

## Hand-Held Dynamometer

### Quick Start Guide

### What's Included?

- One (1) Hand-Held Dynamometer
- Three (3) molded plastic stirrups with pads
- One (1) stainless steel algometer stirrup with 7/16" diameter tip
- One (1) USB charging cable for Hand-Held Dynamometer with wall adapter
- One (1) USB drive containing full product manual, Hand-Held Dynamometer Utility (HHDU) software\* and other helpful resources

\* Many features of the HHDU Utility and DynoData require a Model 01165APP Hand-Held Dynamometer. A Model 01165A Hand-Held Dynamometer can be easily upgraded to an 01165APP via the instructions in the HHDU manual.

### Precautions

- When performing repeated tests, inconsistent placement of the HDD will adversely affect scores.
- Extreme temperature, especially heat, may affect the values obtained.
- The HDD cannot tolerate the stress of being used as a floor scale.
- Care should be taken not to drop the HDD, as it may affect the calibration.
- Exceeding the force limit (300lbs/136kg/9999kPa/1335N) may permanently damage and/or invalidate the calibration of the HDD.
- Upon initial receipt of HDD, charge for 2 hours.
- This device uses a Lithium-Ion battery as a power source. It is recommended that the battery be charged at least once every six months. Failure to periodically charge the battery may result in battery damage or device malfunction.

### Basic Operations

The Lafayette HDD is small enough to be held in one hand and easily read. The size and weight of the HDD permit the examiner to use the same procedures and break test techniques described in the literature and taught by academic institutions without any modification of technique or positioning. The unit is simply placed between the examiner's hand and the limb being tested. The examiner's downward force is transmitted to the limb through the HDD unit. It can comfortably fit in the right or left hand, with settings for both dexterities. The hand is placed under the strap and around the body of the HDD. This allows easy access to the TOP buttons with the thumb. All of the other buttons are pressed using the opposite hand.

The HDD is activated by pressing and holding the Menu/Select button. Measurements are taken by positioning the padded stirrup against the muscle being tested on the subject. The force and time data are displayed on the LCD screen. To conserve battery life, the HDD will deactivate itself when not in use for five minutes. All data on the main screen at power down is saved and will be shown when the HDD is activated again.

### Function Buttons

The HDD has five function buttons that control the menus and allow the selection of options and settings.

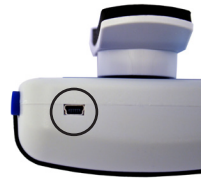
- 1. POWER/MENU/SELECT Button:** The round MENU/SELECT button is located on the bottom middle of the HDD. This is the button used to power on the device. Holding the MENU/SELECT button for 5 seconds will power off the unit. It is placed for easy access regardless of right or left hand operation. The MENU/SELECT allows you to enter into the Menu screen and select various options within it.
- 2, 3. NAVIGATION Buttons:** While on the Test screen the NAVIGATION buttons are used to enlarge the graph and return back to the Test screen from the enlarged graph, or scroll through tests when in test scrolling mode. While in the Menu screen, the NAVIGATION buttons are used to navigate the various menu screens.
- 4, 5. TOP buttons:** On the Main screen the TOP buttons are used to CLEAR and START tests when applicable. On the menu screen these buttons are used to return back one screen, BACK, or return to the Test screen, TEST. These buttons can be flipped for a specific dexterity by changing the button orientation in the OPTIONS menu.



# Lafayette Hand-held Dynamometer Quick Start Guide

## Stirrups

The Lafayette HHD includes multiple exchangeable stirrups for meeting various testing needs in addition to an algometer attachment. When exchanging a stirrup, it is recommended the stirrup be rotated clockwise on and off to reduce friction and wear on the O-ring.



## Charging Unit

The low battery indicator screen is shown when the battery needs to be charged. The screen will appear and then the system will power off. This screen will re-appear when the power button is pressed until the unit is recharged via the USB connector. The device should take about 1 hour to charge 80% of the capacity, or about 3 hours for a full charge.

## Apps

The 01165A Lafayette Hand-held Dynamometer can be upgraded to the 01165APP using the Lafayette Hand-held Dynamometer Utility. Upgrading gives the device access to advanced features via the Lafayette Hand-held Dynamometer Utility or DynoData for iOS/Android devices.

### Lafayette Hand-held Dynamometer Utility Features (Windows)

	01165A	01165APP
Edit and store dynamometer settings	Yes	Yes
Download and View data	Yes	Yes
Export data	No	Yes
Copy downloaded Time-Force data to clipboard	No	Yes
Copy downloaded table data to clipboard	No	Yes

### DynoData Application Features (iOS/Android)

	01165A	01165APP
Link device to DynoData mobile app	No	Yes
Edit and store dynamometer settings	No	Yes
View and record data in real time	No	Yes
Download and view data	No	Yes

