

TINDEQ Progressor

Initial Set-Up and Instructions



Your Guide to TINDEQ

This document provides comprehensive step-by-step instructions for setting up and training users on TINDEQ

Initial Set-Up

1. Download the **Tindeq Progressor** app onto your mobile device



2. Attach a carabiner to each end of Tindeq. Attach the padded ankle strap to one carabiner and the long strap with lever clasp to the other end



3. Attach Tindeq to a stationary part of the table using the long black strap:

Loop the strap around the table. Aim for attaching at the height of the patient's ankle when the patient is seated on the table



Press the lever and thread the end of the strap through. Check to be sure there is no slipping by pulling on both sides of the strap. If it slips, thread the strap through the other way.



Thread in this direction, towards the side with lever

Testing Protocol with Patient

1. Patient sits on long edge of table



2. Attach padded strap to patient's ankle, 2 finger widths (1") above lateral malleolus (adjust length of strap connected to table as needed)



3. **Positioning for Testing:** Adjust strap length so there is no slack in the strap and Tindeq is when patient's knee is at 60 degrees.

Ensure knee joint is at the edge of the table. A towel can be used to increase comfort if needed. Participant arms should be crossed across their chest to ensure no use of upper extremities during testing



→ Patient's arms are crossed across chest

→ Patient knee joint line is at edge of table
Patient knee is at 60 degrees

→ There is no slack in the strap and Tindeq

Testing Protocol with Patient

4. On Tindeg device:

Press button on device to turn on

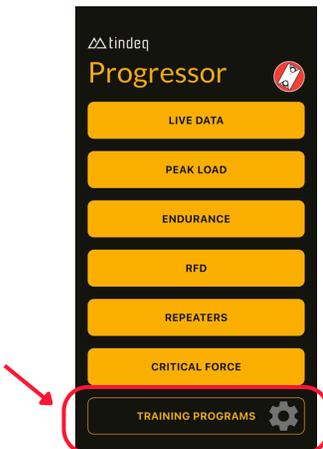
GREEN light: On but not paired with app

BLUE light: On and paired with app

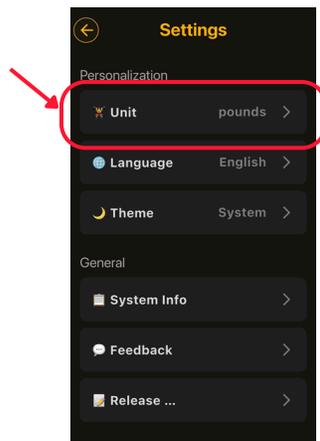


5. On app (Tindeg Progressor)

1. Press **TRAINING PROGRAM**



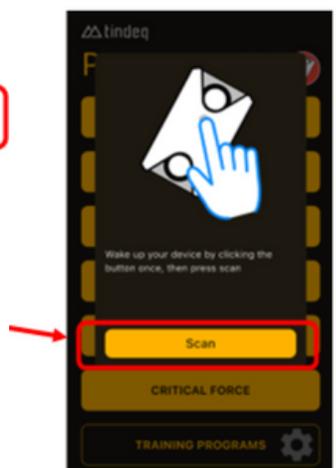
2. Press **UNIT** to set to pounds



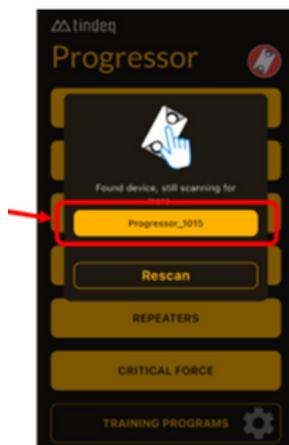
3. Press **LIVE DATA**



4. Press **SCAN**

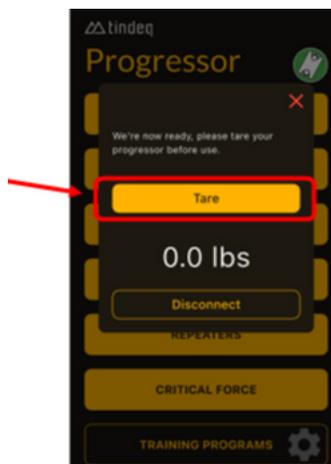


5. Press device name (**Progressor_1194** or similar number)

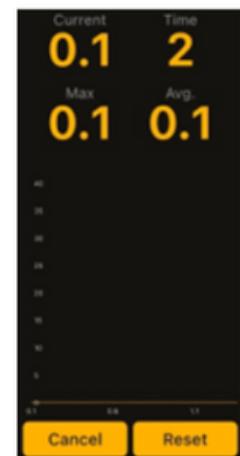


(Device light turns blue when paired)

6. Have patient relax leg (no force on Tindeg) while you press **TARE**



7. This screen should appear *Device is ready*



Testing Protocol with Patient

6. Introduction - Patient instructions:

Introduction: *“Now we are going to measure the strength of your quadriceps muscles. We use this information to monitor your recovery and plan the next steps in your rehabilitation. We will start with one warm-up trial at 50% effort before doing two trials at full effort. I’ll guide you through each step.”*

7. Warm-Up - Patient instructions:

Warm Up: *“Extend your knee until you start to feel resistance from the straps at your ankle. Go ahead and kick with just enough force to feel your muscles working. This is just a warm up. You can see your effort in real time here.”* (Show patient app screen, so they can visualize their effort)



Maximum load
(This number will stay at maximum value for the session and update when a new maximum is reached)

8. Max Testing - Patient instructions:

Max testing #1: *“Now we are going to do two trials at your full effort. Give it everything you’ve got.”*

“Extend your knee until you start to feel resistance from the strap at your ankle. You’re going to gradually build your force until you are kicking as hard as you can. Ready? Go!” (Show patient app screen during testing, ensure proper form and breathing during testing and cue to correct as needed)

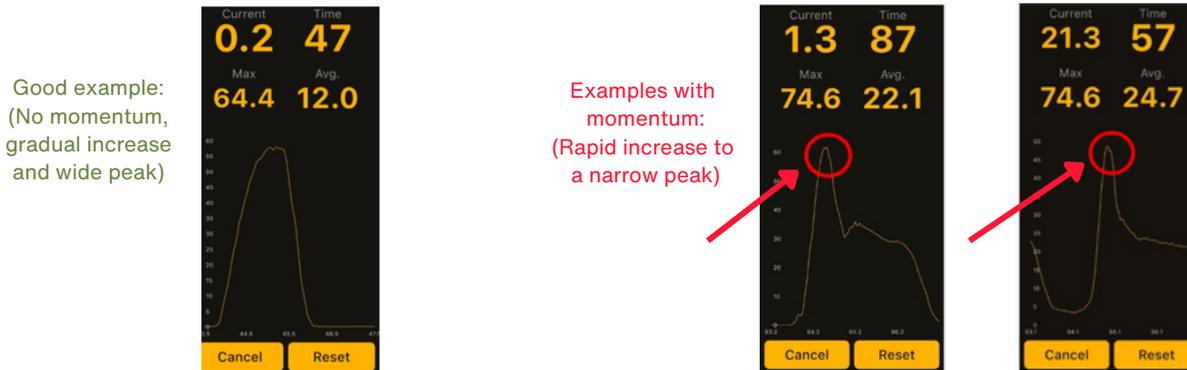
Provide verbal encouragement during the test: *“Kick, kick, kick!”*

When no more increases in load are observed or after 3-5 seconds, have the patient relax.

“Now relax, great job!”

Testing Protocol with Patient

During testing, watch for signs of momentum on the Tindeq app screen. Momentum results in an inaccurate high load value and requires resetting the screen and performing the test again. If momentum is present, remind the participant to kick *gradually*, reset the screen, and perform the test again.



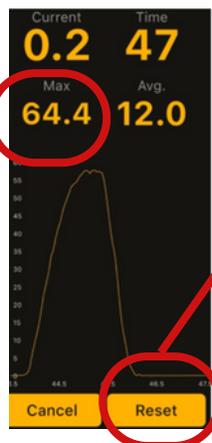
Max testing #2: *“We’ll do one more trial. You are doing great. When you are ready, extend you knee until you start to feel resistance from the strap at your ankle. You’re going to gradually build your force until you are kicking as hard as you can. Ready? Go!”*

Provide verbal encouragement during the test: *“Kick, kick, kick!”*

(Show patient the app screen during testing, ensure proper form and breathing during testing and cue to correct as needed)

When no more increases are observed, have the patient relax. *“Relax. Great effort! We’ll use this information to plan the next steps in your rehabilitation. We can compare this to future tests to see your progress.”*

9. Record maximum load (in pounds) attained in EMR



10. Press **Reset**

Device is ready for next test.

Device automatically turns off after 10 minutes of inactivity. Remember to occasionally charge Tindeq (with USB-C cord) to ensure it’s ready for accurate testing when you need it

Proper Testing Form

Caution! Correct improper form and compensation

Proper Form



Sitting upright with hands crossed across chest

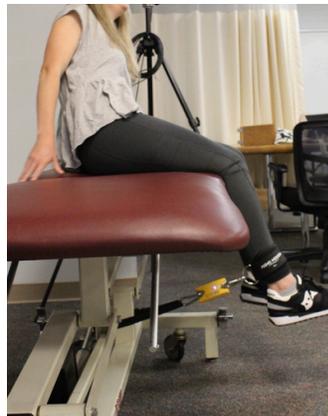
Improper Form



Leaning backwards



Gripping table, leaning forward



Leaning to the side

