

bebionic

Goal planning and trial checklist

Congratulations on your upcoming trial of the bebionic hand by Ottobock! Choosing the right prosthetic hand is a significant healthcare decision and your trial is one of the most important steps in the process.



ottobock.

How to use this document:

This checklist and goal planning worksheet goes hand in hand with our [Trial Prep video](#) featuring bebionic user, Cameron Massengale. Watch the video first to get a better understanding of what to expect during your trial. Next, keep yourself organized by using the checklist and goal planning worksheet so you don't forget anything important. We are here to help you prepare for a successful day!

Trial date: _____ Trial location: _____

Goal planning:

To get the most out of your trial, ask yourself what you would like to accomplish with the bebionic hand. Are there activities of daily living that you want to perform but are difficult now? Clearly identifying how the bebionic hand will help you accomplish your activities of daily living will also be an important factor for successful insurance authorization. Use this section to take some time to think about your daily life to define your goals for future function and how you can test this during your trial.

Examples: *Goal 1: Be able to grasp something better when cooking*

Goal 2: Use my prosthetic hand to get dressed

Goal 1: _____ Goal 4: _____

Goal 2: _____ Goal 5: _____

Goal 3: _____ Goal 6: _____

Trial checklist:

Before your trial

- Plan to be at your trial for approximately two hours. This will allow your prosthetist time to ensure the best trial possible, so you get the most accurate feel for the hand and its technology.
- Eat well. A couple of hours can feel like a long time when you're testing new technology.
- Come well hydrated and bring a bottle of water.
- Wear or bring a short sleeve shirt so your care team can easily access your myoelectric signals.
- Bring your energy! You may be using different muscles than you are used to activating.

During your trial

If you are already fit with a compatible myoelectric arm socket:

- Your prosthetist will adjust the bebionic hand to optimize its functions for you
- First, make sure that you can open and close the bebionic hand
- When you have reliable control of open and close, your prosthetist can show you how to activate different grasp patterns
- Try picking up or holding different objects. For example, a cell phone, pen or pencil. Be cautious of anything that is fragile until you have confidence with control of the bebionic.
- Be patient with yourself! Don't be concerned if you find some tasks challenging. Any device that is new to you will require some practice and patience to master.
- If you have activity limitations with your current prosthesis, try those activities with the bebionic. Feel free to bring any clothing, objects, devices, etc. from home to fully experience how the hand operates during daily activities that are important to you.
- Try out different grip patterns that you may use the most. This is your opportunity to test the various hand positions and ensure they will work for your daily activities.
- Have fun!

If you are not currently fit with a myoelectric socket

- Have fun with the myo site testing. Challenge yourself to control your electromyographic (EMG) signals and repeat the movements until you are comfortable. But remember, be patient with yourself. A little fatigue is common at the beginning and controlling these small muscle movements in new ways takes time and practice.
- Ask questions. This is your time to ensure the bebionic is the perfect hand choice for you, so be prepared to ask questions that will help you decide.

After your trial

- If you are not currently fit with a myoelectric socket, your prosthetist will schedule this fitting next. This will ensure your new bebionic, or hand of choice, will be fully functional for you.
- Research your insurance benefits and reimbursement for the bebionic to ensure it is the right hand for you.

What other things would you like to experience during the trial?

What questions do you have for your prosthetist?

Example: What other terminal devices can I use with a bebionic system? Can I get the bebionic wet?

Thank you for your interest in the bebionic. We hope you find this planning checklist helpful as you prepare for the day of your trial. Contact us at the numbers below if you have any questions.

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