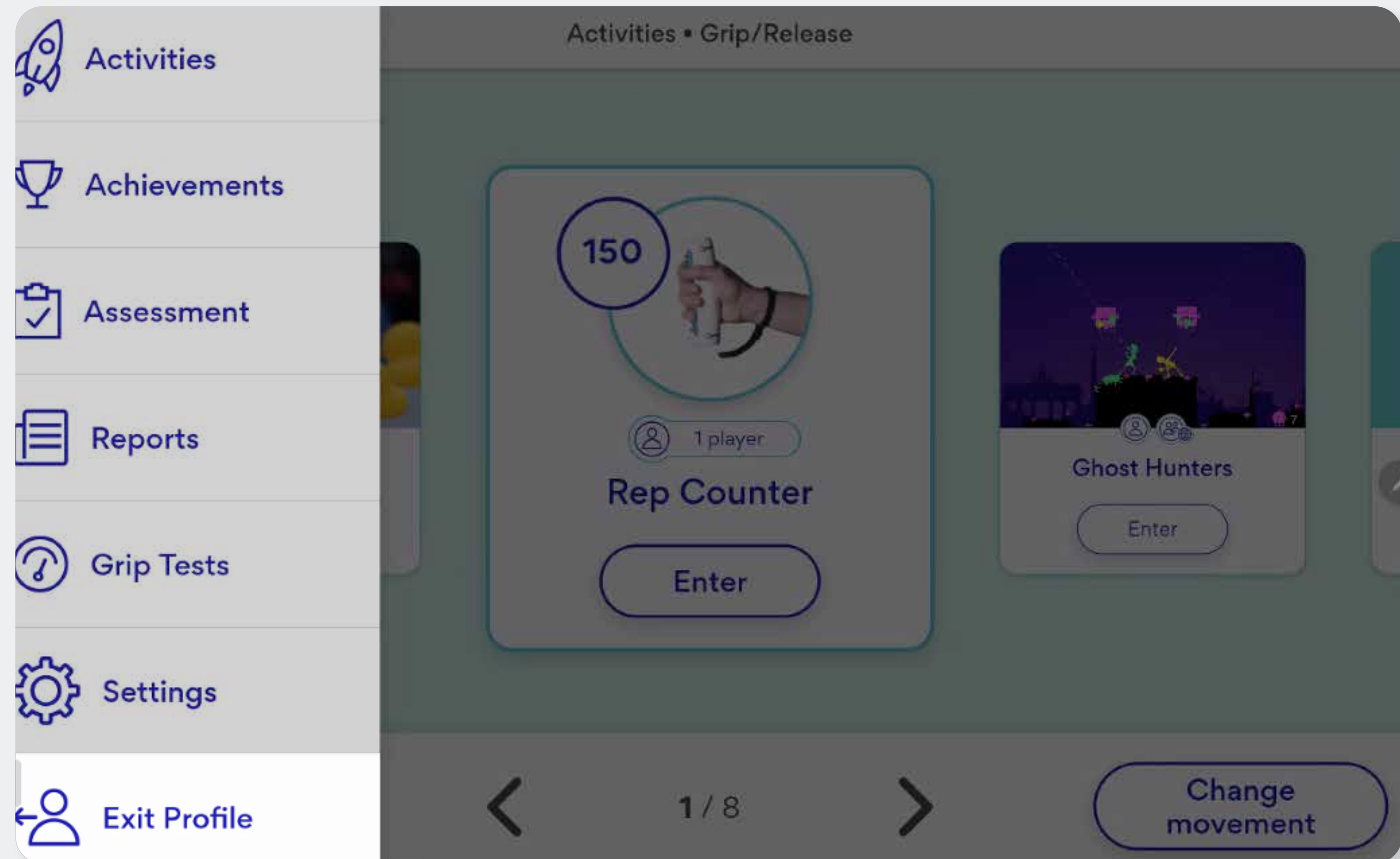
3.8 Settings

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
4.2 Selecting movements and activities	30–31

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.

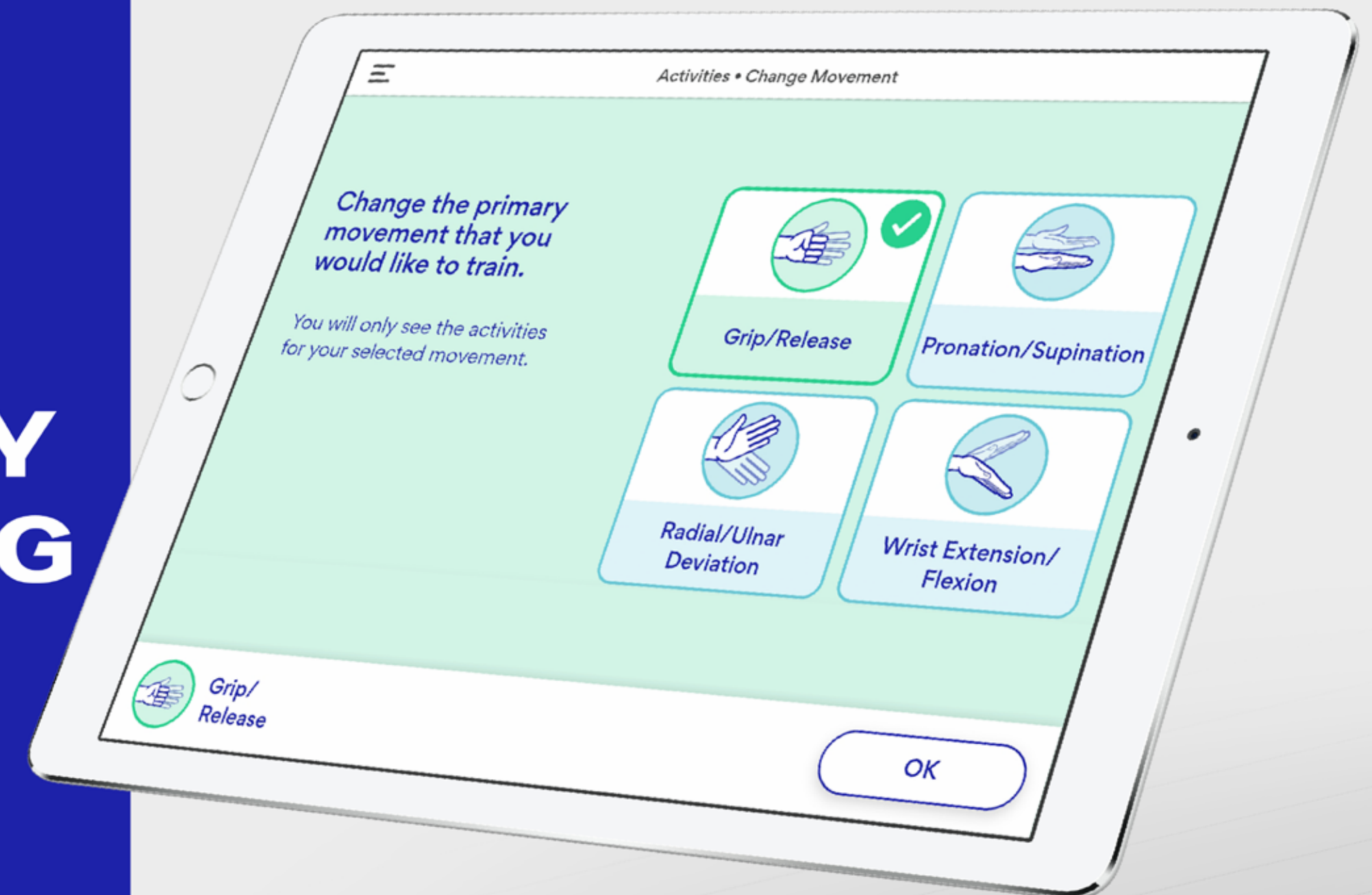


Alternatively scan the QR code to view video

WWW.GRIPABLE.CO

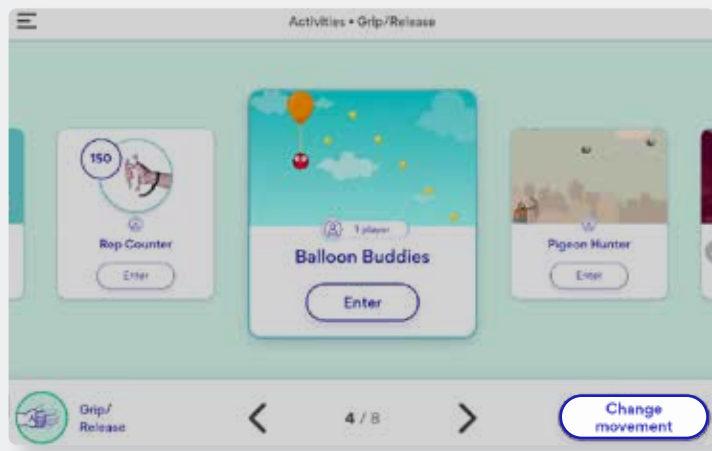
CHOOSING YOUR MOVEMENT AND ACTIVITY FOR TRAINING

GRIPABLE
SERIOUS. FUN. REHAB.



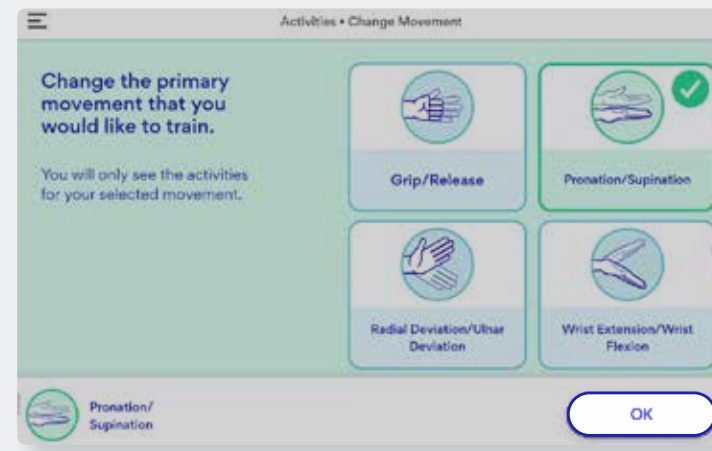
4.2 Selecting movements and activities

Step 01



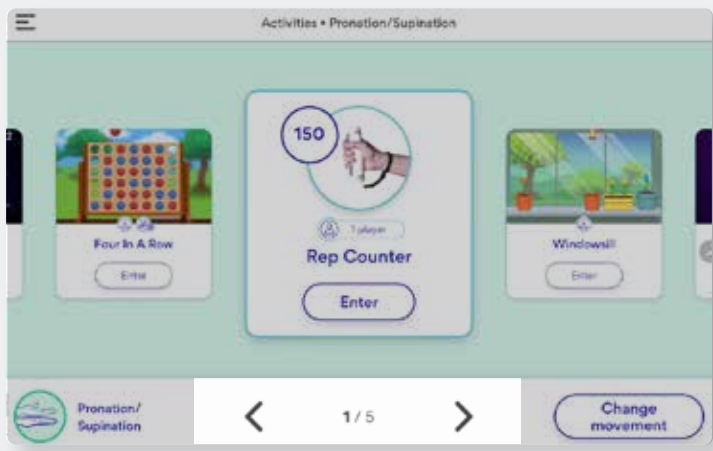
Change movement
Tap **Change movement** from the activities screen.

Step 02



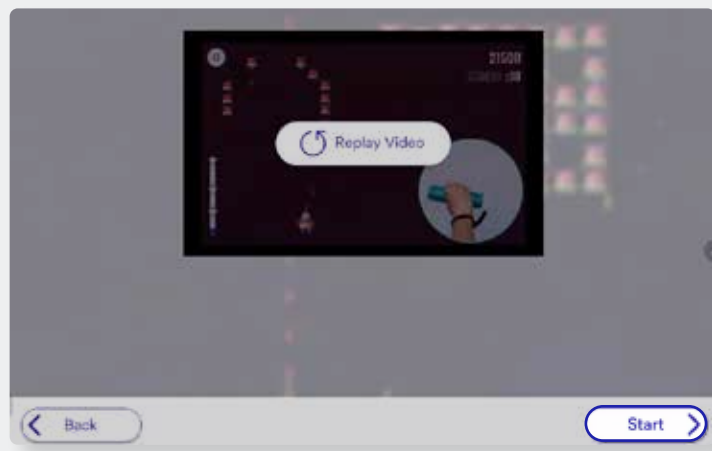
Select your movement
Tap the desired movement so it's ticked and tap **OK**

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




Step 08



Step 09




Activity complete



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

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 .

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

5.1 Video explainer	33
5.2 Setting goals	34–35
5.3 View history	36

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

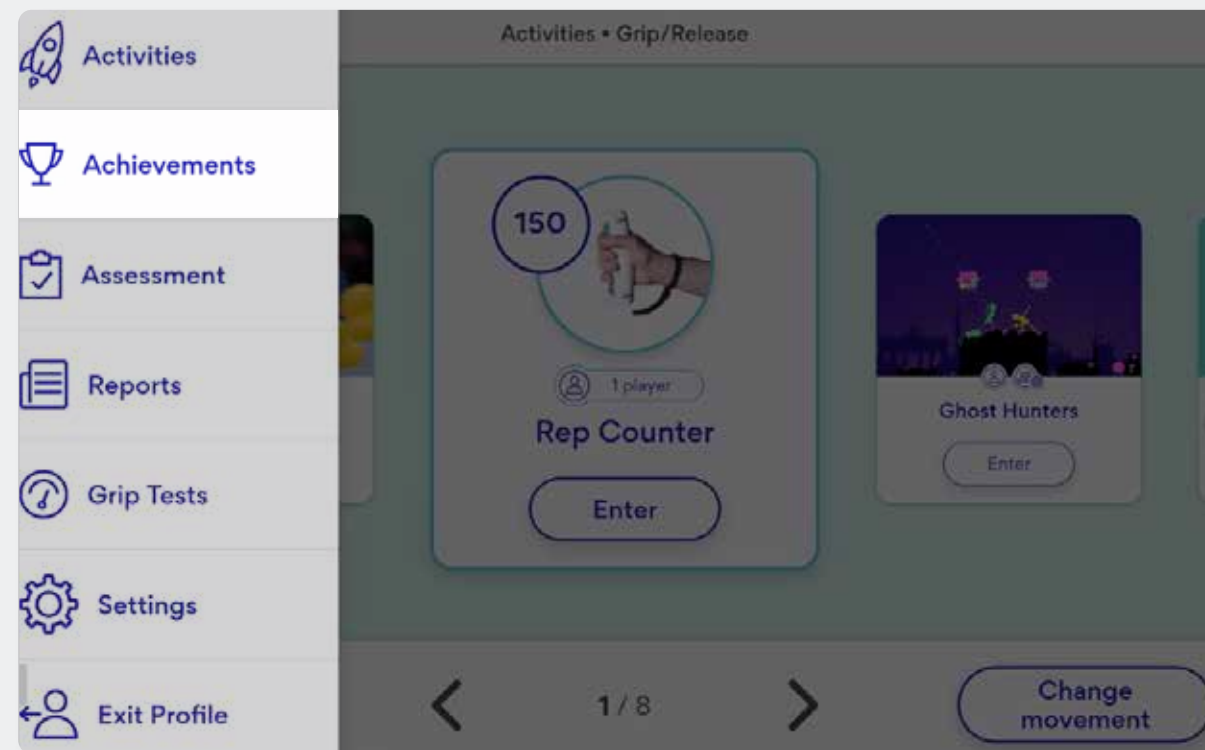
WWW.GRIPABLE.CO

SETTING GOALS AND VIEWING HISTORY IN THE APP

GRIPABLE
SERIOUS. FUN. REHAB.



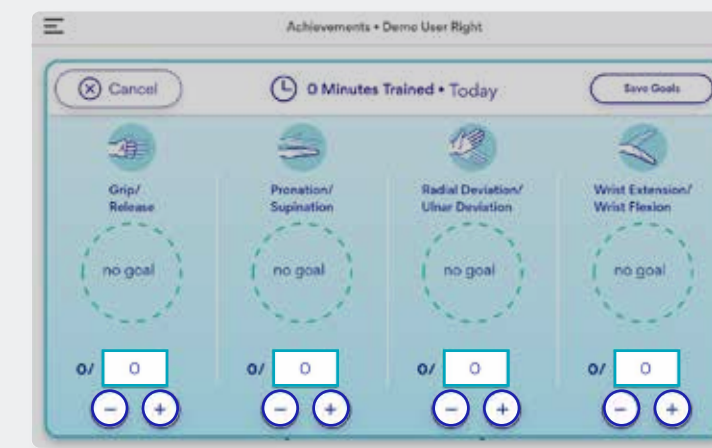
5.2 Setting goals



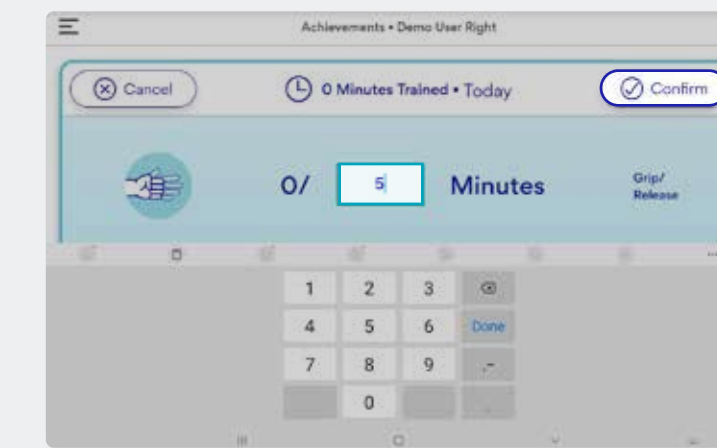
Step 01



Step 02



Alternative





To set and update goals, increase or decrease your daily minute or repetition count, select **Achievements** 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  Set Goal

Adjusting goals

Tap the   to enter the desired amount for the required movements

Tap  to use the keypad

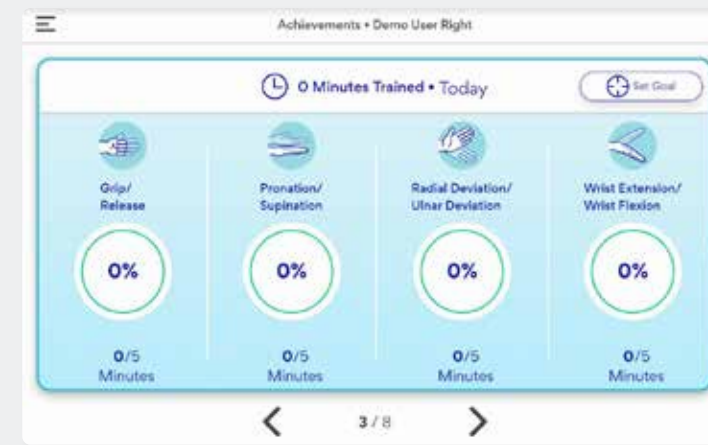
Adjusting goals with the keypad

Tap  Confirm after entering the desired amount

Steps continue on next page.

5.2 Setting goals

Step 03



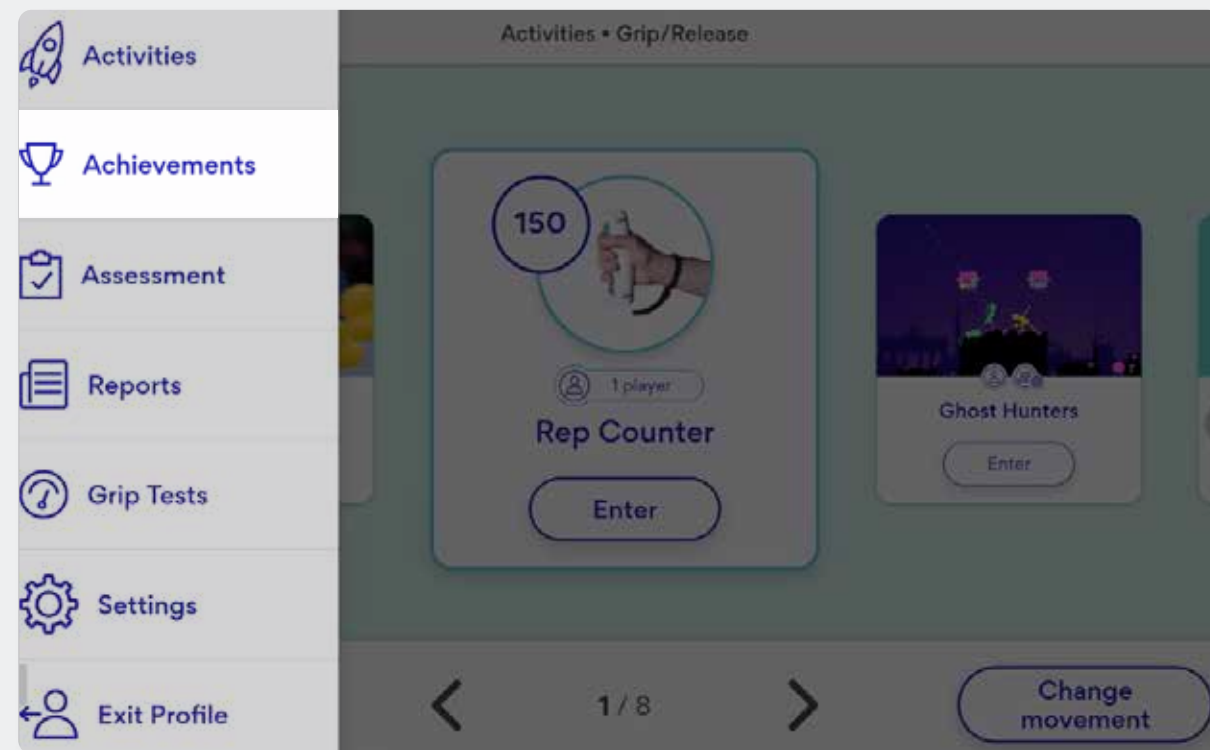
Save your goal

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

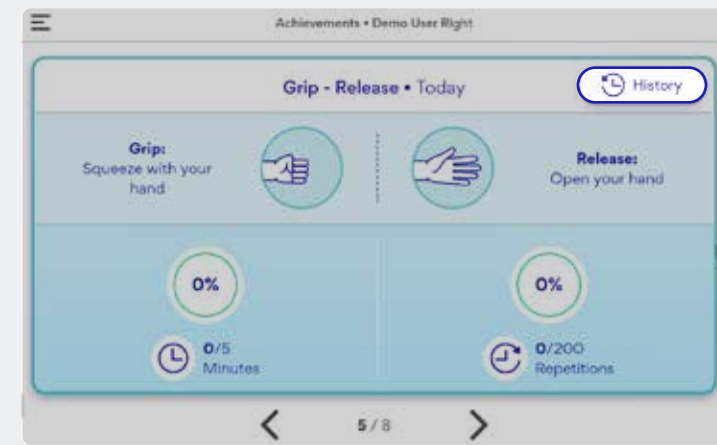
Note

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

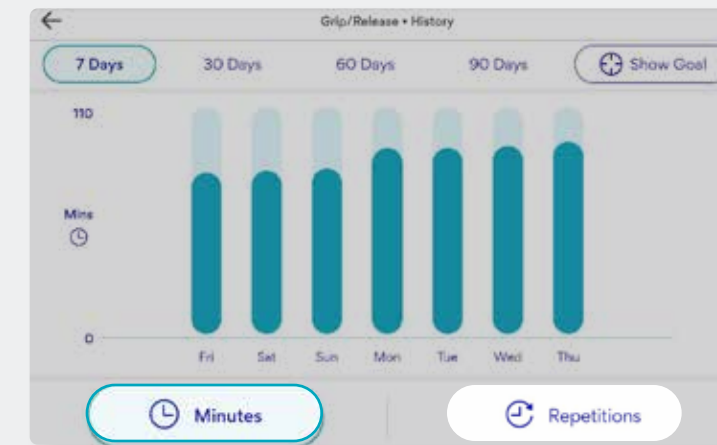
5.3 View history



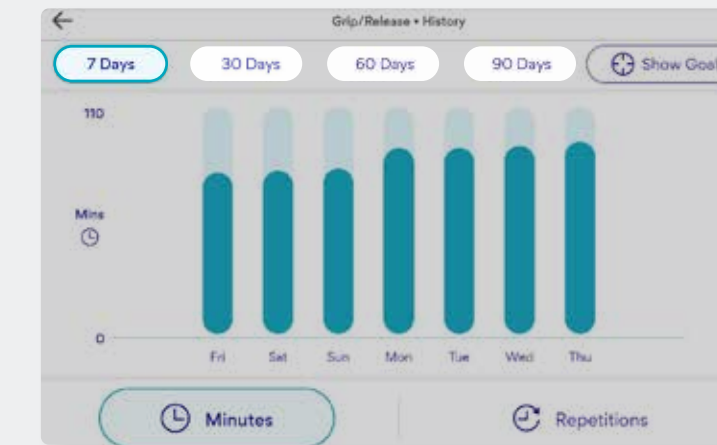
Step 01



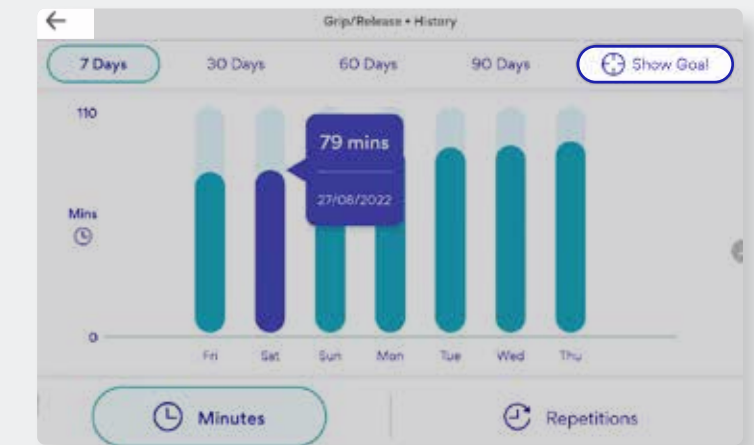
Step 02




Step 03



Step 04



Training history can be found on pages 5-8 in the  Achievements 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

6.1 Video explainer	38
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.

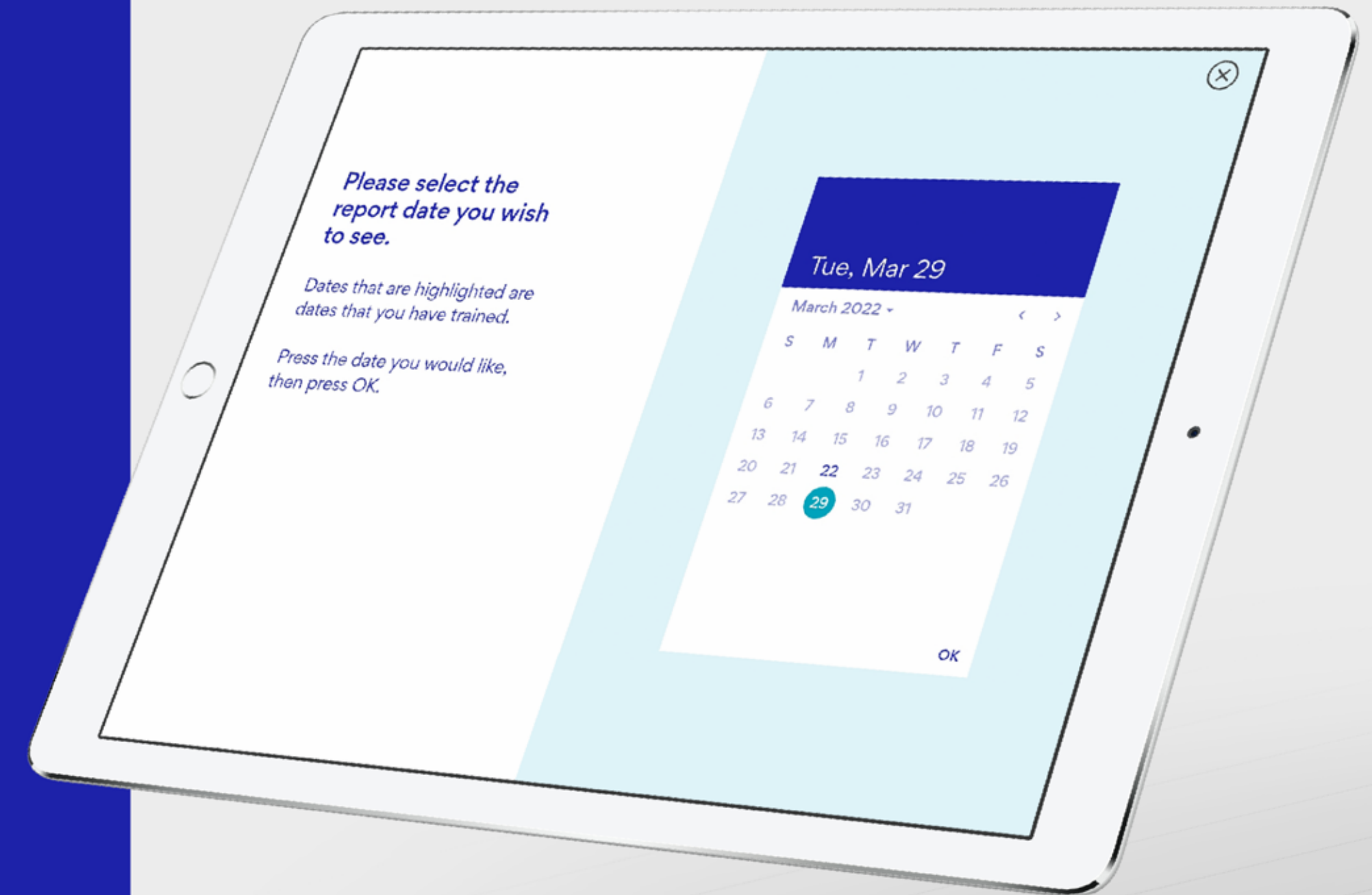


Alternatively scan the QR code to view video

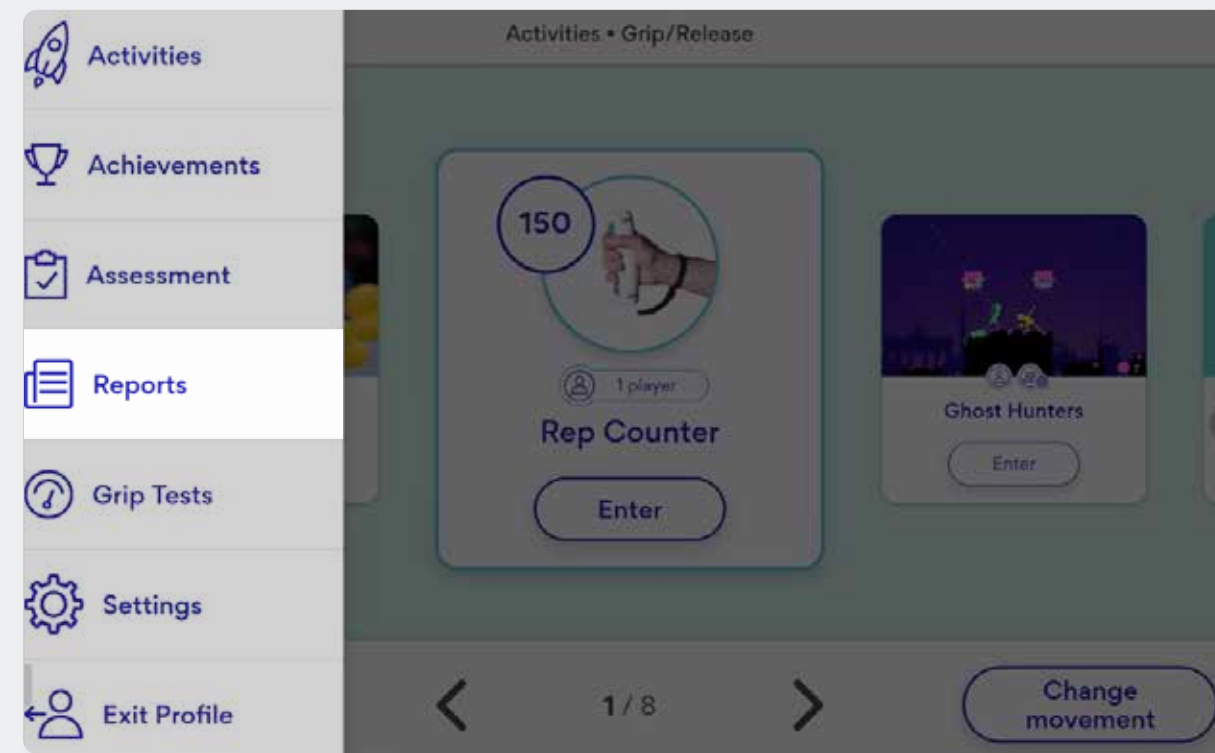
WWW.GRIPABLE.CO

SHARING ACTIVITY REPORTS REMOTELY

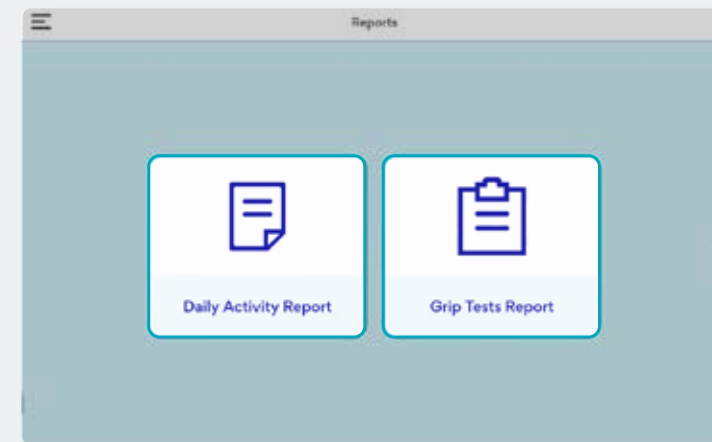
GRIPABLE
SERIOUS. FUN. REHAB.



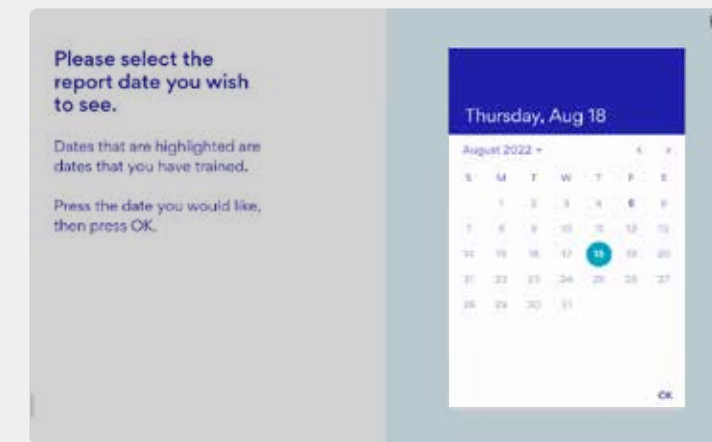
6.2 Sharing activity reports remotely



Step 01



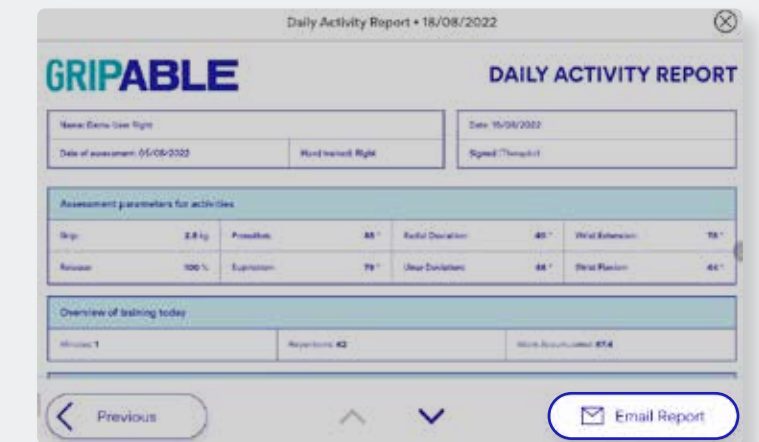
Step 02



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.

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



Tap the required date and tap **OK** 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.

07

GRIP TESTS

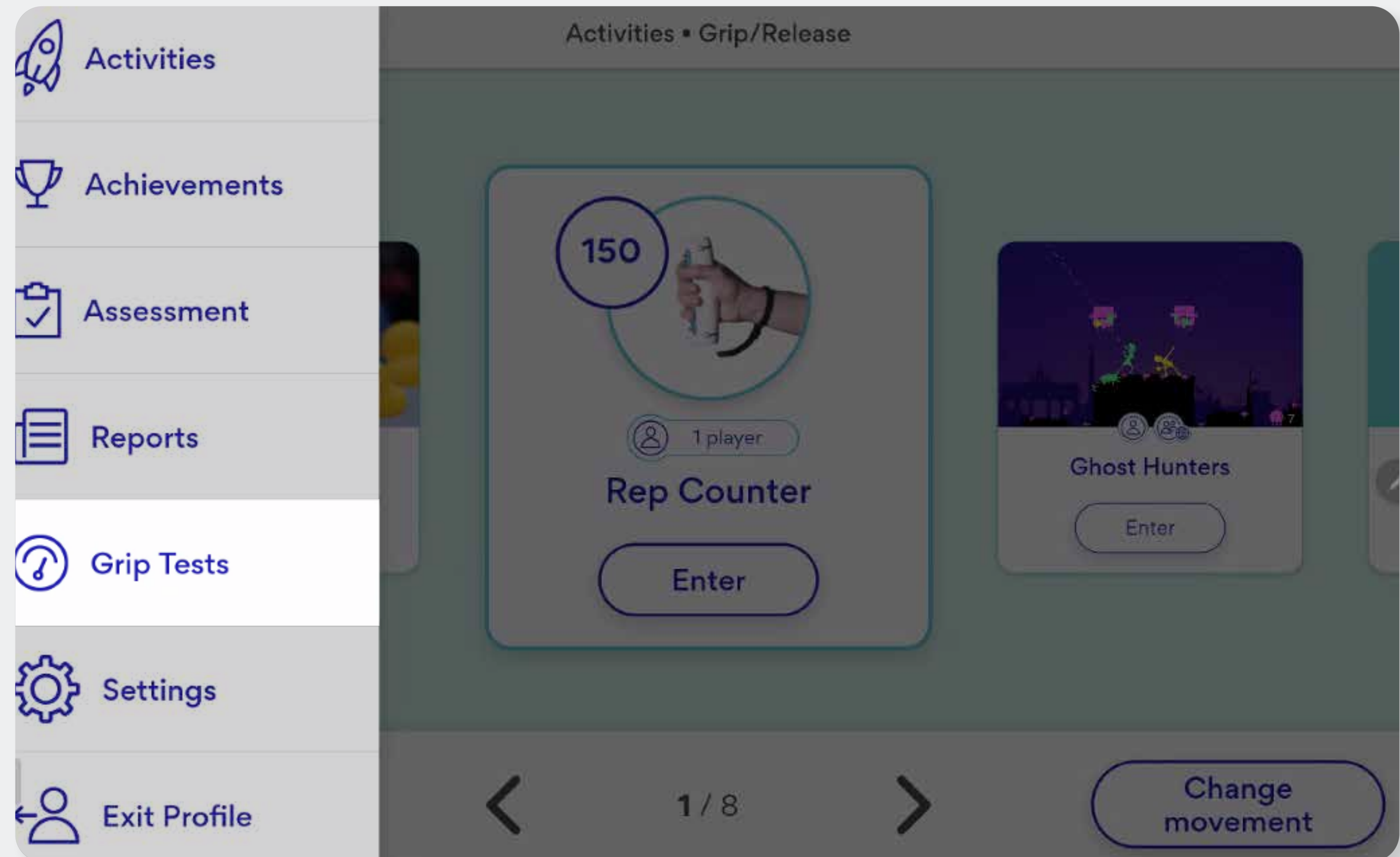
7.1 Grip tests	41–42
7.2 How to unlock from Isometric Mode	43
7.3 Calibrating the sensors in the GripAble device	44–45

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.

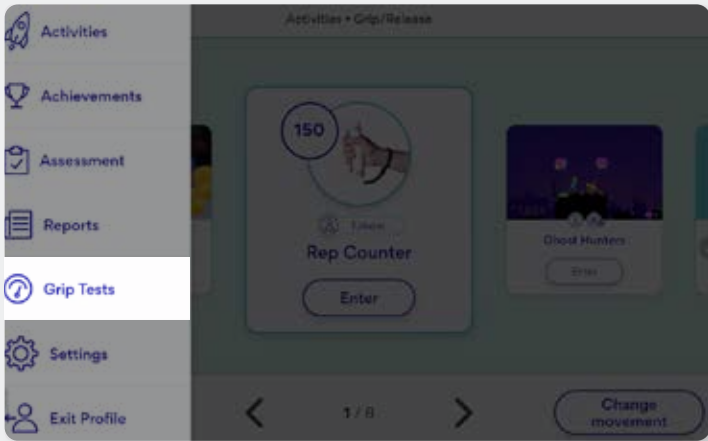
The test result screen (with the exception of the quick grip test) can be emailed and the results will also be saved in the grip test reports.

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



7.1 Grip tests

Step 01



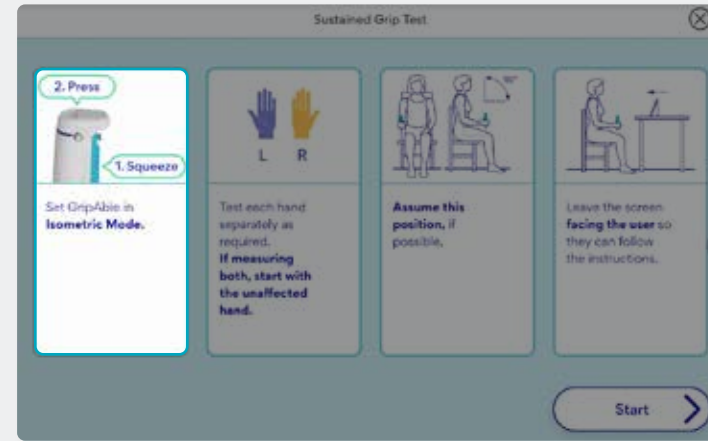
To start
Select [Grip Tests](#) from the profile main menu.

Step 02



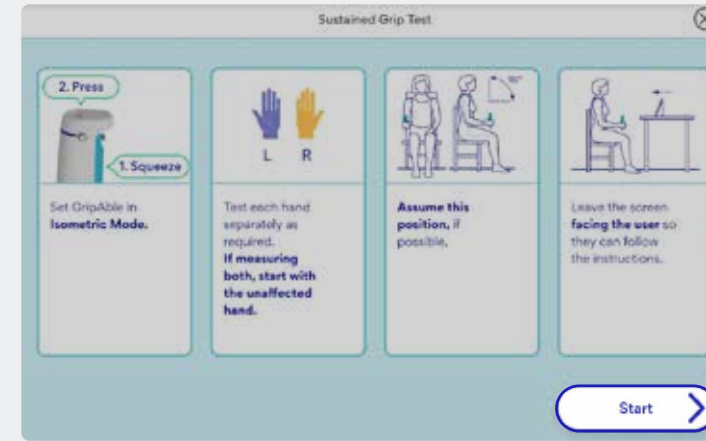
Choose your test
Select a test by tapping on it.

Step 03



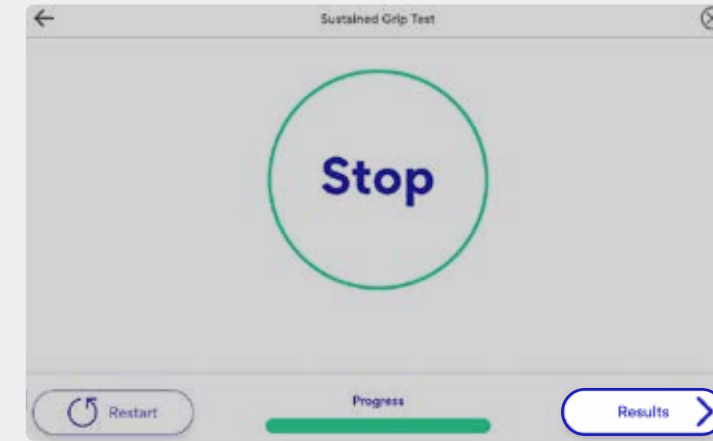
Set Isometric Mode
Set the device in Isometric Mode by squeezing and holding the finger plate in fully and then pushing the blue lock button down. (The finger plate will now stay locked in).

Step 04



Follow on screen instructions
Follow the rest of the set up instructions and tap [Start](#) 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 [Results](#) to view the metrics for the test.

Step 06



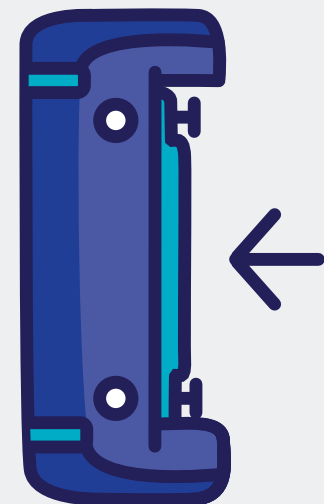
Email results
Tap [Email Results](#) to send a copy of the results immediately. The test result will also be saved in the grip test reports and can be emailed at any time from there.

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

7.2 How to unlock from Isometric Mode

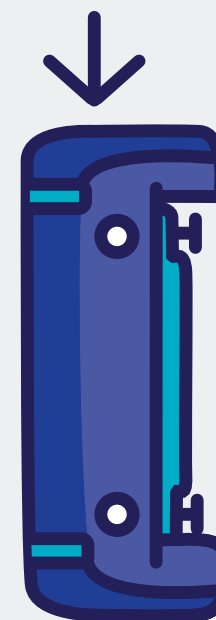
Isometric Mode is only used for the grip tests. When testing is complete, unlock the finger plate by following these steps.

Step 01

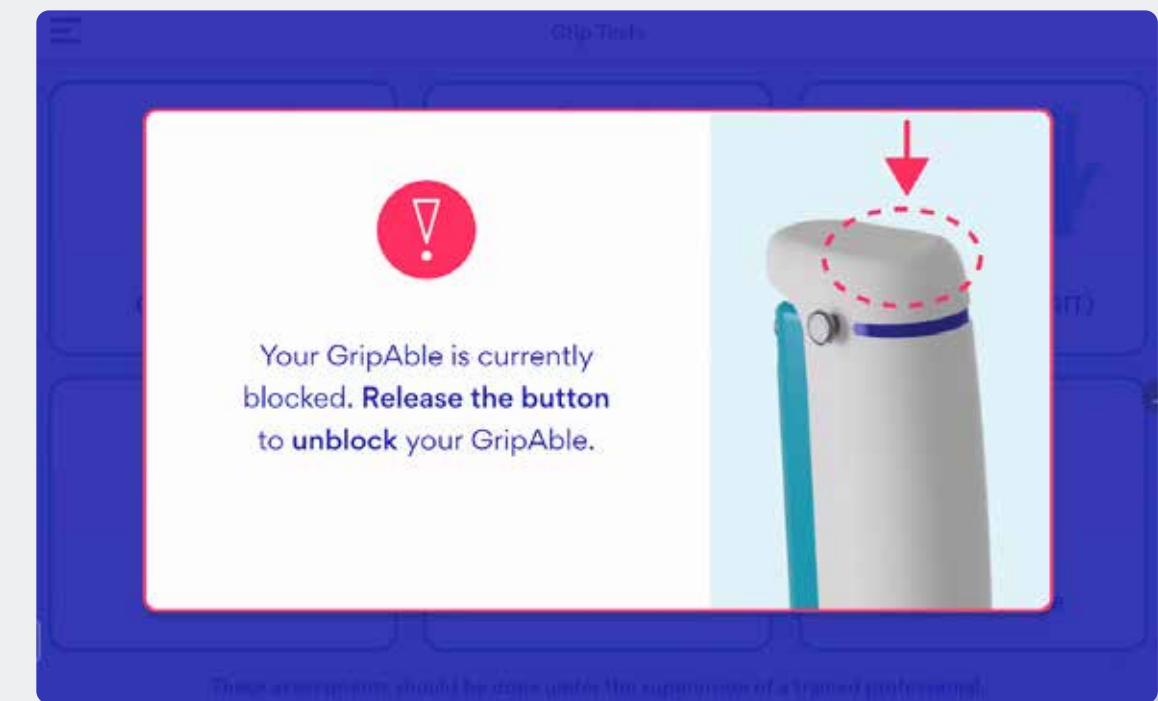


To start
Squeeze and hold in the finger plate.

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.

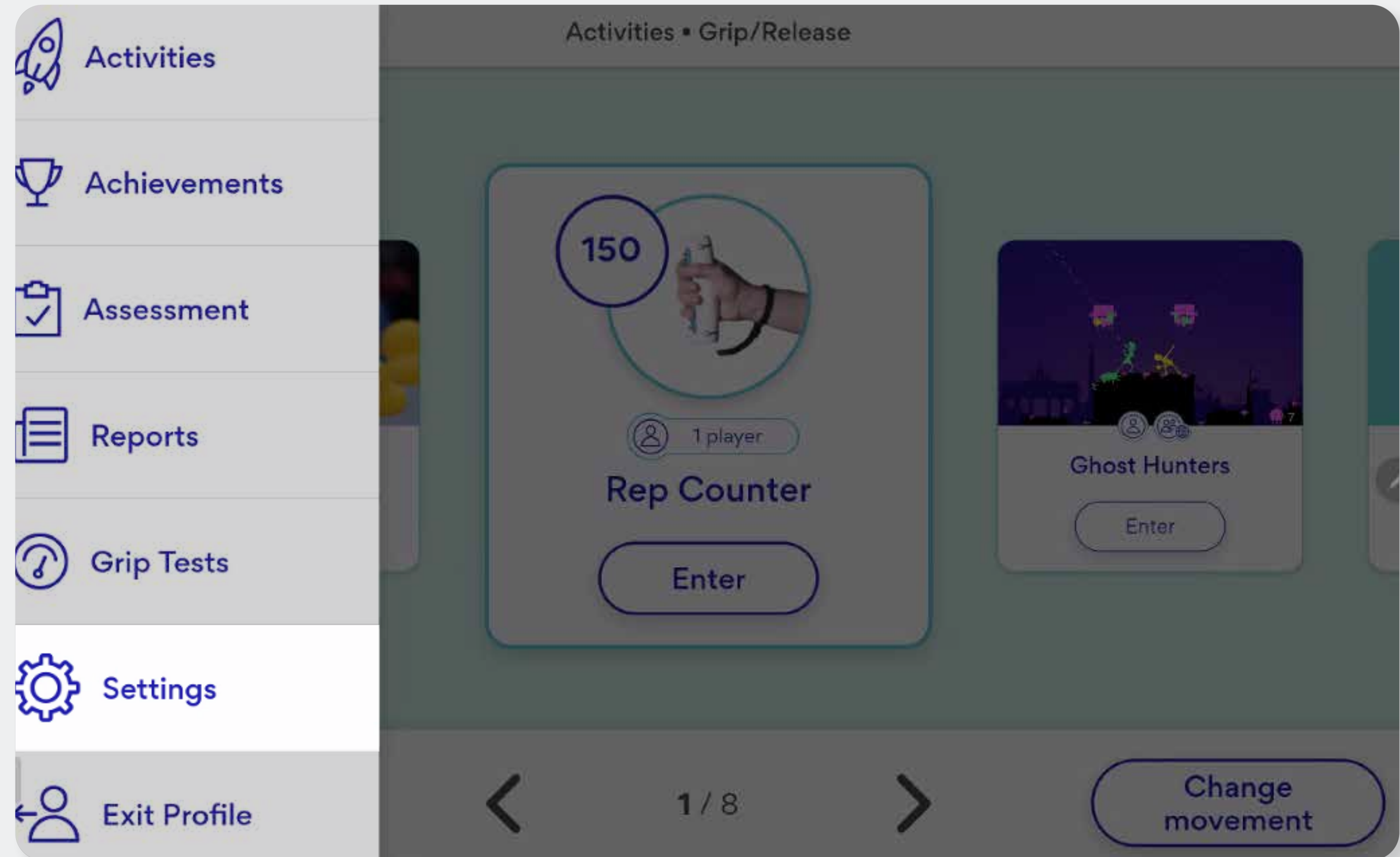
7.3 Calibrating the sensors in the GripAble device

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.



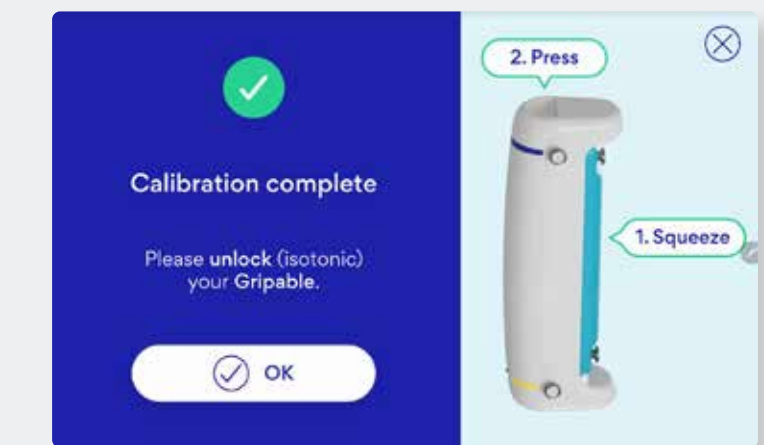
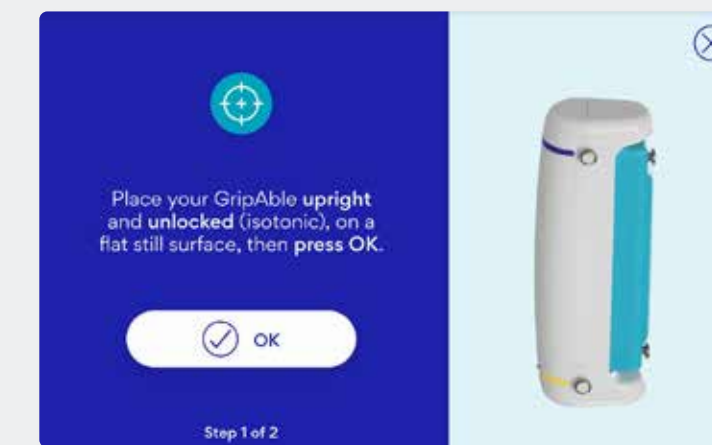
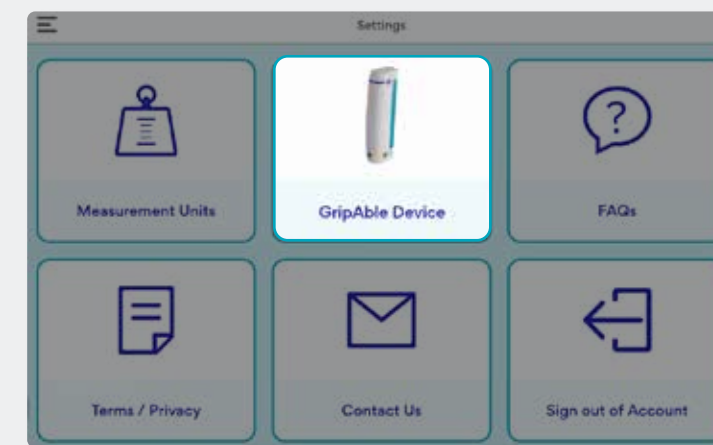
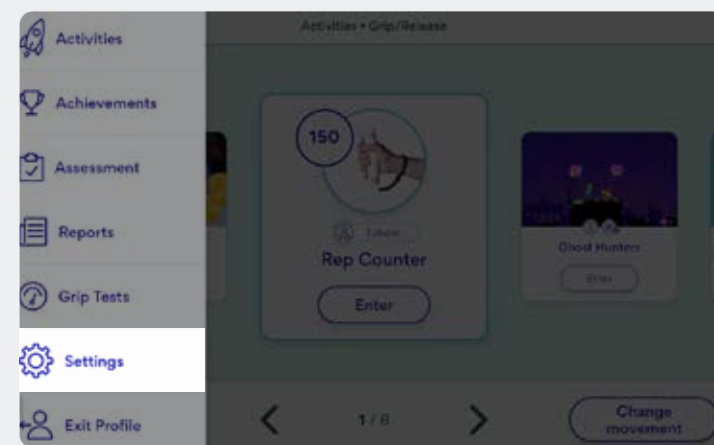
7.3 Calibrating the sensors in the GripAble device

Step 01

Step 02

Step 03

Step 04



To start

Tap  Settings

Select device

Tap "GripAble Device".

Select Calibrate

Tap "Calibrate GripAble".

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


WWW.GRIPABLE.CO

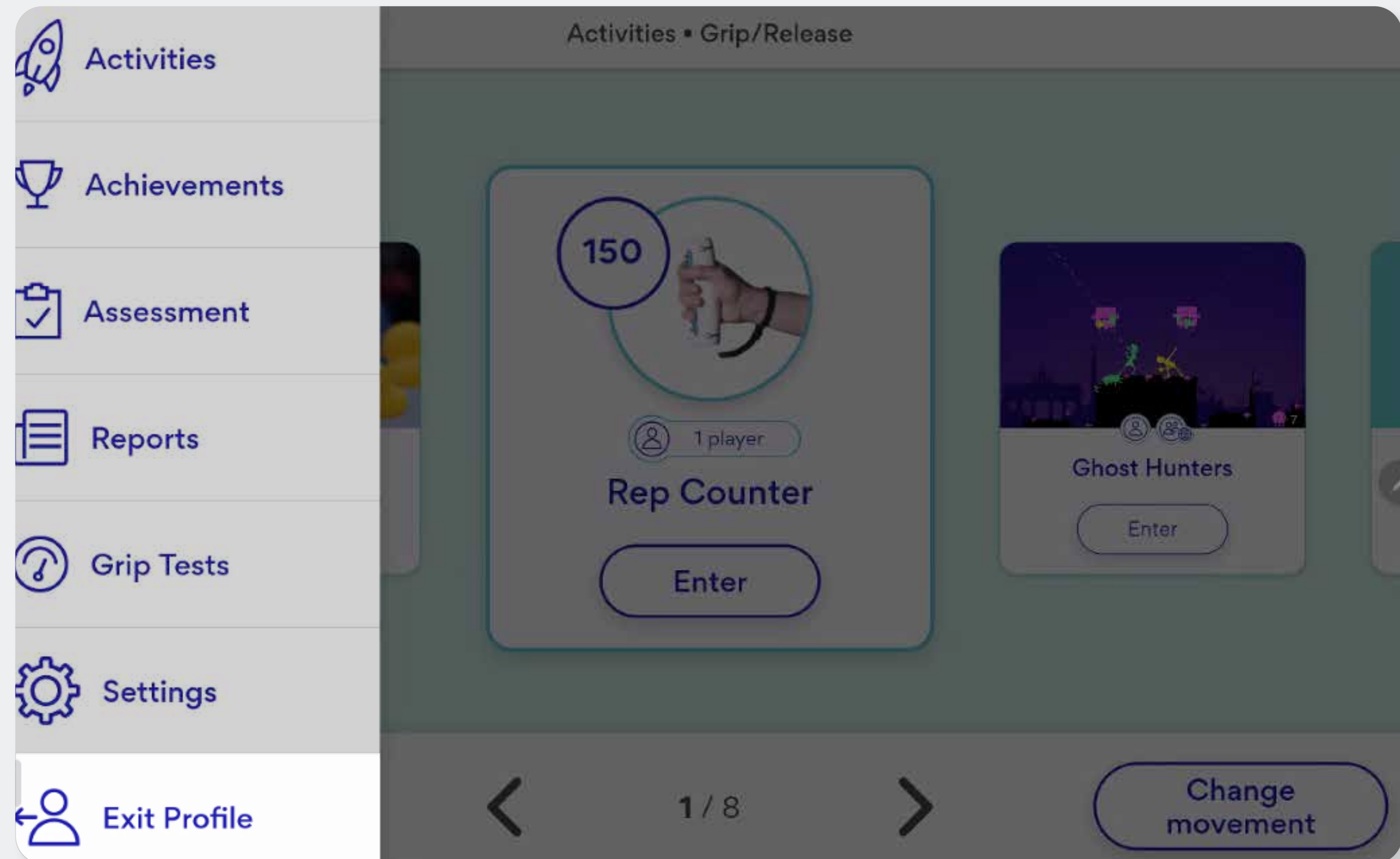
**TURNING
OFF YOUR
GRIPABLE
DEVICE
AND APP**

GRIPABLE
SERIOUS. FUN. REHAB.



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.

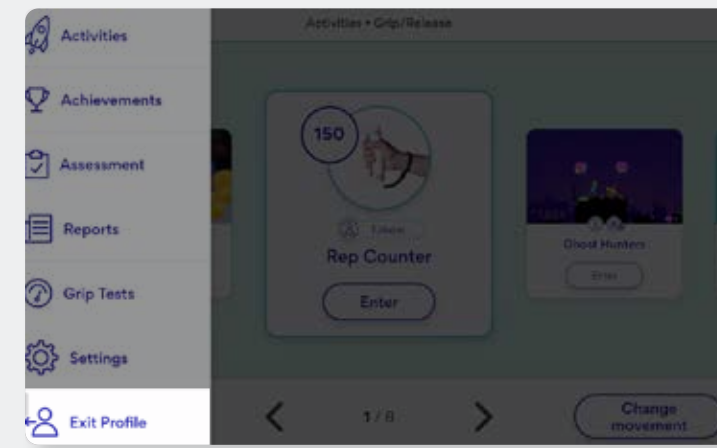


8.2 Turning off your GripAble device and app


Note

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

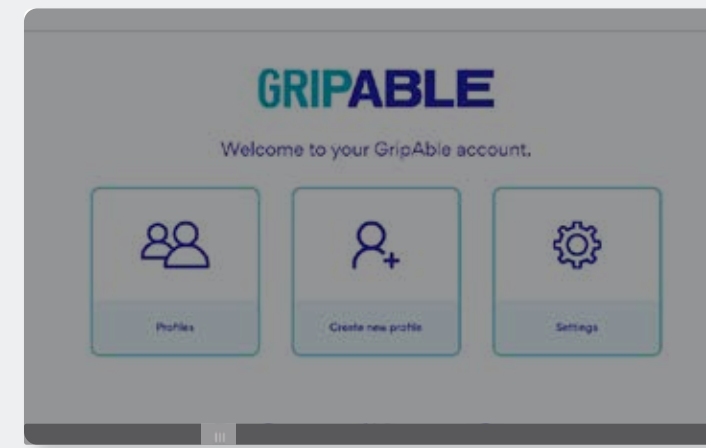
Step 01




To start

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

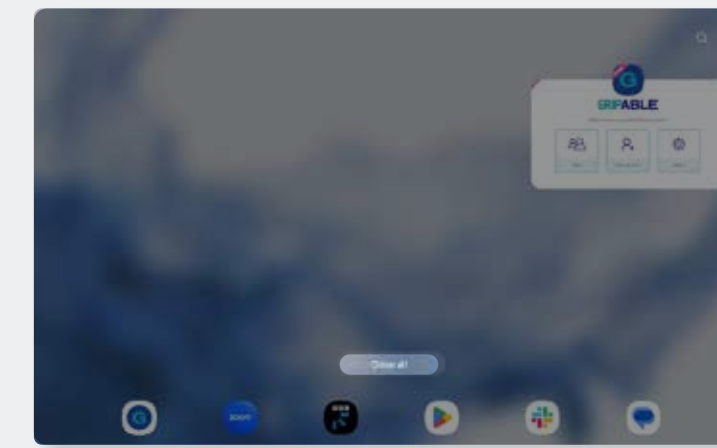
Step 02




Swipe up

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

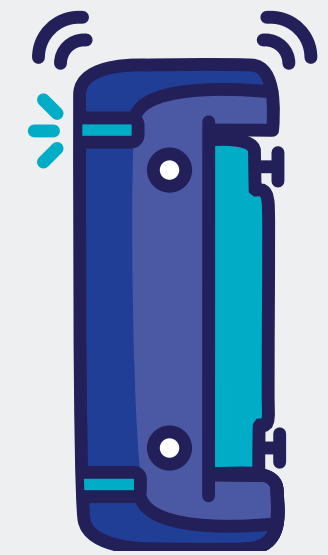
Step 03



Close

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

Step 04



Put handset down

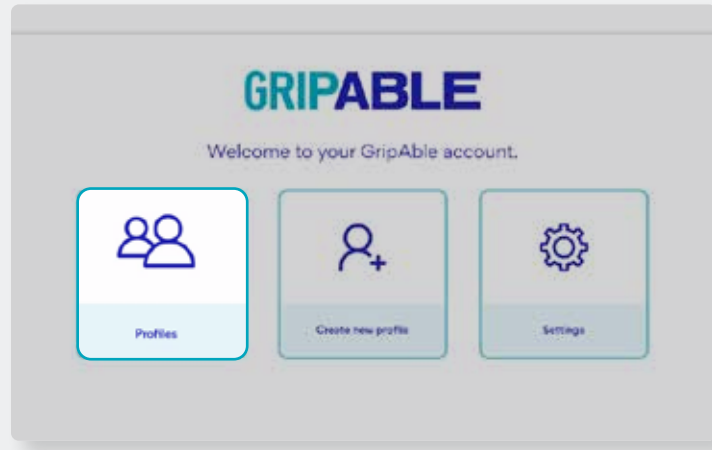
The handset will vibrate and the blue light will flash for 5 minutes whilst it turns off.

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

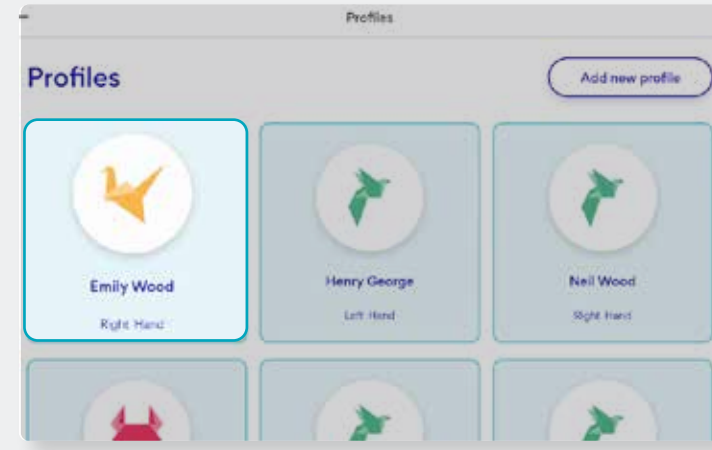
Step 01



To start

Tap "Profiles."

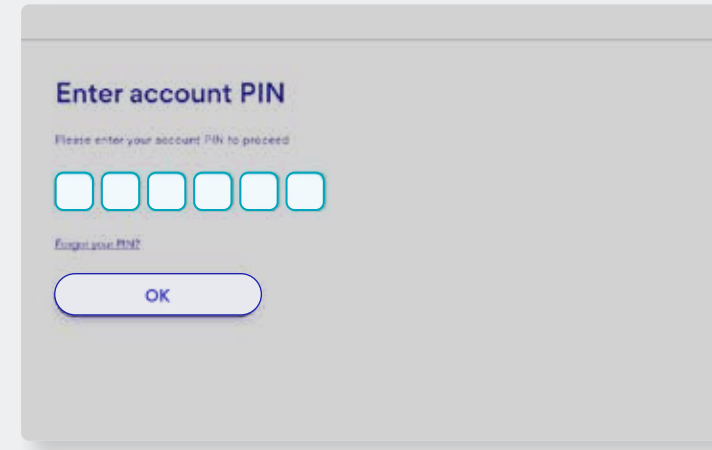
Step 02



Select profile

Tap the required profile.

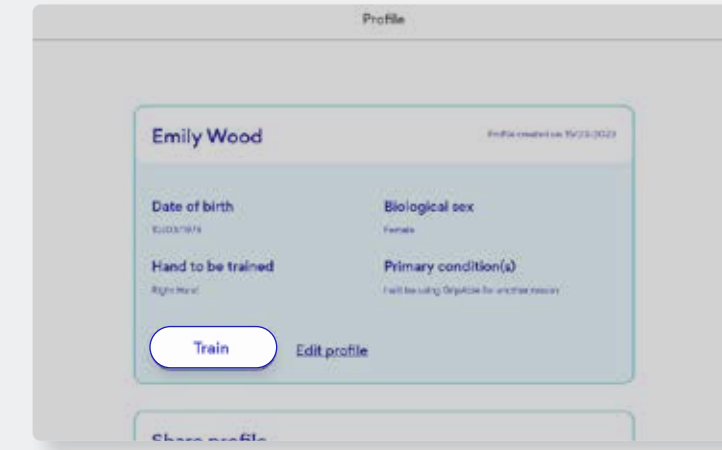
Step 03



Enter account PIN

Tap 

Step 04

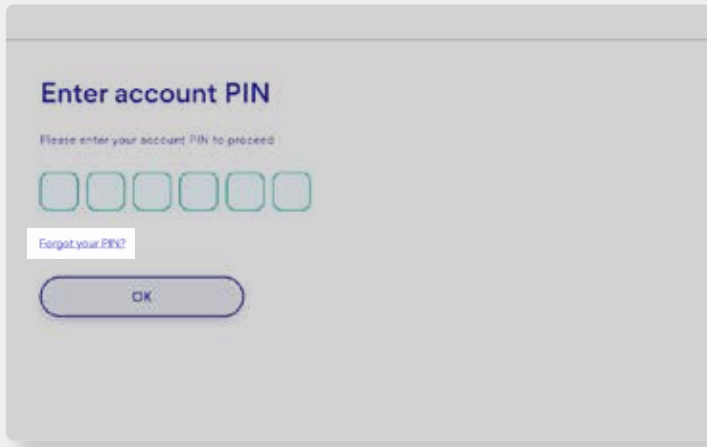


You're now ready to train

Tap 

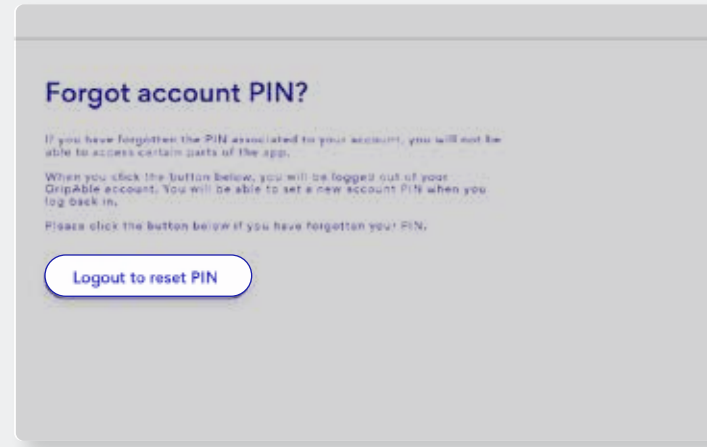
9.2 Forgotten your account PIN?

Step 01



To start
Tap [Forgot your PIN?](#)

Step 02



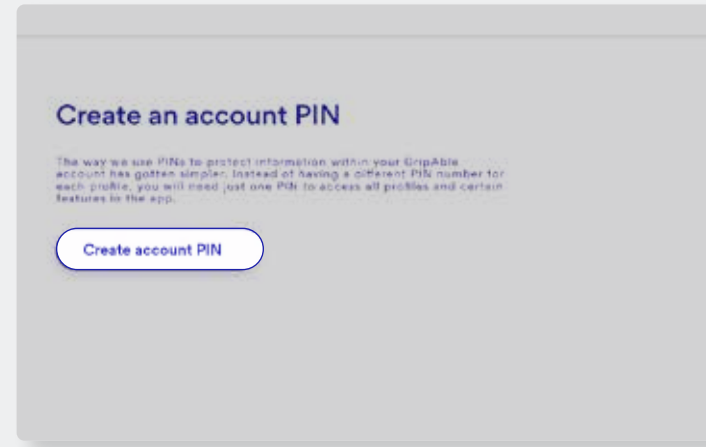
Logout
Tap [Logout to reset PIN](#)

Step 03



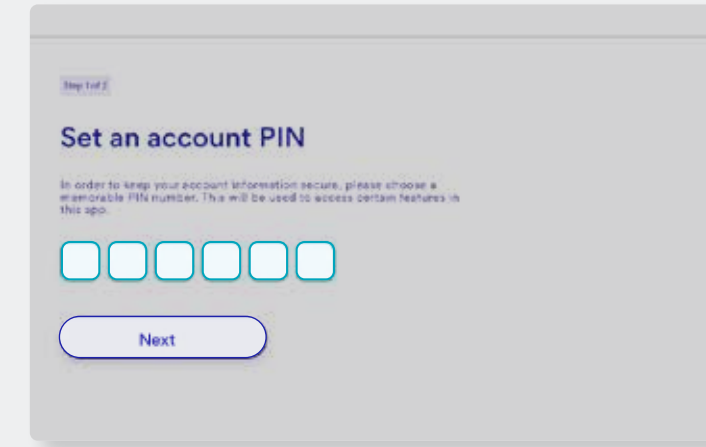
Sign in
Tap [Sign in with email address](#)

Step 04



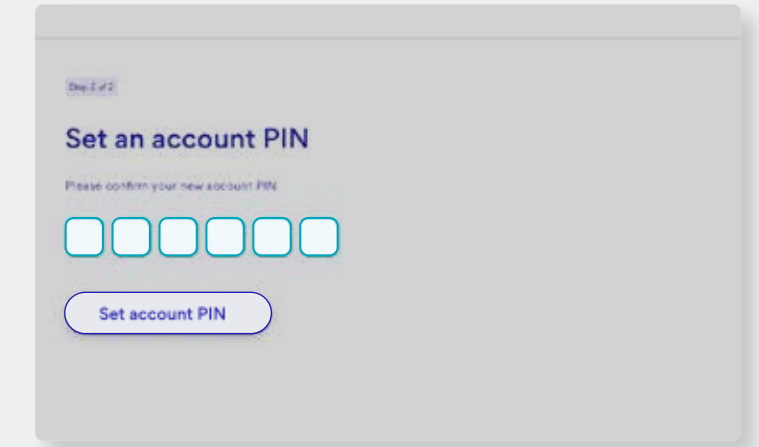
Create account PIN
Tap [Create account PIN](#)

Step 05



Set new account PIN code
Tap [Next](#)

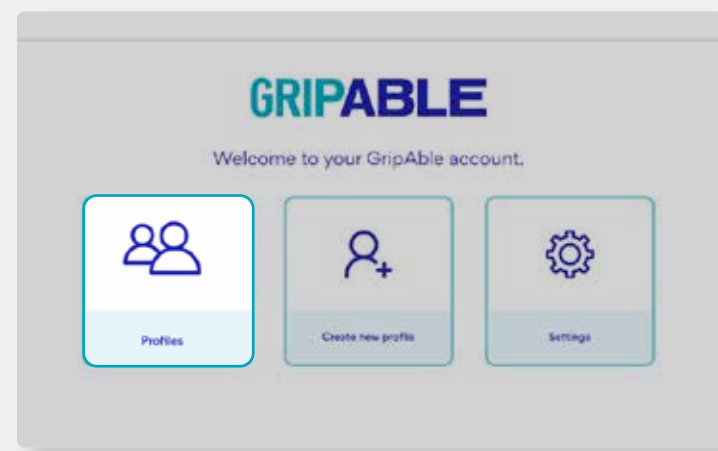
Step 06



Confirm you account PIN
Tap [Set account PIN](#)

9.3 How to share user profile

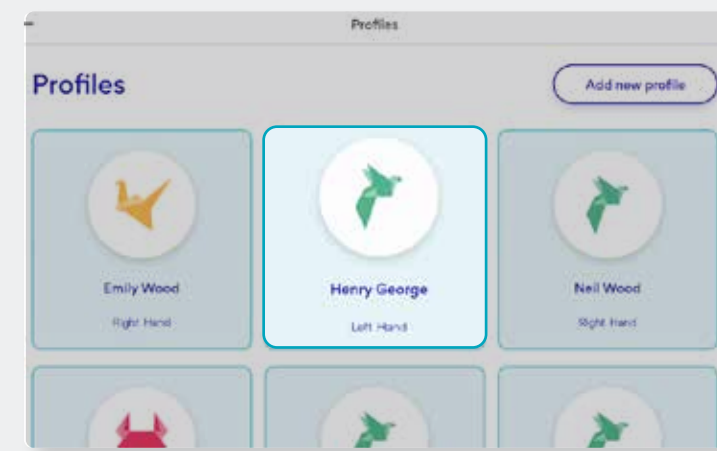
Step 01



Profiles

Tap “Profiles.”

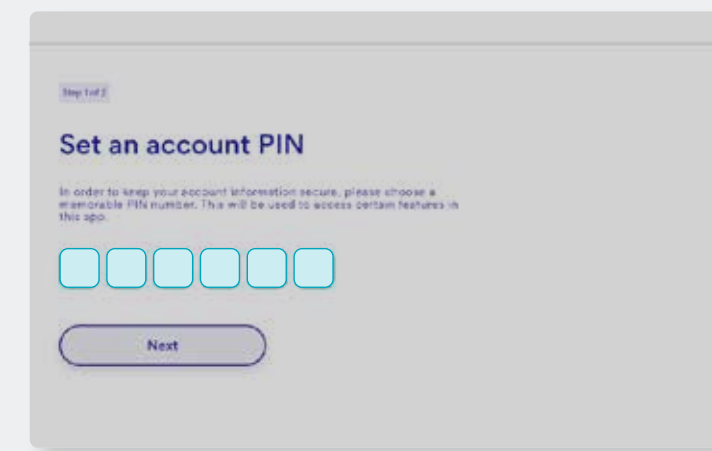
Step 02



Select profile

Select the profile to share.

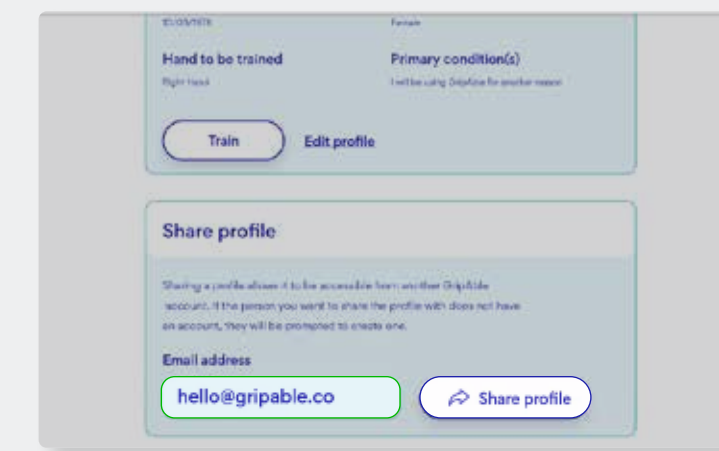
Step 03




Enter account PIN

Enter the account PIN.

Step 04



Enter recipient email address

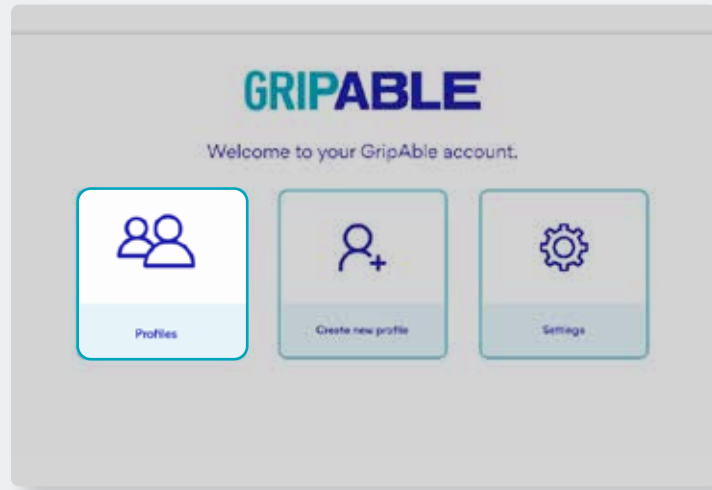
Enter the email address of the person you would like to share the profile with and tap 

Note

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

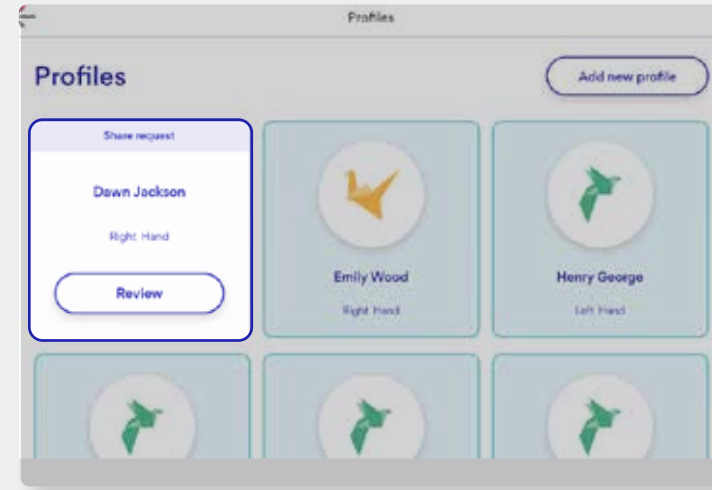
9.4 Receiving a profile share request

Step 01



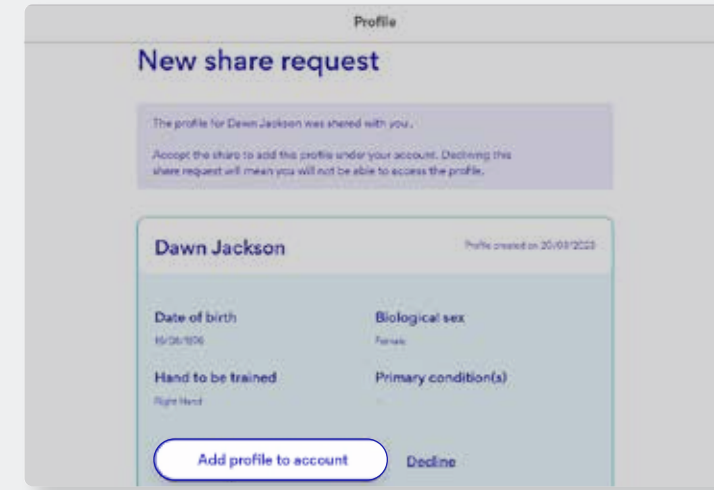
Enter profile
Tap "Profiles"

Step 02



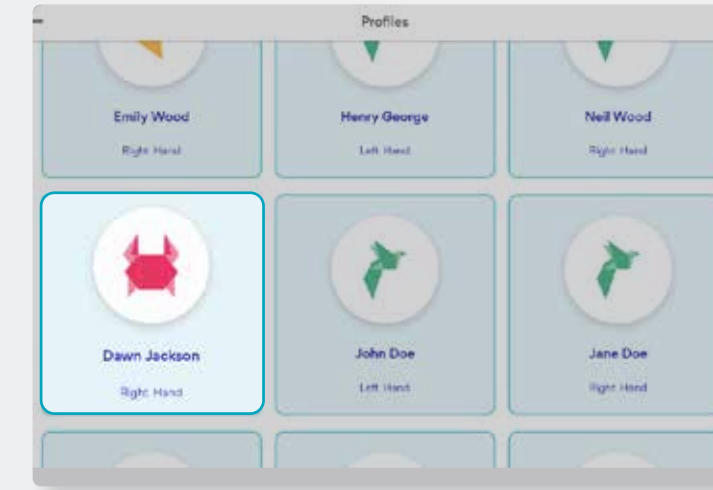
Select profile
Tap **Review**

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

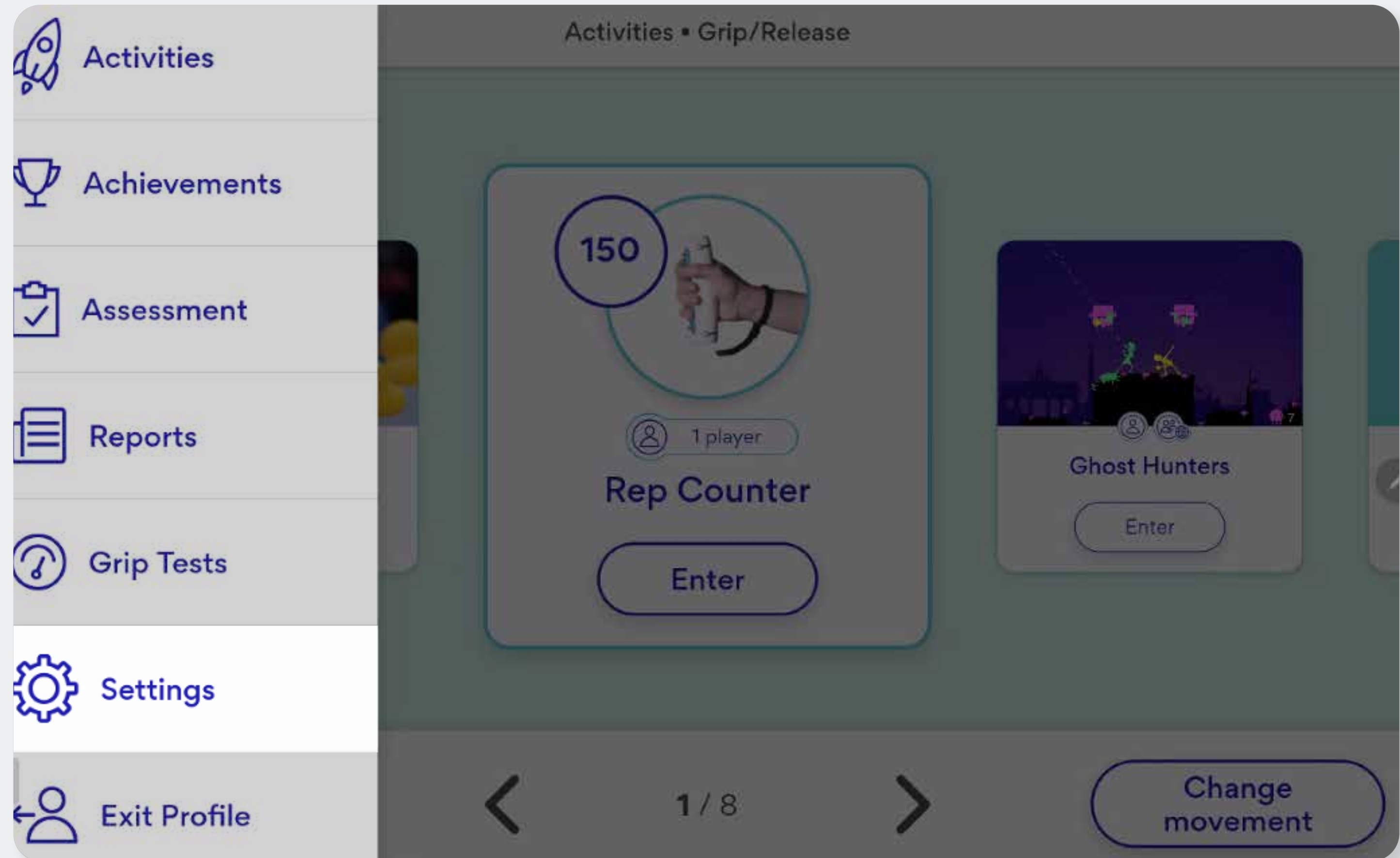
The graphic features a dark blue background on the left with the URL WWW.GRIPABLE.CO at the top. The main text reads "HOW TO PAIR AND UNPAIR YOUR DEVICE" in large white letters. At the bottom is the GripAble logo and the tagline "SERIOUS. FUN. REHAB.". On the right, a white background shows a blue GripAble device and a tablet displaying a game. A dotted blue line with arrowheads connects the device to the tablet.

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

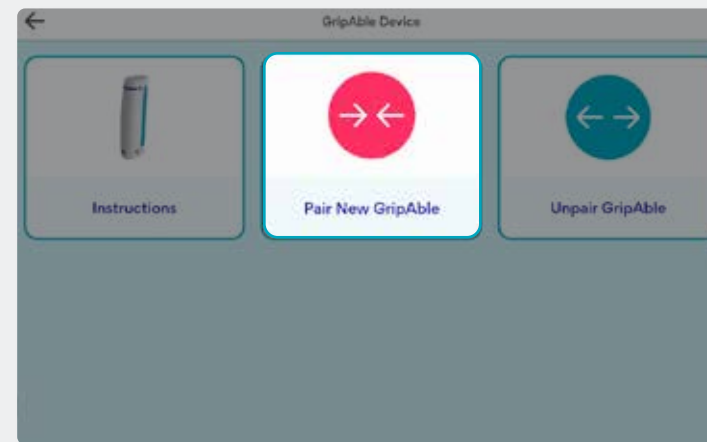
Step 01



To start

Tap “GripAble Device”.

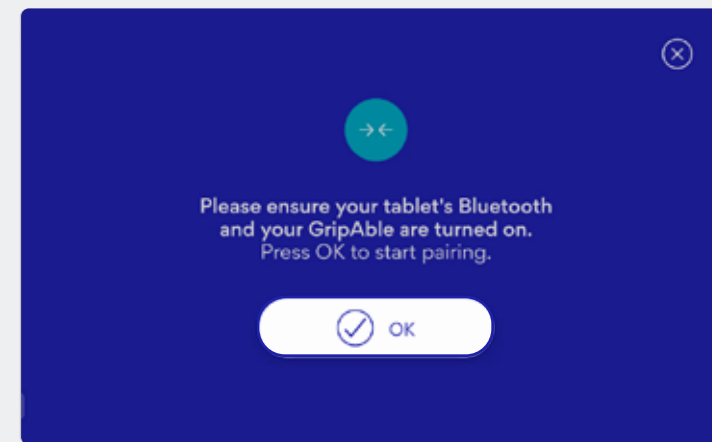
Step 02




To start

Tap “Pair New GripAble”.

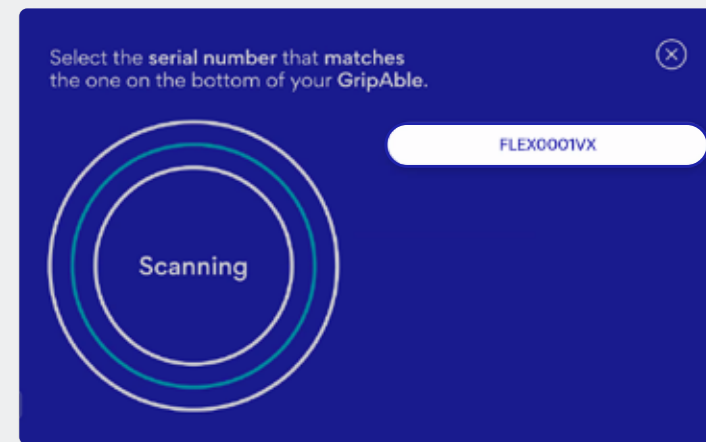
Step 03



Ensure Bluetooth is on

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

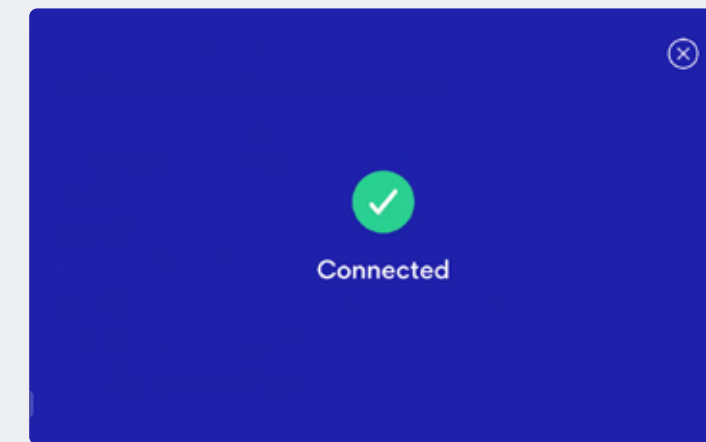
Step 04



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.

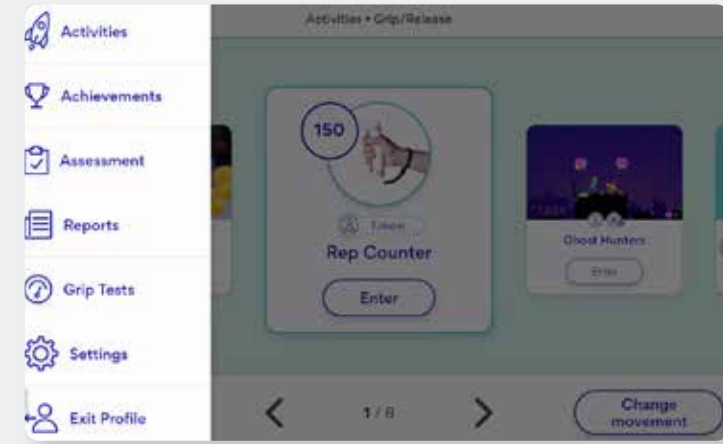


All done

The device is now paired.

10.3 Unpairing a GripAble device

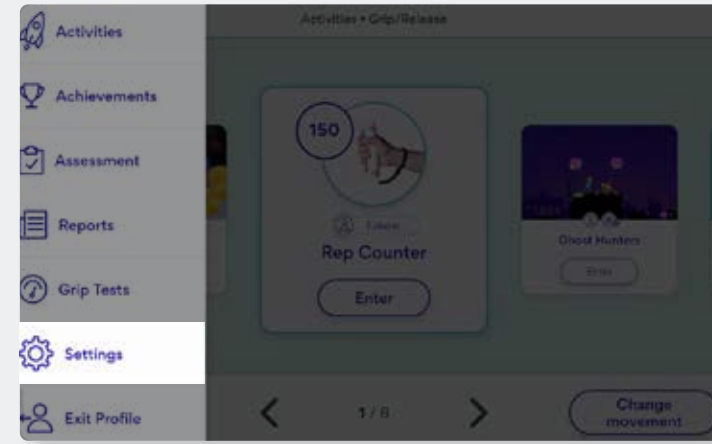
Step 01



To start

Open the main menu.

Step 02



Go to settings

Tap  Settings

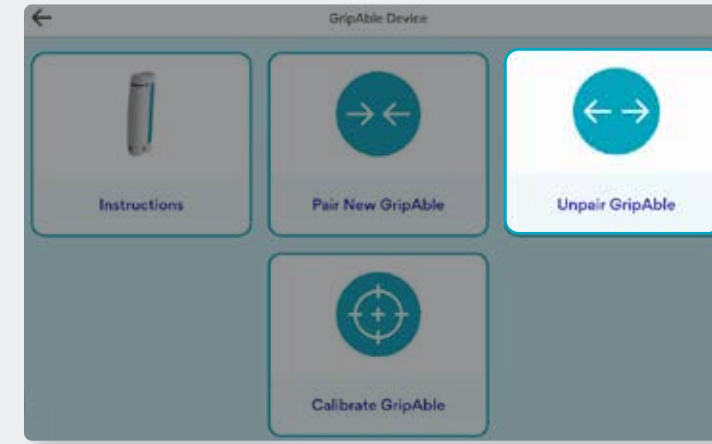
Step 03



Select "GripAble device"

Tap "GripAble Device".

Step 04




Select "Unpair GripAble"

Tap "Unpair GripAble".

Step 05



Unpair

Tap  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

WWW.GRIPABLE.CO

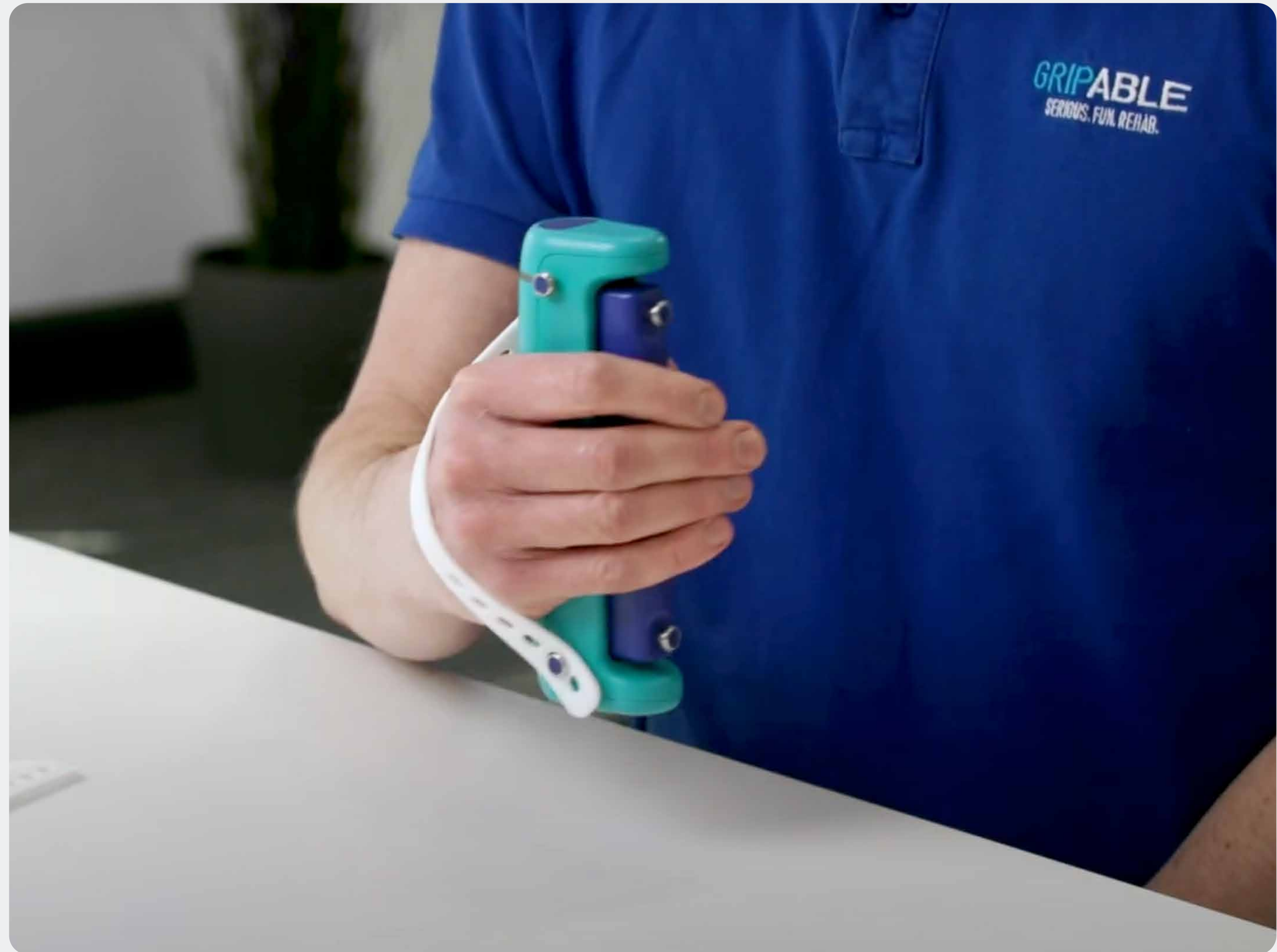
HOW TO USE THE SILICONE STRAPS

GRIPABLE
SERIOUS. FUN. REHAB.



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.



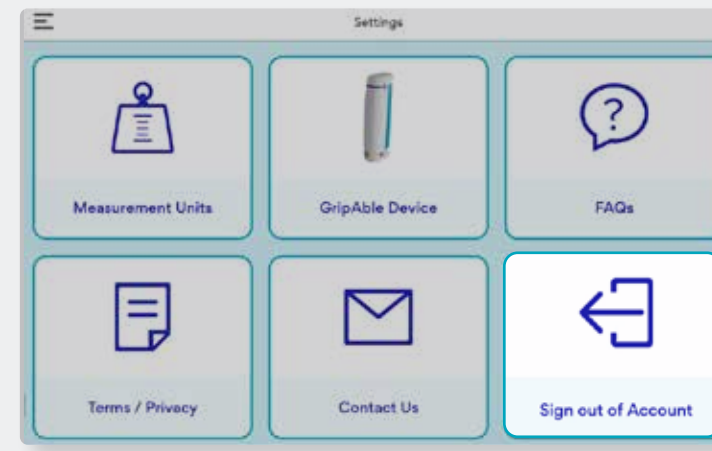
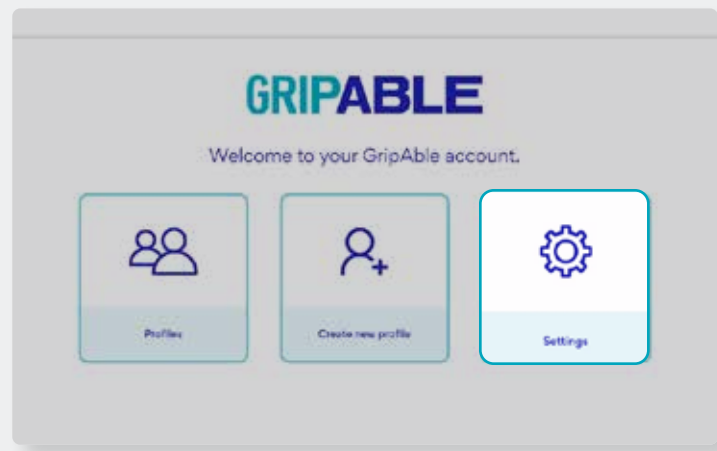
12 USER ACCOUNT

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

Step 02



To start

From the app home page,
Tap 'Settings'

Sign out


Tap 'Sign out of account'

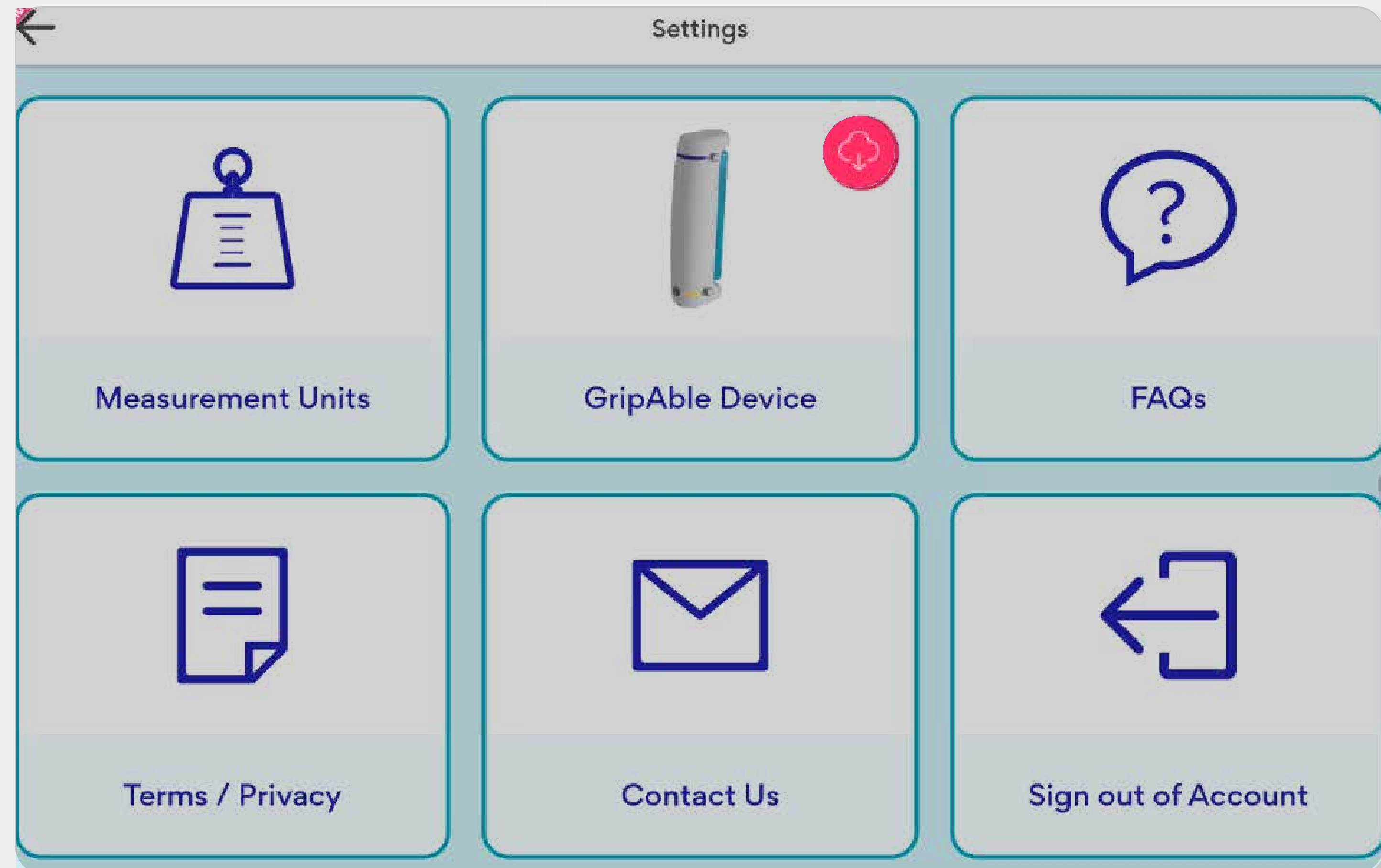
Note

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

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



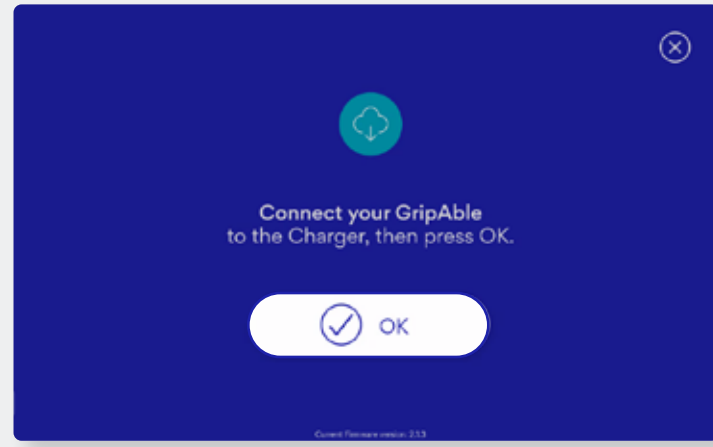
To start
Tap 'GripAble Device'


Step 02



Update
Tap 'Firmware Update'

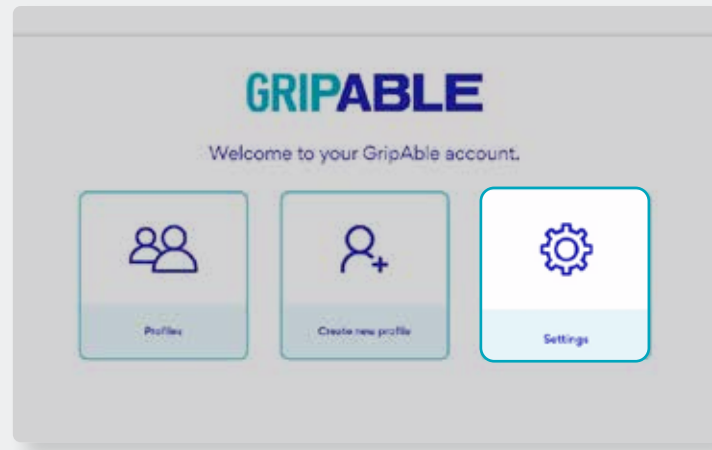
Step 02



Follow prompts
Follow prompts and tap 

12.3 Deleting an Account

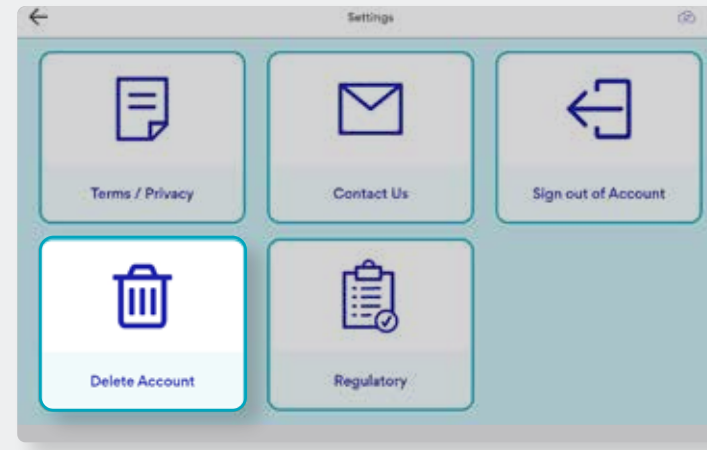
Step 01



To start

From the app home page,
Tap 'Settings'

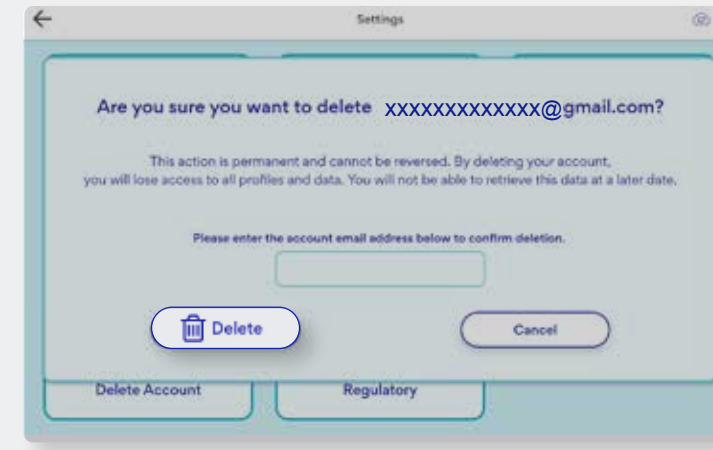
Step 02




Scroll down

Tap 'Delete Account'

Step 03



Follow prompts

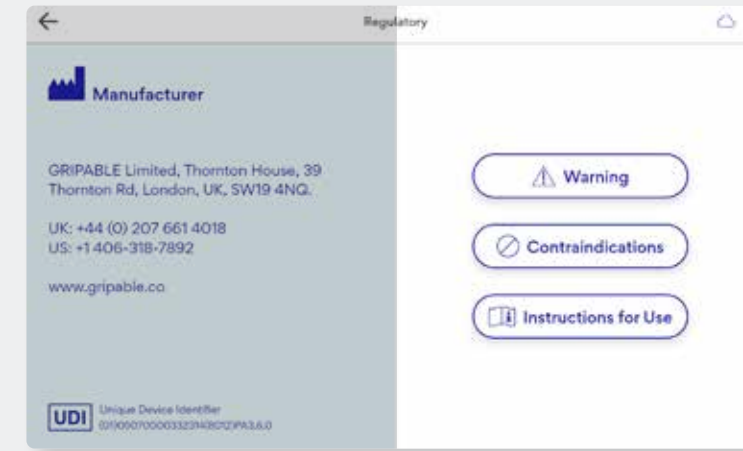
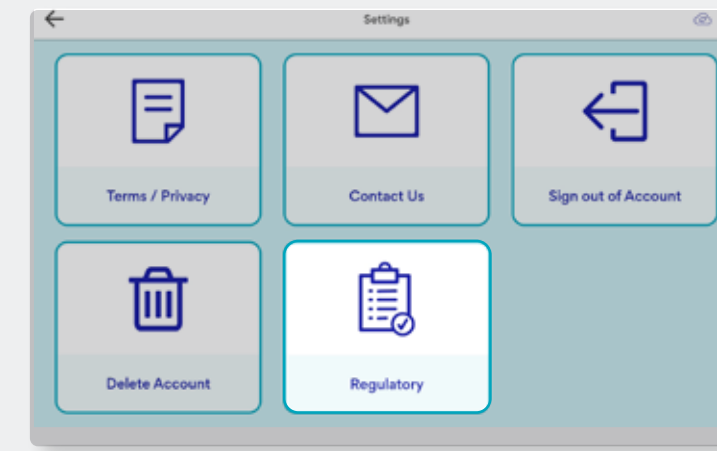
Enter your email address
and tap 

12.4 Regulatory information

Step 01

Step 02

Step 03



To start

From the app home page,
Tap 'Settings'

Scroll down

Tap 'Regulatory'

Tap on the buttons

to see various regulatory
information

13

OFFLINE

FUNCTIONALITY

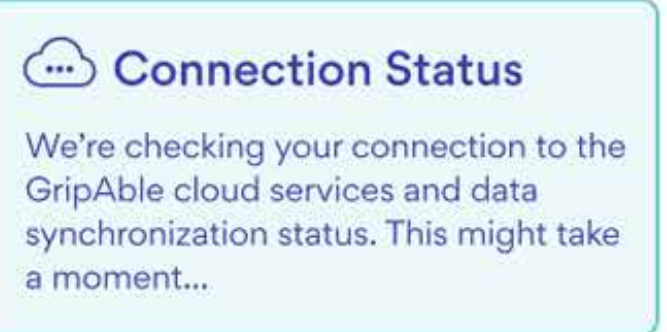
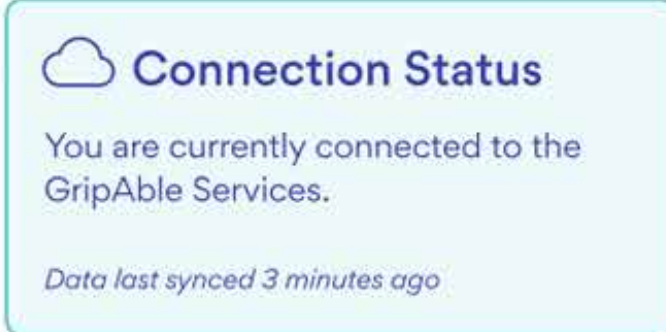
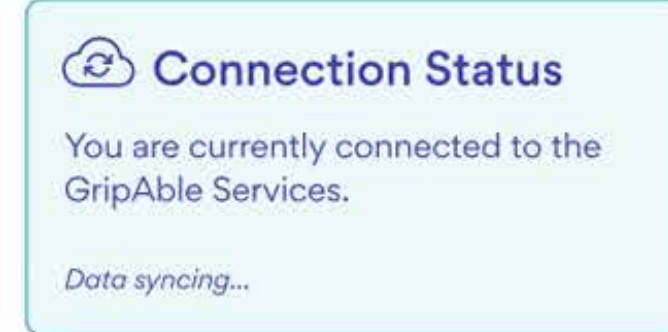
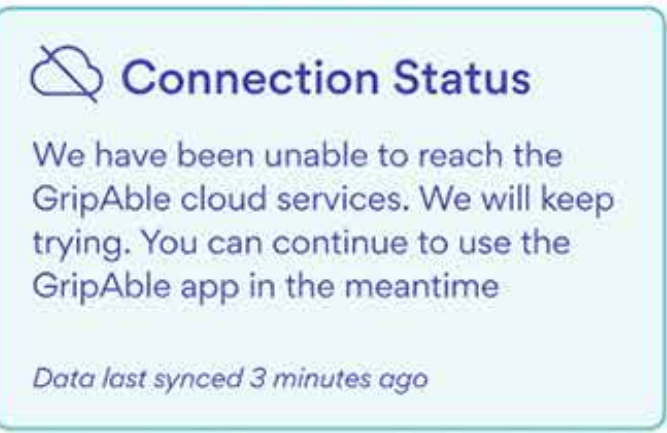


13.1 Offline Functionality

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	 <p>Connection Status We're checking your connection to the GripAble cloud services and data synchronization status. This might take a moment...</p> <p><i>Data last synced 3 minutes ago</i></p>	 <p>Connection Status You are currently connected to the GripAble Services.</p> <p><i>Data last synced 3 minutes ago</i></p>	 <p>Connection Status You are currently connected to the GripAble Services.</p> <p><i>Data syncing...</i></p>
Offline States	 <p>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</p> <p><i>Data last synced 3 minutes ago</i></p>	 <p>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.</p> <p><i>Data last synced 22 days</i></p>	
Error States	 <p>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.</p> <p><i>Data last synced 32 days ago</i></p>		

14 CLEANING THE GRIPABLE DEVICE

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