

Quick Start Guide to the EMG-EZ™ sEMG Biofeedback System



This illustrated tech-note will aid in the first time use of the EMG-EZ single channel sEMG Biofeedback System. It is not a substitute for the full user manual, which should be read and thoroughly understood.

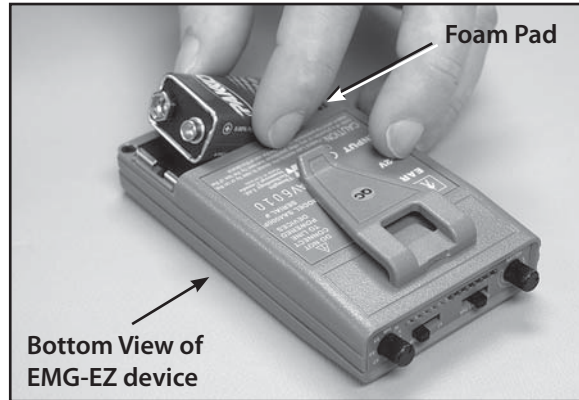
Inserting and Removing the Batteries

Inserting the battery

1. Line-up the battery's positive and negative terminals with the + and - connectors of the compartment.
2. Place the battery's bottom against the foam pad.
3. Snap the top of the battery in by pushing it against the metal connectors.

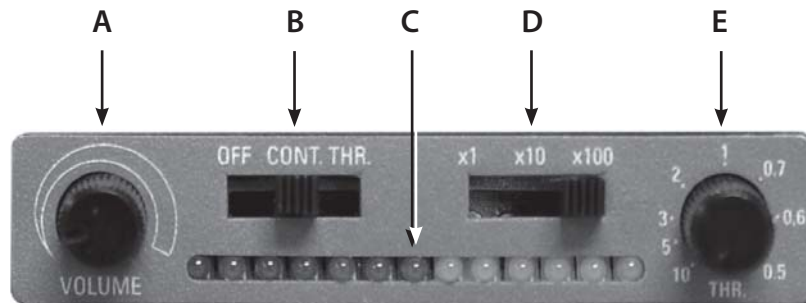
Removing the battery

Remove the battery by lifting its top out first.



NOTE: Inserting the battery top first or removing it bottom first can damage the foam pad and cause intermittent battery contact.

Understanding the Control Panel



A. VOLUME

- Plug earphones into connector labeled EAR and adjust the sound to a comfortable level.
- Turn clockwise to maximum if not using the earphones.

B. OFF/CONT/THR

- **CONT** = Continuous feedback. This gives the client proportional audio feedback *across the full range of the scale*.
- **THR** gives proportional feedback *from the threshold indicator level and higher*.

C. THRESHOLD INDICATOR

D. GAIN

- **X10** gives a threshold indicator value of ten times the value set on the threshold dial.
- **X100** gives a threshold indicator value of one hundred times the value set on the threshold dial.

E. THRESHOLD DIAL

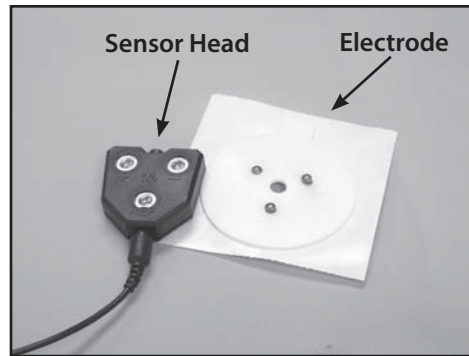
- Begin the threshold at 2. This gives a threshold indicator value of 20 μ V.
- If 2 is not enough range then increase to 3,5, or 10.
- If 2 is too small, reduce it using the **THR** dial.

CAUTION

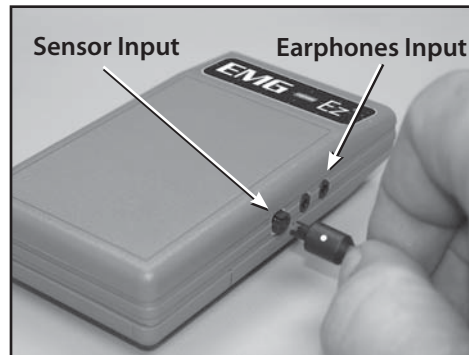
- Read user manual for complete information and cautions.
- Do not connect inputs or outputs of the encoder or sensors to line powered devices, except through the fiber optic cable.
- **To prevent voiding warranty by breaking connector pins,** carefully align white guiding dot on sensor plug with slot on sensor input.
- **To avoid corrosion,** remove single electrodes from sensor snaps immediately after use.
- Use Chattanooga Group's Dura-Stick® EMG electrodes only.
- Apply conductive gel only to electrodes. Never put gel directly to sensor snaps.
- Do not plug third party sensors directly into instrument inputs. Plug only EMG-EZ sensor cable connectors into instrument inputs. All EMG electrodes and third party sensors must be connected to EMG-EZ sensors, either directly or through an adapter.
- Remove batteries when the device is not being used for an extended period of time.
- Sensors damaged by static electricity are not covered under warranty. In dry climates, apply anti-static spray on carpets each week and use a conductive floor mat (available from computer stores). A humidifier may also be used to prevent static environments by conditioning hot, dry air.

Getting Started Using EMG-EZ™ sEMG Biofeedback System

1. Connect the electrodes to the sensor head and remove the backing paper.



2. Place electrodes firmly onto the client, and plug into the sensor input.



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