

# Myopro Information Sheet

## What is the MyoPro

The MyoPro is an EMG (ElectroMyography) triggered upper limb robotic orthosis, which has been designed to help increase range of movement, grip and functional use of an upper limb affected by damage to the nervous system.

It accomplishes this by detecting the user's own signals to the muscles in the arm, even when no movement is possible. The device magnifies these signals and uses them to drive the motors in the device to move the elbow and hand. This myoelectric control strategy is not electrical stimulation and has been used for decades in the prosthetics industry.

## Background

Hobbs Rehabilitation and Dorset Orthopaedic first started working with the American Company MyoMo in the Autumn of 2018. The Hobbs team invited MyoMo to be involved in an event we were organising, called Masterclass in Neuro Technology (MINT). We were very impressed with the MyoPro system when we observed patient trials.

The MyoPro is not available through the NHS but Hobbs, together with Dorset Orthopaedic, are the first organisations in the UK to work with the device. We have undergone training and are currently renting a MyoPro clinic kit which we have been using since February 2019.

Our aim is that together, Hobbs and Dorset Orthopaedic become a centre of excellence with the MyoPro, providing clinical support to purchasers of the device and also offering a rehabilitation service, where non purchasers are able to use the device intensively on an outpatient basis.

## Who is it for?

Conditions appropriate for use of the MyoPro:

- Stroke
- Spinal Cord Injury
- Brachial Plexus injury
- Acquired Brain Injury
- Cerebral Palsy

## Who is it not suitable for)

- Those who are unable to engage in intense rehab over an extended period of weeks or months
- Those with fixed contractures of the affected arm
- Those with uncontrolled shoulder pain/dislocation
- Those who are unable to understand and process information and follow 2 or 3 step commands/instructions.

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## Two Service Models

### *Purchase of device (Self Purchase Pathway)*

Following a successful initial assessment Hobbs recommends a four week trial of our clinic MyoPro kit. If at this point improvement and functional change is apparent, a user can choose to be measured for a bespoke device which will be manufactured and fitted for ongoing long term use. In order to be used successfully at home a period of intensive training and education with a specialist therapist is essential. To achieve the ability to use the device functionally on average it takes 8 weeks training 5 sessions a week.

### *Intensive rehabilitation (Rehab Pathway)*

The MyoPro can also be used as part of a rehabilitation package of treatment. Hobbs offers in and out patient services where the MyoPro could be combined with hands-on treatment and other technology to deliver a high intensity treatment program. The packages aim to reduce the severity of impairments of the upper limb and improve independent upper limb function.

## Free Initial assessment

If you would like to be assessed with the MyoPro, a telephone conversation with a MyoPro Specialist therapist is necessary to make sure that you are appropriate and to gain basic information about you and your condition prior to the appointment along with your personal goals.

## MyoPro Training Costs

Whether on a Self-Purchase or Rehab Pathway, users require training in both the set up and operation of the MyoPro. In addition, in order to progress ability to control the device and to move towards functional task practice, input of a therapist is required to alter settings, adapt/develop training activities and set the level of difficulty of task to promote the optimal therapeutic effect.

Previous cases have identified that on average, new users require 8 to 12 weeks of regular use (approx. 5 times a week) to reach the ability to use the MyoPro to perform functional tasks. Following a free initial assessment an individualised program of training is identified for the user based on the severity of their impairments, levels of independence and personal needs. The sessions will be a mix of sessions with a Specialist Therapist or a trained Rehab Assistant and may where required involve 1-1 hands-on work out of the MyoPro.

The costs for this are:

- £95 per hour Therapist per hour
- £30 per hour Rehab Assistant per hour
- £150.00 per week for access to the MyoPro

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For further information please email: [technologylead@hobbsrehabilitation.co.uk](mailto:technologylead@hobbsrehabilitation.co.uk). or phone 01962 779796 giving your name and telephone number and one of our specialist physiotherapists will arrange to phone you. Visit <https://myomo.com/> for more material about the device, research and case studies.