EMG Device Instructions

1. Materials needed for recording
   - take out new battery and memory card from labelled compartment (according to “EMG day #”)
   - take out one circular electrode and one rectangular electrode
   - take out the EMG monitoring device

2. Open EMG device
   - next, you will need to place in the new battery into the EMG device
   - to open the device you will have separate the plastic housing apart from the side of the device

3. Locate the battery compartment
   - the battery compartment is located at the top portion of the device
   - indicated are the positive (+) and negative (−) sides for battery placement
4. Place new battery
- while installing new battery ensure (+) end of battery matches with (+) indicated in the compartment
- every session will require a new battery, and please dispose previously used batteries
- put back together the EMG device by pressing together the plastic pieces firmly

5. Insert memory card
- insert the memory card into the side of the EMG device
- the label on the memory card should be facing down

6. Ensure correct placement
- use your fingernail to fully insert the memory card into the slot
- you will feel a “click” and the card will be flush to the side of the device once correctly inserted
7. Check if device is “on”
   - once the battery and memory card is correctly installed, a “green” light will turn on

8. Locate position for electrode
   - while looking in a mirror, clench and locate the biggest bulge of your masseter muscle (biting muscle) on the right side
   - use your finger to help you landmark the position
   - this is where you will place the circular electrode

9. Place circular electrode
   - remove the plastic cover to expose the adhesive side of the circular electrode
   - place the circular electrode on the biggest bulge of your masseter muscle on the right side as previously located
   - ensure your cheek is clean and dry prior to placement of electrode
10. Place rectangular electrode
   - on your right collar bone, place the rectangular electrode with the long side of the rectangle parallel to your collar bone
   - Ensure it is placed along bone and not your chest or neck

11. Placement of device
   - place the EMG device onto the rectangular electrode that is on your collar bone
   - it should snap into place

12. Connect the circular electrode
   - connect the circular electrode to the EMG device
13. Start recording session
- press the “RED” button once to start the EMG recording
- the “green” light should now start BLINKING intermittently

14. Clench three times
- clench as hard as possible and maintain the same level of contraction for ~3 sec
- repeat this clenching 2 more times with ~5 sec rest in between
- try to wear the device for 4 hours and carry on with your usual afternoon/evening activities ** please try to avoid eating, sleeping, and any vigorous exercising while wearing the device

15. Remove battery and memory card
once your 4-hour recording session is complete, press the “RED” button once, and now the “green” light will remain constant. You can now disconnect the device from your collar bone and disconnect the circular electrode. Dispose the electrodes. Remove the memory card by using your fingernail and press the memory card in, it will partially slide out, allowing you then to remove it. Place the memory card back into the matching indicated labelled compartment in your materials case. Open the EMG device again by separating the plastic housing and remove the battery. Assemble the device back together and place back into materials case.