Welcome to the MyoTrac Infiniti U-Control Continence Suite. This suite is a collection of scripts (protocols) and open display screens for tutoring, evaluating and training. Some of the scripts and open display screens use templates that will guide the user in frequency and intensity of contractions. A list and sample of these templates can also be found in this document.

To record a Script session,

- Connect your MyoTrac Infiniti to your computer using the USB cable.
- Start the BioGraph Infiniti software, which has the Continence suite installed.
- Select Options from the menu, then Notch Filter. Set Notch Filter Options to EMG and the frequency to 50 or 60 Hz depending on your region.
- Select “Start Script Session” from the buttons.
  - New Clients:
Click “Add New Client”, which is on your right-hand side; fill in the name at minimum.

Click “Select New Script”, highlight the Script you want from the list, and click OK. A thumbnail is available, by selecting “picture view”.

- Existing Client
  - Select Client and select a session. This will allow you to use the same screens and any changes you made during the previous session. Click Start.
  - If you want a different Script, click on “Select New Script”, choose one from the list, and click OK.

- Start the script by clicking on the green start arrow, and follow the on-screen instructions.

Changing the script settings:
- Select a script and click on “Edit Script Settings” in the Script Database.
- Highlight the activity to access the step(s) you wish to modify.
- Highlight the step and click on “Change Screen” to use a different screen, or “Step Duration” to change the time length. Depending on the type of step, any of these buttons may be disabled.

Note: Scripted sessions statistics are predefined and will appear in the session report.

**To record an Open Display session,**
- Connect your MyoTrac Infiniti to your computer using the USB cable.
- Start the BioGraph Infiniti software, which has the Continence suite installed.
- Select Options from the menu, then Notch Filter. Set Notch Filter Options to EMG and the frequency to 50 or 60 Hz depending on your region.
- Select Start Open Display Session from the buttons.
- Select your clients name or add it to the list.
- Select Define New Session. Choose MyoTrac Infiniti as the communication protocol, and then highlight the channel set MyoTrac 2 Ch EMG.chs.
- Choose a Screen. Note: Screens are listed by category and you can choose the category list by clicking on the drop down menu on the top right hand side just over the list of screens. You can select up to 5 screens using CTRL and left mouse button.
- Start the recording by clicking on the green start arrow.

**To replay a Script or Open Display session,**
- Start the BioGraph Infiniti software, which has the Continence suite installed.
- Select Database from the buttons.
- Select the client whose session you would like to view.
- Select the session on the right. A script session has the name of the script ending in “.prt”, and an open display session has the name of the channel set ending in “.chs”.
- Click on Replay Session at the bottom.
• In the case of a script session, Close Edit Channel Set Setting for Current Client. Otherwise, select the desired screens you wish to replay the open display session with, and click on OK.
• Click on the green start-arrow to replay.

*To Review/Report a Script or Open Display session*

**Review**
- Select Database from the buttons.
- Select the client whose session you want to review.
- Highlight the session on the right. A script session has the name of the script ending in “.prt”, and an open display session has the name of the channel set ending in “.chs”.
- Click on Review/Report Session.
- Select Screens (choose one with at least a line graph) and click on OK.

**Report**
- If you are reviewing an open display session, click on Options at the top. Select Set Open Display Statistics from the drop-down menu, choose “Show only channels marked as statistics”, and highlight the statistics you wish to show. Note that this option is disabled for script sessions.
- Press the print icon located on the top right.
- A menu will appear; make selections as to what you wish to see.
- Click Print, and a Word file will open; you can then print your report.

Removing Artifact:
- On the Review/Report Screen, click on the line graph.
- Using the Ctrl key and left mouse button, highlight the section you wish to remove.
- When doing statistics, this segment, and any others you choose to select, will be omitted from the report and the statistical computations.
Incontinence

Incontinence Tutorial.prt

Most incontinence problems can be improved by biofeedback. Patients can acquire more control over their pelvic muscle through strengthening, reducing excessive muscle activity or using the muscles appropriately. This tutorial guides you on how to use the sensors and highlights what events to look for in an assessment.

To view the incontinence tutorial, follow the steps above to replay a script. Select the client name, “Incontinence TUTORIAL” and the session, “04/02/2005 4:18:32 PM Incontinence Tutorial.prt 00:00:30.000”. 
Click to return to contents...
Incontinence Evaluation.prt

This script guides you through the evaluation of incontinence using EMG. To be used following the incontinence tutorial. The second screen, MI UFI - Description EVAL.scr summarizes the electrode placement and the script. The third screen, MI UFI - Linegraph EVAL.scr can be used in open display mode.
Incontinence Scripts and Open Display Screens
This series of work-rest and training scripts focuses on perineal reeducation. The work-rest scripts provide short exercise sessions with simple templates. The training scripts are longer sessions with complex templates, and they can be used in the design of a treatment program.

For simplicity, only the screen that characterizes the script will be shown. In the case of the training scripts, only the screens for the first level are shown (see Templates). Also, these screens can be used in open display sessions.

Incontinence Screens

MI UFI - 2 Ch line-bar graph
An overview screen showing two EMG signals, one on the line graph and the other on the bargraph. The midi tone on the line graph stops playing when the signal goes below threshold on the line graph, and goes above threshold on the bargraph. Digital displays of minimum, maximum and mean are shown at the bottom.

Note: This screen is the base for all the scripts in the following section.
Screens for Perineal Work-Rest Scripts

MI UFI – 2Ch 5 cycles 4-4sec template

Used in the script:
Perineal Reeducation 4-4 sec.prt
- Work: 4 sec
- Rest: 4 sec

MI UFI – 2Ch 5 cycles 4-8sec template

Used in the script:
Perineal Reeducation 4-8 sec.prt
- Work: 4 sec
- Rest: 8 sec

MI UFI – 2Ch 5 cycles 6-6sec template

Used in the script:
Perineal Reeducation 6-6 sec.prt
- Work: 6 sec
- Rest: 6 sec
MI UFI – 2Ch 5 cycles 6-12sec template

Used in the script:
Perineal Reeducation 6-12 sec.prt
- Work: 6 sec
- Rest: 12 sec

MI UFI – 2Ch 5 cycles 10-10sec template

Used in the script:
Perineal Reeducation 10-10 sec.prt
- Work: 10 sec
- Rest: 10 sec

Click to return to contents…
Screens for Perineal Training Scripts

MI Perineal Control Start-treatment 1
MI Perineal Control Start-treatment 2
MI Perineal Control Start-treatment 3

Used in these scripts respectively:
Perineal Control Start-treatment-1.prt
Perineal Control Start-treatment-2.prt
Perineal Control Start-treatment-3.prt

MI Perineal Control Mid-treatment 1
MI Perineal Control Mid-treatment 2
MI Perineal Control Mid-treatment 3

Used in these scripts respectively:
Perineal Control Mid-treatment-1.prt
Perineal Control Mid-treatment-2.prt
Perineal Control Mid-treatment-3.prt

MI Perineal Control End-treatment 1
MI Perineal Control End-treatment 2
MI Perineal Control End-treatment 3

Used in these scripts respectively:
Perineal Control End-treatment-1.prt
Perineal Control End-treatment-2.prt
Perineal Control End-treatment-3.prt
MI Controlled Perineal Contraction 1
MI Controlled Perineal Contraction 2
MI Controlled Perineal Contraction 3

Used in these scripts respectively:
Controlled Perineal Contraction-1.prt
Controlled Perineal Contraction-2.prt
Controlled Perineal Contraction-3.prt

MI Held Perineal Contractions 1
MI Held Perineal Contractions 2
MI Held Perineal Contractions 3

Used in these scripts respectively:
Held Perineal Contraction-1.prt
Held Perineal Contraction-2.prt
Held Perineal Contraction-3.prt

MI PC Hypertonicity 1
MI PC Hypertonicity 2

Used in these scripts respectively:
PC Hypertonicity-1.prt
PC Hypertonicity-2.prt
MI PC Hypotonicity 1
MI PC Hypotonicity 2

Used in these scripts respectively:
PC Hypotonicity-1.prt
PC Hypotonicity-2.prt

MI Postpartum Perineal Tonicity 1
MI Postpartum Perineal Tonicity 2
MI Postpartum Perineal Tonicity 3

Used in these scripts respectively:
Postpartum Perineal Tonicity-1.prt
Postpartum Perineal Tonicity-2.prt
Postpartum Perineal Tonicity-3.prt

MI Relaxation of Perineal Muscles

Used in the script:
Relaxation of Perineal Muscles.prt
MI Stress Incontinence 1
MI Stress Incontinence 2
MI Stress Incontinence 3

Used in these scripts respectively:
Stress Incontinence-1.prt
Stress Incontinence-2.prt
Stress Incontinence-3.prt

Click to return to contents...
Templates
Templates can be used to guide the user in a range of contraction or relaxation tasks. For clarity in this document we have shown only one cycle of each of the templates however many of them are repeated a number of times to give a total duration appropriate for the training to be undertaken. Some templates are provided at different levels of intensity for guiding users of different levels. (See screens that use these templates).

**Held Perineal Contractions**
Duration 12 minutes (10 Repetitions)
Level 1 – 5/15/30µV
Level 2 – 5/30/60µV
Level 3 – 5/60/90µV

**Perineal Control Start-Treatment**
Duration 10 minutes (7 Repetitions)
Level 1 – 5/10/15/20µV
Level 2 – 5/15/25/35µV
Level 3 – 5/20/40/60µV

**Perineal Control End-Treatment**
Duration 10 minutes (10 Repetitions)
Level 1 – 5/10/30/50µV
Level 2 – 5/15/50/70µV
Level 3 – 5/20/60/90µV
Perineal Control Mid-Treatment
Duration 10 minutes (8 Repetitions)
Level 1 – 5/10/15/20/25µV
Level 2 – 5/15/25/35/45µV
Level 3 – 5/20/40/60/80µV

Stress Incontinence
Duration 10 minutes (10 Repetitions)
Level 1 – 5/10/15/20/25/30µV
Level 2 – 5/20/30/40/50/60µV
Level 3 – 5/20/40/60/80/100µV

PC Hypertonicity
Duration 4 minutes (1 Repetition)
Level 1 – 5/10/15/25µV
Level 2 – 5/10/20/35µV

PC Hypotonicity
Duration 15 minutes (20 Repetitions)
Level 1 – 5/10/20µV
Level 2 – 5/20/40µV
<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Repetitions</th>
<th>Level 1 µV</th>
<th>Level 2 µV</th>
<th>Level 3 µV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxation of Perineal Muscles</td>
<td>90 seconds</td>
<td>1 Repetition</td>
<td>5/10/15/25</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Controlled Perineal Contractions</td>
<td>14 minutes</td>
<td>10 Repetitions</td>
<td>5/10/15/25/20/25</td>
<td>5/15/25/35/45</td>
<td>5/20/40/60/80</td>
</tr>
<tr>
<td>Postpartum Perineal Tonicity</td>
<td>15 minutes</td>
<td>15 Repetitions</td>
<td>5/10/15/20/25</td>
<td>5/20/30/40/50</td>
<td>5/30/50/70/90</td>
</tr>
</tbody>
</table>
Required Files for the MyoTrac Infiniti U-Control Continence Suite 3.0

Channel Sets ( .chs )
- MyoTrac 2 Ch EMG.chs

Screens ( .scr )
- MI Controlled Perineal Contraction 1.scr
- MI Controlled Perineal Contraction 2.scr
- MI Controlled Perineal Contraction 3.scr
- MI Held Perineal Contractions 1.scr
- MI Held Perineal Contractions 2.scr
- MI Held Perineal Contractions 3.scr
- MI PC Hypertonicity 1.scr
- MI PC Hypertonicity 2.scr
- MI PC Hypotonicity 1.scr
- MI PC Hypotonicity 2.scr
- MI Perineal Control End-treatment 1.scr
- MI Perineal Control End-treatment 2.scr
- MI Perineal Control End-treatment 3.scr
- MI Perineal Control Mid-treatment 1.scr
- MI Perineal Control Mid-treatment 2.scr
- MI Perineal Control Mid-treatment 3.scr
- MI Perineal Control Start-treatment 1.scr
- MI Perineal Control Start-treatment 2.scr
- MI Perineal Control Start-treatment 3.scr
- MI Postpartum Perineal Tonicity 1.scr
- MI Postpartum Perineal Tonicity 2.scr
- MI Postpartum Perineal Tonicity 3.scr
- MI Relaxation of Perineal Muscles.scr
- MI Stress Incontinence 1.scr
- MI Stress Incontinence 2.scr
- MI Stress Incontinence 3.scr
- MI UFI - 2 Ch line-bar graph.jpg
- MI UFI - 2Ch 5 cycles 4-4sec template.scr
- MI UFI - 2Ch 5 cycles 4-8sec template.scr
- MI UFI - 2Ch 5 cycles 6-6sec template.scr
- MI UFI - 2Ch 5 cycles 6-12sec template.scr
- MI UFI - 2Ch 5 cycles 10-10sec template.scr
- MI UFI – 2EMG linegraph.scr
- MI UFI – Assessment Protocol.scr
- MI UFI – Contents.scr
- MI UFI – Description1.scr
- MI UFI – Description2.scr
- MI UFI – Description3.scr
• MI UFI – Description EVAL.scr
• MI UFI – Electrode Placement1.scr
• MI UFI – Electrode Placement2.scr
• MI UFI – Electrode Placement3.scr
• MI UFI - End of Tutorial2.scr
• MI UFI - End of Tutorial.scr
• MI UFI – Welcome.scr
• MI UFI – WelcomeEval.scr
• MI UFI – Line graph EVAL.scr

Scripts
• _Controlled Perineal Contraction-1.prt
• _Controlled Perineal Contraction-2.prt
• _Controlled Perineal Contraction-3.prt
• _Held Perineal Contraction-1.prt
• _Held Perineal Contraction-2.prt
• _Held Perineal Contraction-3.prt
• _PC Hypertonicity-1.prt
• _PC Hypertonicity-2.prt
• _PC Hypotonicity-1.prt
• _PC Hypotonicity-2.prt
• _Perineal Control End-treatment-1.prt
• _Perineal Control End-treatment-2.prt
• _Perineal Control End-treatment-3.prt
• _Perineal Control Mid-treatment-1.prt
• _Perineal Control Mid-treatment-2.prt
• _Perineal Control Mid-treatment-3.prt
• _Perineal Control Start-treatment-1.prt
• _Perineal Control Start-treatment-2.prt
• _Perineal Control Start-treatment-3.prt
• _Perineal Reeducation 4-4 sec.prt
• _Perineal Reeducation 4-8 sec.prt
• _Perineal Reeducation 6-6 sec.prt
• _Perineal Reeducation 6-12 sec.prt
• _Perineal Reeducation 10-10 sec.prt
• _Postpartum Perineal Tonicity-1.prt
• _Postpartum Perineal Tonicity-2.prt
• _Postpartum Perineal Tonicity-3.prt
• _Relaxation of Perineal Muscles.prt
• _Stress Incontinence-1.prt
• _Stress Incontinence-2.prt
• _Stress Incontinence-3.prt
• Incontinence Tutorial.prt
• Incontinence Evaluation.prt
Animations
- UFI_record_session.avi

Pictures
- backgroundolive.bmp
- UFI_description_eval.bmp
- UFI_elecrodes_emg.bmp
- UFI_elecrodes_r.bmp
- UFI_elecrodes_v.bmp
- UFI_graph.bmp
- UFI_graph_elecrodes.bmp
- UFI_pelvicfloor.bmp

Prompts
- Prompt_Woman_Contract.wav
- Prompt_Woman_Rest.wav
- Prompt_Woman_Work.wav

Templates
- Controlled Perineal Contraction 1.tlt
- Controlled Perineal Contraction 2.tlt
- Controlled Perineal Contraction 3.tlt
- Held Perineal Contraction 1.tlt
- Held Perineal Contraction 2.tlt
- Held Perineal Contraction 3.tlt
- PC Hypertonicity 1.tlt
- PC Hypertonicity 2.tlt
- PC Hypotonicity 1.tlt
- PC Hypotonicity 2.tlt
- Perineal Control End-treatment 1.tlt
- Perineal Control End-treatment 2.tlt
- Perineal Control End-treatment 3.tlt
- Perineal Control Mid-treatment 1.tlt
- Perineal Control Mid-treatment 2.tlt
- Perineal Control Mid-treatment 3.tlt
- Perineal Control Start-treatment 1.tlt
- Perineal Control Start-treatment 2.tlt
- Perineal Control Start-treatment 3.tlt
- Postpartum Perineal Tonicity 1.tlt
- Postpartum Perineal Tonicity 2.tlt
- Postpartum Perineal Tonicity 3.tlt
• Relaxation of Perineal Muscles 1.tlt
• Stress Incontinence 1.tlt
• Stress Incontinence 2.tlt
• Stress Incontinence 3.tlt
• work-rest 4-4sec 5 cycles.tlt
• work-rest 4-8sec 5 cycles.tlt
• work-rest 6-6sec 5 cycles.tlt
• work-rest 6-12sec 5 cycles.tlt
• work-rest 10-10sec 5 cycles.tlt

Sample Data

<table>
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<tr>
<th>CLIENT NAME</th>
<th>SESSION</th>
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<tbody>
<tr>
<td>Incontinence TUTORIAL</td>
<td>04/02/2005 4:18:32 PM Incontinence Tutorial.prt 00:00:30.000</td>
</tr>
</tbody>
</table>

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Bibliography


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