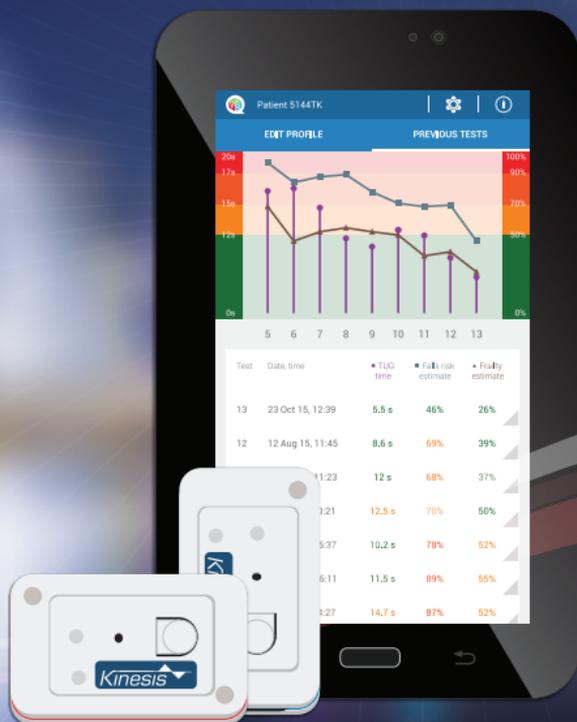




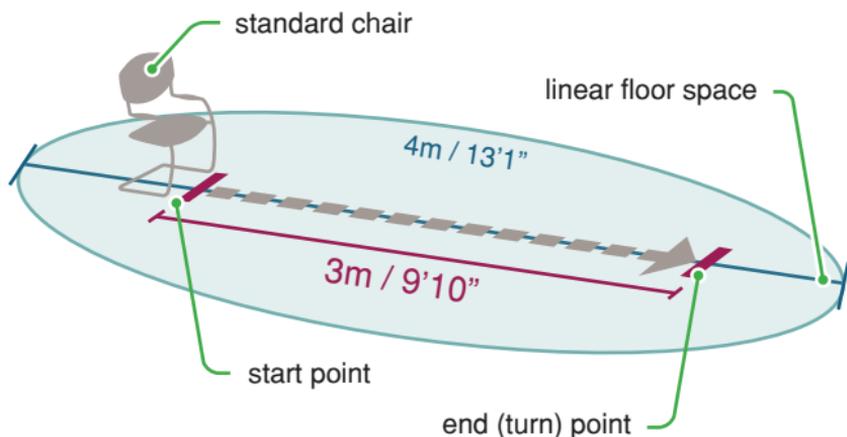
# QUICK START GUIDE



Improving lives through Innovation

**Kinesis**  
Health Technologies

# 1 Prepare physical set up

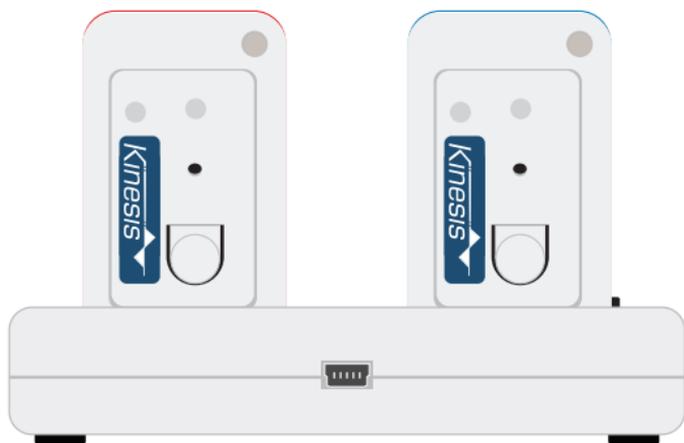


Clearly mark the start and end (turn) points on the floor placed **exactly 3m (9'10\"**) apart, measured from patient's toes when seated. Position the chair at the start of the 3m (9'10\") space.

Ensure the tablet and the sensors are charged before performing the QTUG™ test.

*Note: please read QTUG™ User Guide for more details or tap on  (info) on the QTUG™ application.*

## 2 Enter patient data



Turn on the **R**ed and **bL**ue sensors. Then turn on the tablet and tap on  (app) to launch QTUG™.

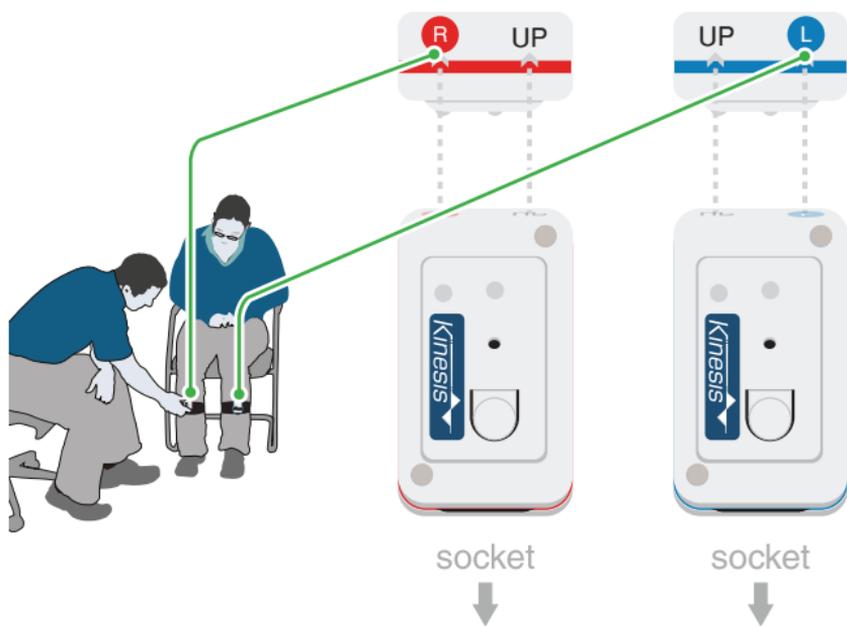
Create a new patient or enter an existing patient ID.

Complete the age, gender, height and weight, and add optional notes. Tap on  (settings) to change patient ID format (numeric or alphanumeric) or measurement units (metric or imperial).

*Note: do not use Personally Identifiable Information (PII). Age is not stored for patients over 90 years.*

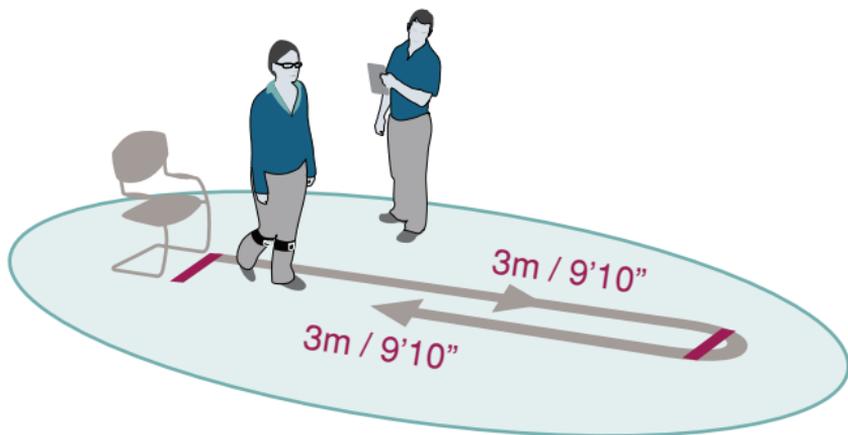
### 3 Sensor placement

Secure the **R**ed sensor firmly on the **R**ight shin (mid-point of the anterior shank) using an elasticated bandage. Repeat for the **bL**ue sensor on the **L**eft shin.



Place the sensors in the correct orientation with the socket facing down and  logo facing out.

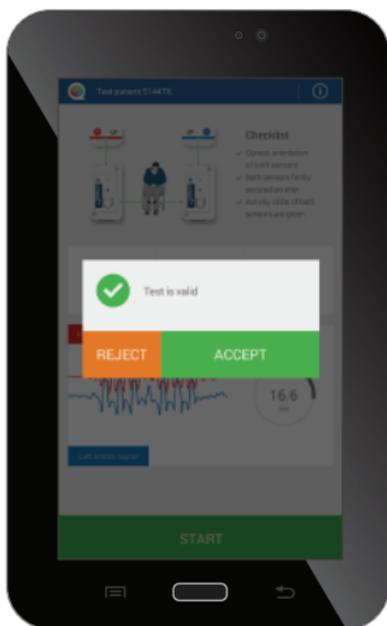
## 4 Perform the QTUG™ test



When the patient is ready, say 'Go' and tap on **START** simultaneously to start the test. Patient must complete the TUG test as fast as safely possible.

The patient must get up from the chair, walk 3m (9'10") to the turning point, turn, and walk back to the chair and sit down. When the patient is reseated, tap on **STOP** to end the test.

## 5 Accept a valid QTUG™ test



To confirm the test is valid and has been performed correctly, tap on **ACCEPT** to save the data.

To discard the data for an invalid test, tap on **REJECT** to perform test again.

# 6 Interpreting test results

Definitions of the test results are provided below.

For detailed explanation, tap on  or  on each mobility parameter or read QTUG™ User Guide.

## TUG time

Time taken to complete the TUG test.

## Falls risk estimate

Statistical risk of falls based on a model derived from community dwelling older adults.

## Frailty estimate

Statistical estimate of patients frailty level (as defined by Fried's frailty phenotype), based on a model of community dwelling older adults.

## Comparison to reference data

Comparison of each patients' mobility when compared to average values for the population. Parameters deemed out of the normal range are shown (if no parameters are deemed outside this range, no parameters are shown).

## Detailed results

Comprehensive quantitative assessment of mobility.

# 7 Generate PDF report

Tap on  (PDF) to export patient's profile and test results in PDF format.



The PDF report is stored in the  
'My Files / Kinesis / QTUG / Export' directory.