StepWatch 3™
step activity monitor

Make every step count.

StepWatch 3™ is a research and clinical tool for long-term assessment of **ambulatory function** in the real world.

An ankle-worn, microprocessor-controlled step counter, the **StepWatch 3 Step Activity Monitor (SAM)** unobtrusively measures a person's daily activity. Step counts can be recorded every minute for up to two months at a time.

StepWatch 3 accurately counts steps across a broad spectrum of gait styles and cadences, from a slow shuffle to a fast run. When properly used, *accuracy typically exceeds 98%.*

Describe Real World Behavior
Objectively Assess Function
Demonstrate Progress
Document Results
Motivate Change
Measure Outcomes
Compare Interventions

StepWatch 3 is a proven instrument with a successful track-record.

Research and clinical applications include orthopedics, physical therapy, prosthetics, podiatry, obesity, stroke, joint replacement, rehabilitation, geriatrics, preventive medicine and other areas of healthcare.

StepWatch 3 is a turn-key system that includes the SAM, a pager-sized monitor worn on the ankle, the USB docking station, and the host software that displays and analyzes the data. (Mac/Win compatible)
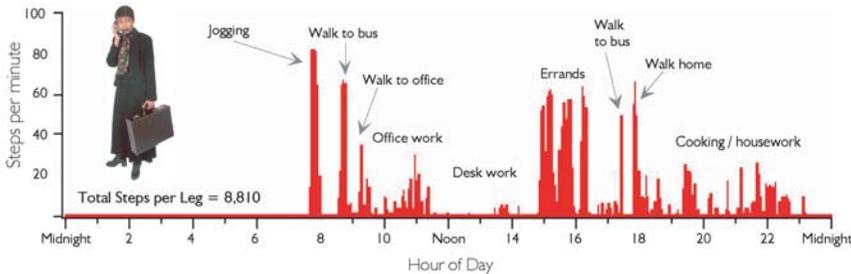
cyma
a step ahead

The most accurate way to measure ambulatory activity.
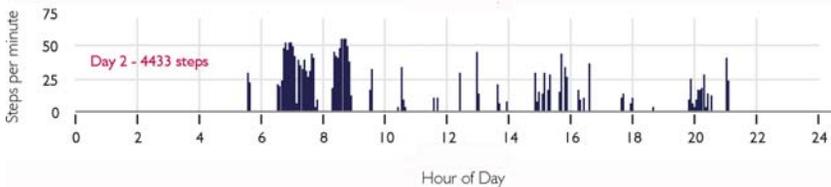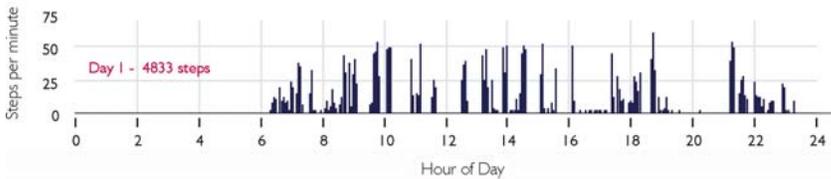
StepWatch 3™

Accurate, Continuous, Long-term Measurement of Real World Behavior

The **StepWatch 3** is the most accurate way to measure ambulatory activity. It provides information highly relevant to healthcare because daily activity level often reflects both functional status and quality of life.

- **Pager-sized instrument worn at the ankle**
- **Records steps per minute for 2+ months**
- **Accuracy exceeds 98% regardless of gait style and body composition**
- **Robust, reliable, maintenance-free**
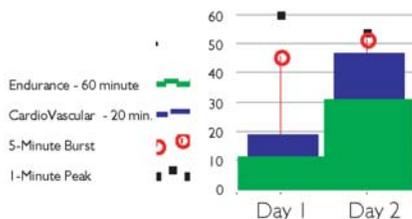- **Small, lightweight, well-tolerated**
- **Independently validated**

StepWatch 3 is programmed and downloaded via an intuitive software interface (Mac/PC). The StepWatch 3 automatically adjusts settings for optimal performance based on the user's description of the person to be monitored. When the monitoring session is complete, the StepWatch 3 downloads with a single menu command. Data are presented in graphical and tabular form. The user can choose which days or partial days to include for the analysis and report generated by the software. The database allows tracking of individuals over time and comparison between individuals and groups.

TWO DAY PATTERN DIFFERENCES

Day 1 - 4833 steps

Day 2 - 4433 steps

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Cyma is a leader in the emerging market of activity monitoring. We are a strongly motivated team dedicated to providing high quality products and services, and to creatively solving problems for our customers and clients. By increasing the information available for understanding the role of activity in people's lives, we work to benefit many fields within healthcare and research.

Activity Distribution Summary

	Day 1	Day 2
Steps/Day	4833	4433
Min. at Moderate	76	74
Minutes at High	34	36

Best Burst & Endurance Performance

Endurance - 60 minute
CardioVascular - 20 min.
5-Minute Burst
1-Minute Peak

Day 1   Day 2

The Cyma StepWatch has been cleared by the FDA as a class II device.