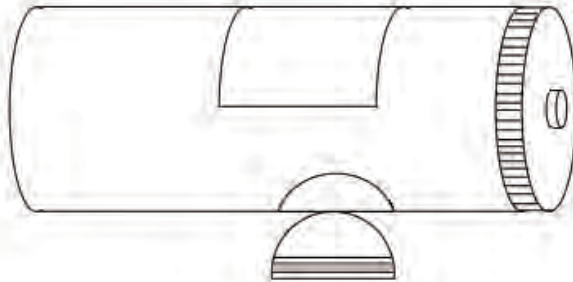




MOTION GUIDANCE VISUAL FEEDBACK

# "PATIENT PACK"



The Motion Guidance product is a US Patented Product. US 8721569

02

**FOR SUGGESTED EXERCISES:**

Visit "HOME EXERCISE HANDOUTS" under our MAIN MENU at [motionguidance.com](http://motionguidance.com) for video instruction and more...

<https://www.motionguidance.com/pages/home-exercise-handouts>

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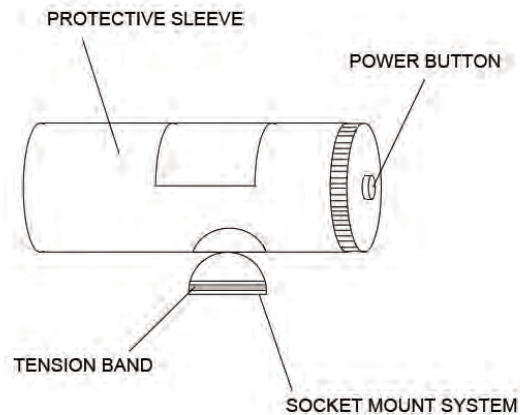
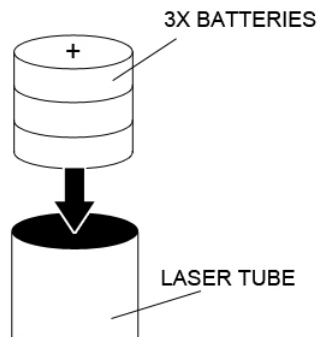
## FEATURES

The Motion Guidance™ visual feedback Patient Pack is a system designed to be used in your home or gym, to work on movement based or rehabilitation goals. The Motion Guidance laser can offer real-time feedback for where your limb is moving in space.

Features of Motion Guidance™ “Patient Pack” differ depending on which Patient Pack you purchased. Patient Packs come in 3 variations: Head/Trunk, Knee, and Shoulder/Ankle. Each kit contains:

- A battery operated laser. **IMPORTANT: the batteries are included, please remove the black rubber disc after un-screwing the back end of the laser, to allow battery contact.**
- Soft rubber sleeve covering laser, to enhance durability with use
- Rubber tension band around ball mount joint, to offer lasting resistance.
- Easy pop-on and pop-off mount system, to use with both parallel and perpendicular mount pieces (*mount varies depending on patient pack purchased*)

Battery Information: each laser uses 3x “AG-13” button cell batteries. These can also be found in a standard grocery store, or on our website. To insert batteries, it is easiest to “stack the batteries” on a smooth surface or table, + side down, and drop the laser tube on the stack, then slide off the edge of the table.



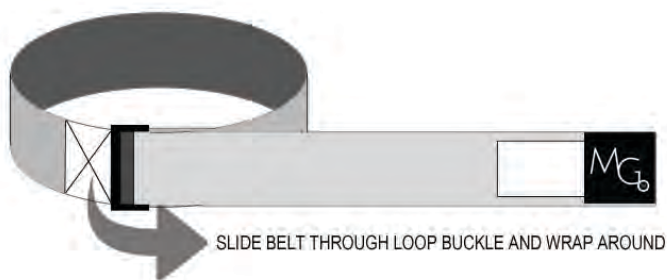
## INSTRUCTIONS

Thank you for purchasing a Motion Guidance™ product! The Motion Guidance system is a simple tool that is designed to add a visual feedback marker to any body part, in order to yield visual external cues to the user, as to alert them to their range of motion, control of motion, or isolation of movement.

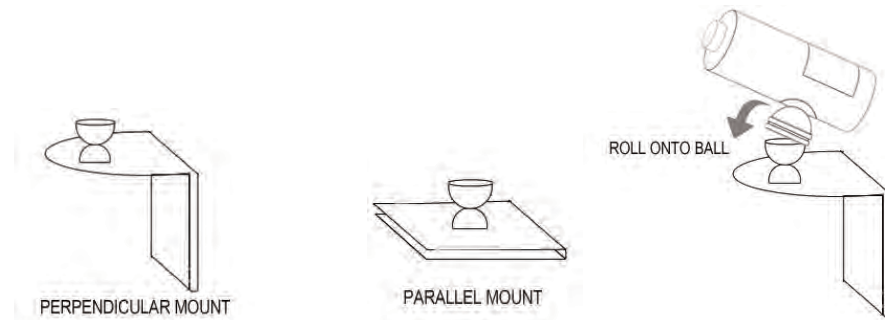
The device can be used creatively to suit your need. It is advised that you have a health care professional train you on how you can best use the Motion Guidance device. Each Patient Pack comes with a limb strap, a laser with batteries inside, a mount piece and a tracking grid. The strap size and flag design will differ depending on what Patient Pack variant you ordered.

*\*batteries may be all ready inside the laser, and rubber disc atop the battery prevents powering on during shipping: this disc is to be removed prior to the laser working.*

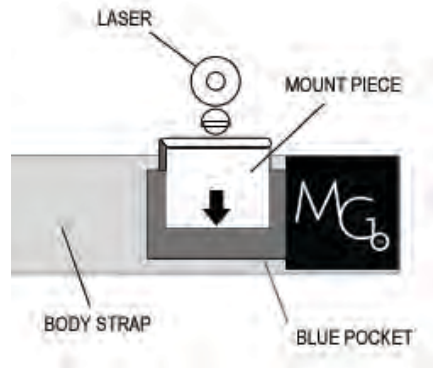
To apply a strap, simply loop the strap through and around the end plastic piece and tighten down on the body part (the smallest strap, or “wrist/ankle strap” has no plastic ring, and adheres to itself by wrapping around the wrist or foot).



After the strap is secured around the desired body part, apply the laser to the mounting piece. The parallel mounting piece will allow parallel trajectory, for the knee or shoulder use. The perpendicular mount allows perpendicular trajectory, best used for the head or trunk use. It is best to “roll” the socket end of the laser onto the ball end of the mount piece: this will prevent wear of the joint and improve durability.



Next, slide the desired mounting piece into the blue pocket on the strap, near the MG logo.



You can then adjust the laser by rotating it on the ball joint, to where you want it to aim.

Power on battery operated laser by inserting 3 AG13 (LR44) batteries + side up into the sleeve, screw on the back end piece, and press the power button on the back of the laser. *\*batteries may be pre-installed, with a rubber disc blocking the power connection: please remove this disc.*

There are many exercise applications utilizing visual feedback, and these can be found on our YouTube page. If you have purchased a “Patient Pack”, please consult with your health care provider for proper use instruction.

**CAUTION / WARNINGS**

The Motion Guidance system utilizes a low-level 1mW Class 2 laser. Please practice standard laser safety when using the laser and avoid direct eye exposure. Each laser has a warning label affixed to it.

The exercise tool is to be used at the risk of the user: please consult with a health care professional prior to using the Motion Guidance TM product. Motion Guidance TM is not responsible for injury associated with the use of Motion Guidance TM products. As with any exercise tool, proper understanding of exercise and ability to perform the exercise is required.

**DO NOT:** stare into laser beam

**DO NOT:** look into laser beam through binoculars or telescope

**DO NOT:** point the laser at mirror like surfaces

**DO NOT:** shine the laser onto or near anyone's eyes

**DO NOT:** point the laser at any person, animal, or moving vehicle, including aircrafts.



DISCLAIMER – PLEASE READ CAREFULLY  
By Using this Product, You Agree to These Terms

Motion Guidance™ products are not intended for use in the diagnosis of disease or other conditions, or in the cure, mitigation, treatment, or prevention of disease, or intended to affect the structure or any function of the body. Motion Guidance™ products do not achieve any of their primary intended purposes through chemical action within or on the body.

Motion Guidance™ products have not been evaluated by the United States Food and Drug Administration or any other regulatory authority in the world. The testimonials offered in Motion Guidance™ promotional materials or on the Motion Guidance™ website, including without limitation, any statements, claims, endorsements and all other commentary about Motion Guidance™ products have not been evaluated by the United States Food and Drug Administration or any other regulatory authority in the world.

Motion Guidance™ products are a visual feedback system intended to be used as an adjunct to exercise or movement as deemed appropriate by the user, a physical therapist, or other health care professional. Use Motion Guidance™ products with care at your own risk. Please consult your physical therapist or health care professional before using Motion Guidance™ products. The user and her or his health care provider must decide whether using Motion Guidance™ products is appropriate. By using Motion Guidance™ products, the user covenants and agrees that Motion Guidance LLC (or its agents) shall not be responsible or liable for any harm the user incurs when using Motion Guidance™ products.

Do not allow the laser beam of Motion Guidance™ products to make contact with your (or any other person or animal's) eyes. Motion Guidance™ products employ Class II and Class IIIA lasers in accord with IEC 60821-1:2014. The CNAS test report number SET2017-07670 is on file with Motion Guidance LLC.

The information in these materials and on the Motion Guidance™ website, including any product label, video, blogs, social media postings, discussions or packaging, should not be considered or used as a substitute for professional healthcare advice or treatment. Motion Guidance LLC does not recommend self-management of health issues. Contact your healthcare professional promptly regarding any health related questions or in an emergency. Never disregard or delay medical advice based upon information you may have read in Motion Guidance™ product materials or on the Motion Guidance™ website.

The information presented in Motion Guidance™ materials or on the Motion Guidance™ website, and any hyperlinks to third party websites, are for informational purposes only.

## WARRANTY

Motion Guidance TM warranties are based on the Product Variant purchased. Because patient packs may be stocked by clinics, or ordered direct, we do not offer a warranty . However, if your Patient Pack laser is not working upon opening your pack, please reach out to us at [info@motionguidance.com](mailto:info@motionguidance.com) and will do our best to replace the item.

We are reasonable and want you to be happy with your purchase, so please email us any questions or issues you may have!



INFORMATION

Contact: [info@motionguidance.com](mailto:info@motionguidance.com)  
Website: [www.motionguidance.com](http://www.motionguidance.com)  
YouTube: [www.youtube.com/c/MotionGuidancePhysicalTherapy](http://www.youtube.com/c/MotionGuidancePhysicalTherapy)  
Twitter: <https://twitter.com/motionguidance>  
FaceBook: [www.facebook.com/motionguidance](http://www.facebook.com/motionguidance)  
Instagram: <https://www.instagram.com/motionguidance>

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**MANUFACTURER:** Motion Guidance, LLC  
5 Donnington Way  
Castle Rock, CO 80104 U.S.A.

**MODEL / TYPE:** Motion Guidance Rechargeable Laser  
**DESCRIPTION:** Visual Feedback Tool  
**SERIAL NUMBER:** RLB001.500  
**DIRECTIVES:** EMC Directive 2014/30/EU, RoHS Directive 2011/65/EU

**STANDARDS CONSIDERED, FULL OR IN PART:**

- EN 61000-6-1:2007 - Electromagnetic compatibility (EMC) - Part 6-1: Generic standards - Immunity for residential, commercial and light-industrial environments
- EN 61000-6-3:2007+A1:2011 - Electromagnetic compatibility (EMC) - Part 6-3: Generic standards - Emission standard for residential, commercial and light-industrial environments
- EN 50581:2012 – Technical documentation for the assessment of electrical and electronic products with respect to the restriction of hazardous substances

This laser used in this product was tested and evaluated to IEC/EN 60825-1:2014.