Welcome to OneStep

Clinician Quick Start Guide

Bioness + OneStep

Bioness has partnered with OneStep to extend gait assessment beyond the clinic, allowing clinicians to monitor patient mobility in real-world settings with the same precision as in-clinic evaluations. This objective data helps identify meaningful changes over time and supports more informed treatment decisions throughout the rehabilitation journey.

What is OneStep?

OneStep is a smartphone-based gait analysis platform that uses the sensors already built into a patient's smartphone to measure walking. Patients simply place their smartphone in their pocket during everyday activities or while completing a 'walk test' to generate meaningful gait metrics. These objective insights help clinicians track mobility, evaluate treatment response, and monitor recovery between visits. Follow the steps below to enroll patients, complete setup, and begin collecting gait data.

Getting Started & Adding a New Patient

- Download the OneStep Care App (for clinicians - black icon with white logo).
- Log in using your clinician username and password (If you need a username created contact support@onestep.co)
- Verify you are working within your clinic (not the sandbox/test environment)
- Select Add Patient - enter the patient's first name, last name, date of birth, sex, and diagnosis.
- Perform a walk test (place phone in patient's front pants pocket and instruct them to walk in a straight line for 20 steps or more).

How to Invite the Patient to the OneStep App

Select the patient's profile, then tap the + icon in the upper-right corner and choose Invite Patient to the App. Enter the patient's mobile phone number and select Send Invite. Do not use the QR code or invitation code options. The patient will receive a text message with a link to download the OneStep Move app (for patients - blue icon).

Patient Setup

- Verify their phone number using the texted verification code.
- Enable all requested permissions, including Motion & Fitness, Notifications, Apple Health (iPhone), Location, and Background Walk Analysis.
- Review the Walk Test feature with the patient.

Provide these instruction to the patient

- Complete one Walk Test each week by selecting the 'walk' button before starting. (Walk in a straight line for at least 20–30 consecutive steps). Patient should place phone in front pants pocket for the walk test (can be left or right but same side each time).
- Carry the phone throughout the day whenever possible so passive gait data can be collected automatically.
- The OneStep patient app will send notifications weekly for reminders to complete the walk test.

Need Help?

Contact OneStep Support:
support@onestep.co

Watch the Setup Video:

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