

Accelerometer FAQ's

1. What is an accelerometer?

This is a GTX3 accelerometer. Accelerometers are devices which measure the acceleration and movement of your body. It measures movements in three directions and has many different uses.

For this study we are using the device to measure your activity levels for the week you are wearing the device. We will ask you to wear it again for a week, when 12 weeks have passed. This is to see if there are any changes in your activity levels.

2. How should I wear it?

For quality control, we would like everyone to wear the device in the same place. This is placed round the waistband, and close to the hip bone. The elastic strap can be adjusted but should be comfortable but not loose.



3. When should I wear it?

We would like you to wear the device for a full week. If you forget a day or two, please wear for an additional day (or two) at the end of the week. You should remove the device when you go to bed and replace first thing on awakening. The device is waterproof so is safe for wearing in the shower.

4. How do I know if it is working?

The device has a small green light which will be flashing for the entire period it is recording data for us.

5. Do I get to keep the device?

No, these are expensive pieces of equipment that we need returned. If you are taking part in the cardiac rehabilitation classes, please bring the device along to your first class and pass it on to the physiotherapist team there. If you are not attending the classes please follow the instructions given by the research team at your initial appointment.