

# THERAPIST'S GUIDE

Software version: 2020.1

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## PRECAUTIONS

It has been stated repeatedly that active participation in rehabilitation programs increases the benefit and effectiveness of therapy. The use of repetitive and sometime boring tasks produces a significant reduction in patient motivation. To combine therapy with appealing games, then, is not only a matter of creating entertainment, but a real necessity for recovery.

## FEATURES & FUNCTIONS

VAST.Rehab, an innovative video capture virtual reality system, offers functional therapy using movement and position recognition proprietary technology. The touch-free (without external accessories there is no danger of contamination spreading or sterilization need) motion-activated solutions for virtual reality rehabilitation are used by clinicians in all rehabilitation health professions. The system is suitable to be used to treat a wide variety of patients, with a full library of interactive tasks and activities that can be tailored for children or seniors. VAST.Rehab supports medical professionals in following functionalities: Evaluation, Treatment, Feedback, Documentation.

## PRECAUTIONS

## EVALUATION

VAST.Rehab allows patients assessment, using a personally tailored appropriate configuration to the patient's ability, evaluation of results and development of treatment plans (e.g. evaluation tasks: Reach test, Angles evaluation, Stability test, Romberg's test, Unterberg's test, Dynamic test).

## TREATMENT

VAST.Rehab uses a wide variety of therapeutic tasks to enable training in all rehabilitation domains:

### MUSCULOSKELETAL

- Range of motion
- Strength
- Endurance
- Fitness and cardiovascular training

### NEUROLOGICAL

- Movement quality (gross and fine motor skills)
- Movement awareness and proprioception
- Bilateral movements in response to bilateral stimulation

### BALANCE AND EQUILIBRIUM

- Trunk and postural control
- Anticipatory postural responses
- Adequate reactions to stimuli and distractors placed in preplanned positions or random
- Crossing the midline

## PRECAUTIONS

### FEEDBACK

The augmented Feedback in VAST.Rehab provides real-time functional feedback (knowledge of results and knowledge of performance) in a motivating game like environment. By monitoring movements, it guides the patient through exercises specifically designed for therapy. It encourages and motivates the patient to achieve a higher number of repetitions, which helps improving the compliance and the therapy outcome. The exercises are adjustable according to the patient's needs and progress, and therefore provide a challenging and effective therapy.

### DOCUMENTATION

VAST.Rehab software captures the patient's training activity and progress providing relevant documentation about the therapy process and the patient's compliance. Furthermore, the stored documentation offers information such as training accuracy, duration and frequency. Allowing accurate monitoring of the patient's training progress, the VAST.Rehab documentation supports clinical decision making. The Therapist in charge has the sole responsibility for a rehabilitation treatment and decides whether a patient is fit for a specific treatment. In particular, the therapist must weigh in each individual case possible risks and side-effects of the treatment against the expected benefit. In addition, the patient's individual situation plays just as important a role as the basic risk assessment for specific patient groups. The person in charge of using the system is responsible to adapt the training sessions and the course of therapy to the patient's abilities. Being a scientific discipline, medicine and rehabilitation are subject to constant advances of knowledge and treatment principles. The therapist in charge must continually keep his knowledge up-to-date by reading the latest scientific literature and must monitor changes in use recommendations during the course of treatment.

## PRECAUTIONS

VAST.Rehab is a medical device and must be used in strict adherence to this document and software manuals. Failure to do so may result in serious personal injury. It is strongly recommended to regularly check VAST.Rehab website for the latest available information. Please contact if you have any question.

VAST.Rehab is to be used only under the supervision of qualified medical personnel. However, VAST.Rehab can be in certain conditions marketed for home use and must be strictly used according to the recommendations of your medical care provider who is knowledgeable about your specific needs. Read this document and software manuals for appropriate product designation. Failure to obtain and follow the recommendations of your medical care provider may result in serious personal injury.

This document provides details about a medical product which may not be available in all countries and may not have received approval or market clearance by all governmental regulatory bodies throughout the world. Nothing herein should be construed as a solicitation or promotion of the product or of an indication of any specific use for the product which is not authorized by the laws and regulations of the country where the reader of this information resides.

## PRECAUTIONS

VAST.Rehab purpose is to support functional therapy for patients who have lost the function of or have restricted function in their body or cognitive functions caused by cerebral, neurogenic, spinal, muscular or bone-related disorders. Considering the contraindications and every patient's individual profile, the device is used in the case of:

- Cerebrovascular Accidents
- Multiple Sclerosis
- Cerebral Palsy
- Parkinson`s Disease and Extrapyrarnidal Syndromes
- Brain-tumor operations
- Spinal cord injuries
- Traumatic brain injury
- Muscular atrophy
- Deconditioning - Muscle weakness due to lack of mobility
- Endoprosthesis for hip, knee, elbow and shoulder joints
- Following stable fractures of vertebra and/or extremities
- Limb amputations with or without prosthesis
- Balance and Equilibrium disturbances

Just as for any other therapy, the therapist in charge is always responsible for the indication. Functional training with VAST.Rehab is not possible or indicated in every case. In general, the device must not be used in the following cases to avoid causing harm to the patient. The following precautions must therefore be observed in particular:

- Severe osteoporosis
- Contractures affecting the relevant extremity
- Skin lesions in the area of the relevant extremity
- Joint subluxation or severe pain in the target joint
- Severe spasticity
- Severe spontaneous movements, e.g. ataxia, dyskinesia, myoclonic jerks
- Severe postural instability
- Cardiac arrhythmia, hypotension or severe hypertension
- Confused or non-cooperative patients
- Severe cognitive deficits
- Patients requiring isolation due to infections
- Severe visual problems (patient is not able to see displayed elements on the computer screen)



## PRECAUTIONS

The following contraindications must therefore be observed in particular:

- Not controlled epileptic seizure within the past two years, or photosensitive patients
- Retinal disease which may be exasperated by watching video games
- Bone instability (non-consolidated fractures in vertebrae or extremities)
- Osteomyelitis or other inflammatory/infectious diseases
- Bone Cancer, including spinal tumors or metastases to vertebrae or joints
- Pronounced, fixed contractures affecting the relevant extremity
- Open skin lesions in the area of the relevant extremity
- Non-stable vital functions: Pulmonary or cardio-circulatory contraindications
- Spondylolisthesis (second degree or higher) or with neurological signs

## PRECAUTIONS

The above list does not claim to be exhaustive. In case of patients with chronic diseases and/or patients with illnesses coexisting with the one in which therapy VAST.Rehab's support is used and/or patients who have been immobile for a long period of time, special attention is required and short training sessions are recommended to begin with. An over-reaction is expected from these patients if training sessions are too long. On the other hand, patients often tend to have a certain euphoric reaction after the initial treatment, and want to have longer and/or more frequent training sessions. This can result, in the case of the patients described above, in excessive strain being exerted on ligaments, tendons and joints.

The decision as to whether a patient is suitable for treatment always comes under the remit of the therapist in charge, who has sole medical responsibility for the treatment. As part of this, he must evaluate in particular, in each individual case, possible risks and side-effects of the treatment against the benefit gained from it. In addition, the patient's individual situation plays just as important a role as the basic risk assessment for specific patient groups.

# INFORMATION CLAUSE FOR VAST.REHAB

## PRECAUTIONS

According to art. 13 section 1 and 2 of the General Data Protection Regulation dated on 27 April 2016, we inform you that:

- The administrator of your personal data is BRONTES PROCESSING Sp. z o.o. Ul. Przewozowa 32, 44-100 Gliwice, Poland.
- Your personal data is processed for the purpose of establishing an online account in the VAST.Rehab software platform and for statistical purposes. The processing takes place on the basis of Article 6 (1b) and (1c) and article 9 (1h) of the GDPR.
- The recipient of your personal data will be the entities authorized by the controller of the personal data, entities authorized by law and external entities under signed contracts.
- Your personal data will be kept for a period consistent with applicable law.
- You have the right to access your personal data and the right to rectify, delete, limit processing, the right to data transfer, the right to object, the right to withdraw consent at any time without affecting the legality of processing, which was made on the basis of consent before its withdrawal.
- You have the right to lodge a complaint with the supervisory body when you feel that the processing of personal data concerning you violates the provisions of the General Data Protection Regulation of 27 April 2016.
- Providing personal data is a prerequisite for the purpose of processing. If you do not provide your personal information, it will not be possible to process it.
- Your personal data will not be subject to automated decision making or profiling.

# WHAT IS THERAPIST PANEL USED FOR?

## INTRODUCTION

The VAST.Rehab Therapist Panel application is used to create accounts for patients, start and plan workouts, securely access patients' performance metrics, and to analyze reports. It enables therapists to remotely monitor patients' progress, adjust tasks' difficulty, and communicate with their patients.

# HOW TO INSTALL VAST.REHAB THERAPIST PANEL?

## INTRODUCTION

All our applications are available in Microsoft Store. You can simply search for "VAST.Rehab" and the list of available apps will be displayed. You can also paste the following URL to your web browser:

- <https://www.microsoft.com/store/apps/9NTMR7TQBB65>

# HARDWARE REQUIREMENTS

## INTRODUCTION

The hardware listed below is specifically prepared for the therapist station. The hardware needed for patient stations is listed in separate documents prepared for each module available to be activated on your patient stations.

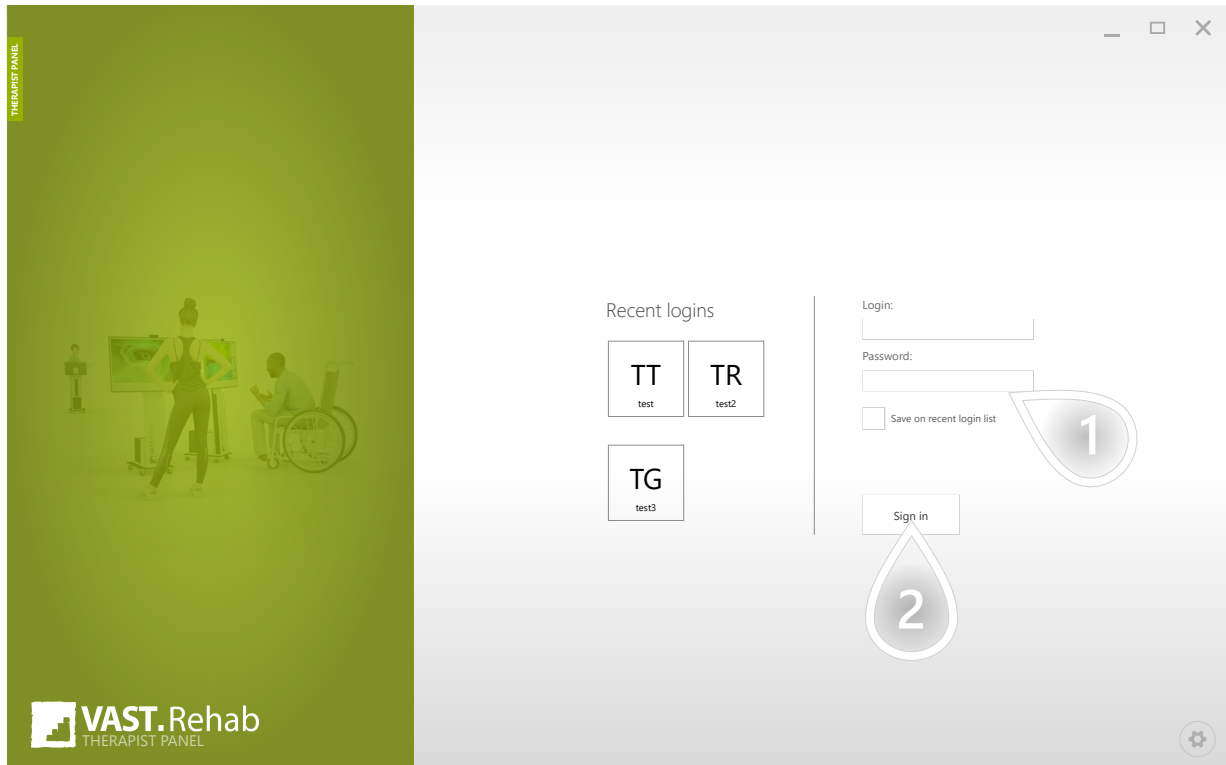
### WHAT IS NEEDED?

- Windows 10
- Intel i3 CPU or better
- 8 GB RAM
- Touch screen is recommended

# HOW TO LOG IN TO THE THERAPIST PANEL?

## SCENARIOS: SIGN IN

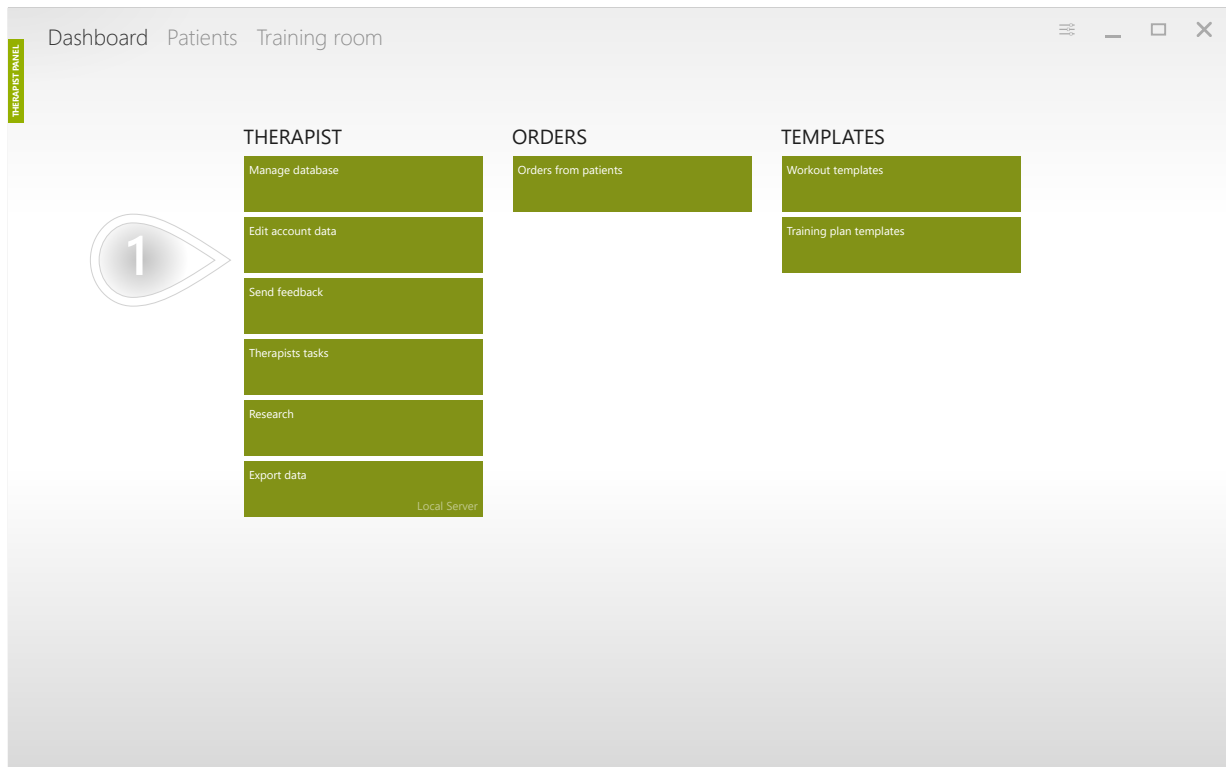
Get your login and password from VAST.Rehab administrator in your facility. The administrator can create your account in VAST.Rehab Administrator Panel.



- 1 Check the box to save your login in the recent logins section
- 2 Click to proceed

# EDIT THERAPIST'S ACCOUNT

## SCENARIOS: SIGN IN



1 Click to proceed



# EDIT THERAPIST'S ACCOUNT

2/2

## SCENARIOS: SIGN IN

The screenshot shows a web interface for managing a therapist's account. The title is "Manage therapist" for "MARIO ROBERTS". The form contains the following fields:

First name*	Mario
Last name*	Roberts
Login*	marrob1653
Password change reminder	disabled
Language	[Dropdown menu]
Mobile	00123456789
Phone	[Empty field]
E-mail	[Empty field]

At the bottom of the form, there are two buttons: "Change password" (highlighted with callout 1) and "Save" (highlighted with callout 2).

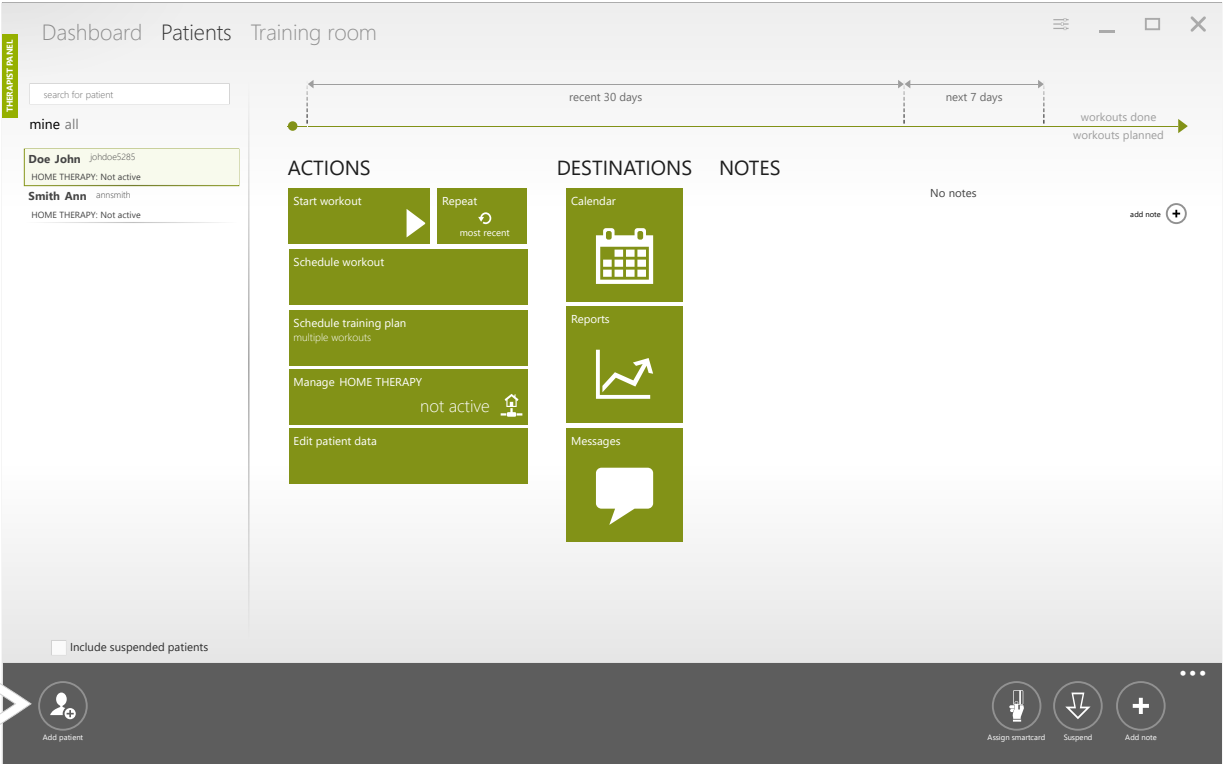
1 Click the button to change your password

2 Click to proceed

# CREATE PATIENT'S ACCOUNT

## SCENARIOS: PATIENTS' ACCOUNTS

Therapists are expected to create a dedicated account for each patient. The patient's account is used to start and plan the therapy and store all the data gathered by the software: patient's personal data, workout's history, reports and notes about the patient. It lets therapists track progress and automatically document the whole therapy.



1 Click to proceed

# CREATE PATIENT'S ACCOUNT

2/2

## SCENARIOS: PATIENTS' ACCOUNTS

Provide details about the patient that will be using this account.

Manage patient

PERSONAL PANEL

1

Internet server account  
 Local server account

First name  
Last name  
Login \*  
Language \*  
Gender \*  
Birth date \*  
Height \*  
Weight \*  
Mobile  
Phone  
E-mail

Assigned therapist \*  
External Id  
External Id 2  
Country  
Select

Legal information \*  
 User has been familiarized with legal information  
[Show legal documents](#)  
 Send in an e-mail

2

3

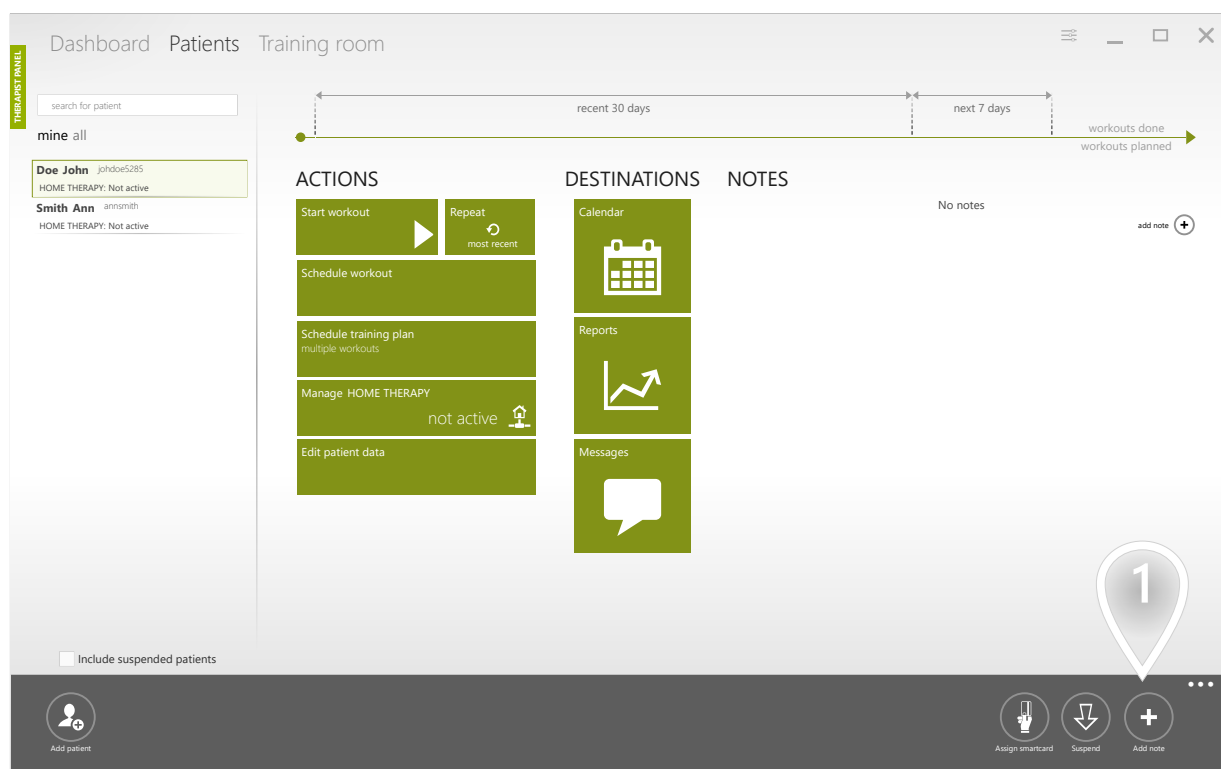
Assign password HR zones Save

- 1 In case you are using 'Local Server' and at the same time you are connected to the Internet - you need to decide on which server you want the account to be created. The default option is 'Internet Server' because those accounts are anyhow automatically copied to the local server, and at the same time, they can be used for home therapy in the future.
- 2 If you have information about the patient's HR zones, you can add and manage them here.
- 3 Click to proceed

# CREATING NOTES

## SCENARIOS: PATIENTS' ACCOUNTS

You can use VAST.Rehab Therapist Panel as a simple CRM system. Use it to note information about patient's preferences or reports you need to talk about. Use it also to keep in touch with your patient. For example, you can track phone calls. How? If you call the patient to ask why he or she skipped some home therapy workouts last week, you can hear your patient is on three weeks' holiday. Just create a note about it, and if software alerts you again that the patient skipped some workouts, you can simply dismiss alert without calling your patient again.

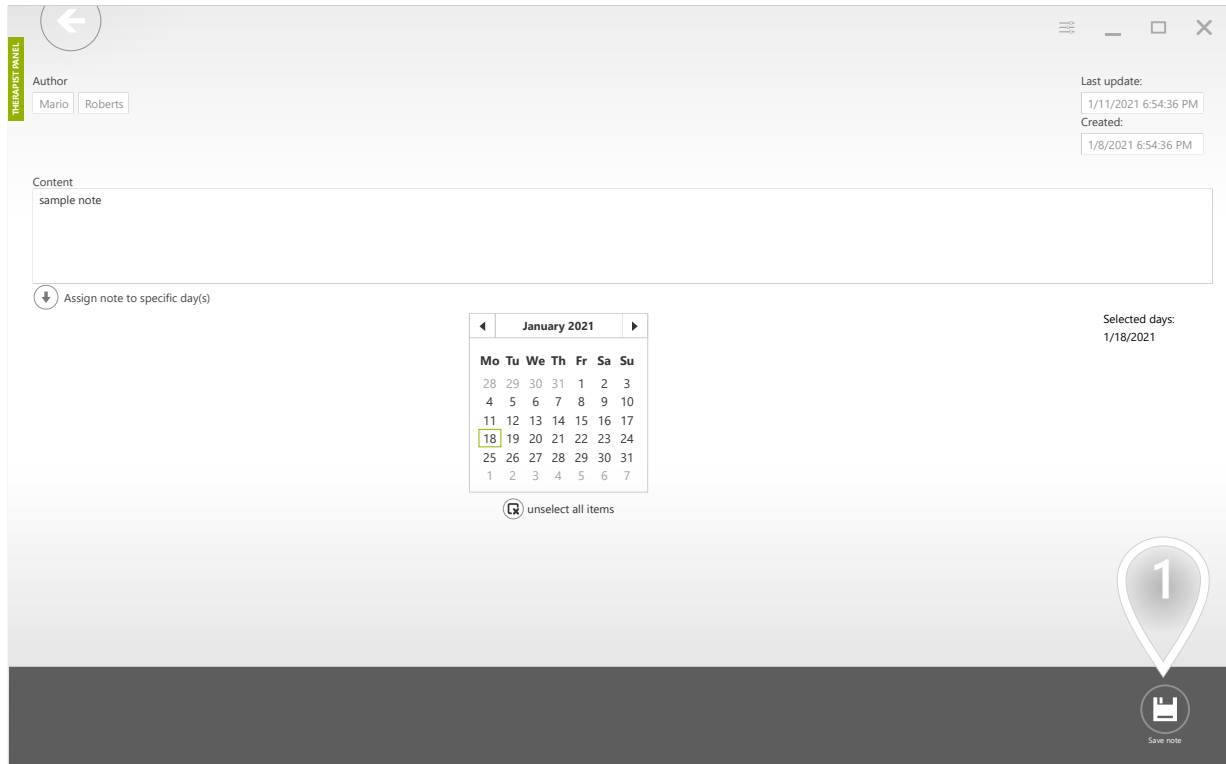


1 Click to proceed

# CREATING NOTES

## SCENARIOS: PATIENTS' ACCOUNTS

Here you can enter your note



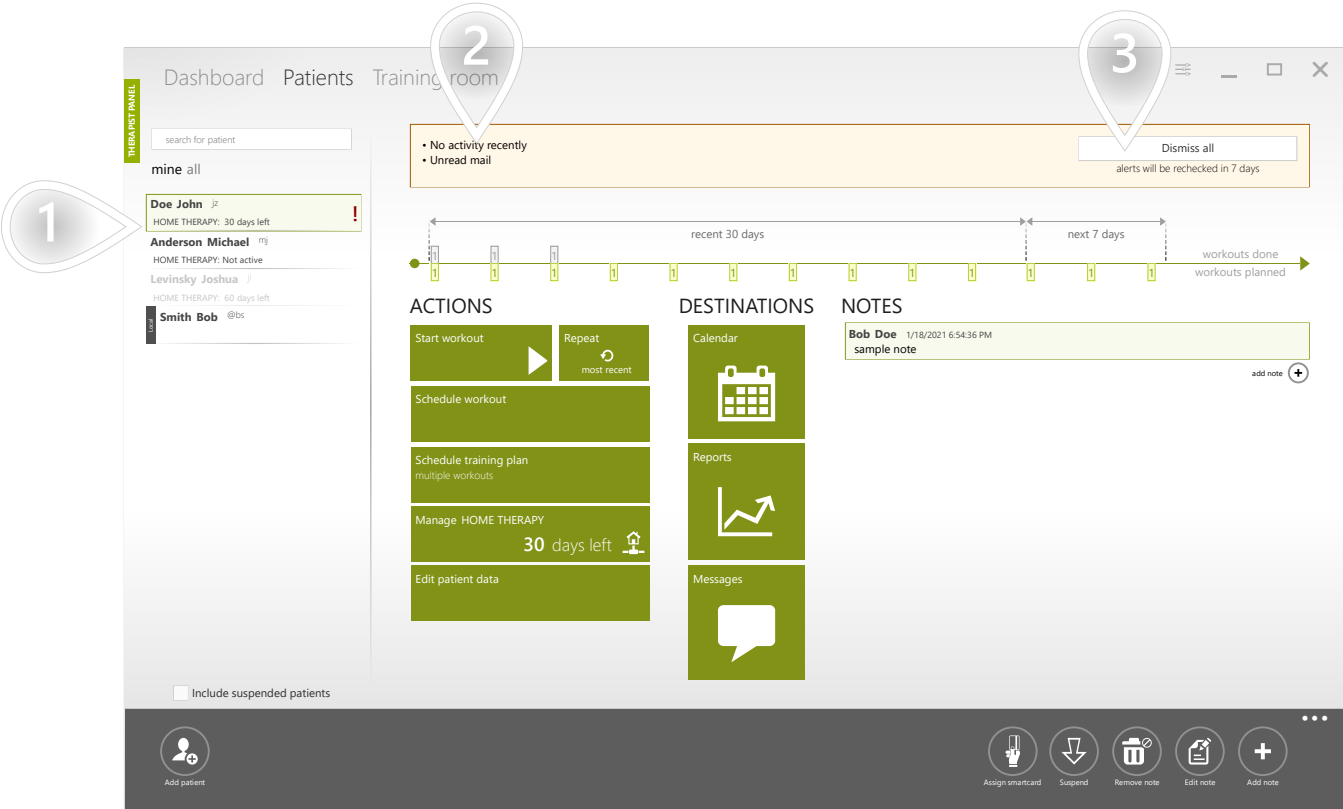
1 Click to proceed

# FIND PATIENTS WHO NEED YOUR ATTENTION

## SCENARIOS: PATIENTS' ACCOUNTS

Some of the patients on the list can be marked with an exclamation mark. The exclamation mark informs you that the patient needs your attention. It appears when you receive a message from your patient, when home therapy is about to expire or when the patient is not performing his workouts according to the schedule.

It's easy to spot patients with an exclamation mark because they are always shown on the top of the list.



- 1 An example of our exclamation mark
- 2 The reason why the patient needs your attention
- 3 When all issues are resolved - please click the 'Dismiss all' button

# CHECK WHETHER PATIENT WORKS ACCORDING TO THE SCHEDULE

## SCENARIOS: PATIENTS' ACCOUNTS

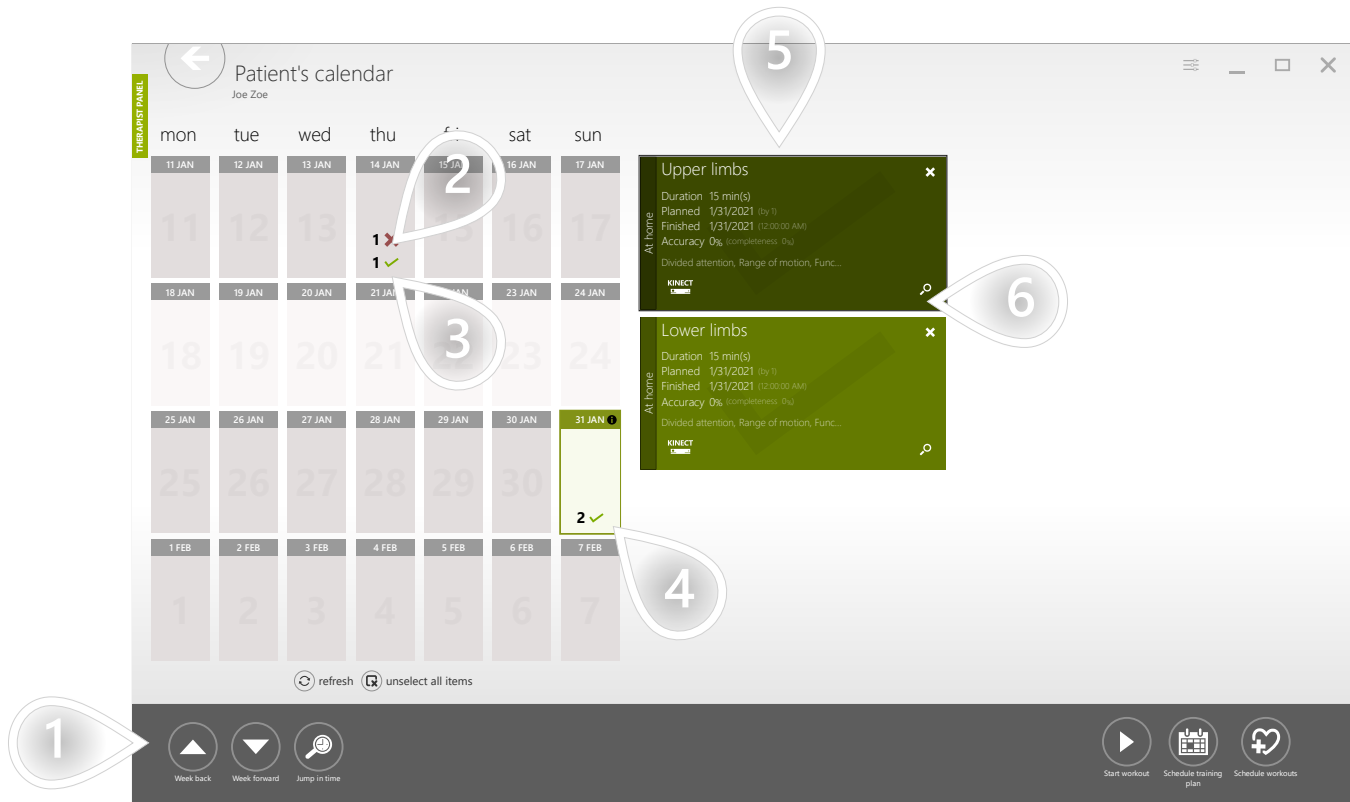
The screenshot displays a patient management interface with the following components:

- Dashboard:** Patients Training room
- Search:** search for patient
- Alerts:** No activity recently, Unread mail (Dismiss all)
- Timeline:** recent 30 days, next 7 days, workouts done, workouts planned
- Actions:** Start workout, Repeat, Schedule workout, Schedule training plan, Manage HOME THERAPY (30 days left), Edit patient data
- Destinations:** Calendar, Reports, Messages
- Notes:** Bob Doe sample note (1/18/2021 6:54:36 PM)
- Bottom Bar:** Add patient, Assign smartcard, Suspend, Remove note, Edit note, Add note

- 1 The green rectangles present the scheduled workouts
- 2 The grey rectangles present the workouts completed by the patient. We can see that the patient completed his last workout about 20 days ago.
- 3 Open the calendar to see planned vs. completed workouts within wider time frame

# CHECK WHETHER PATIENT WORKS ACCORDING TO THE SCHEDULE

## SCENARIOS: PATIENTS' ACCOUNTS



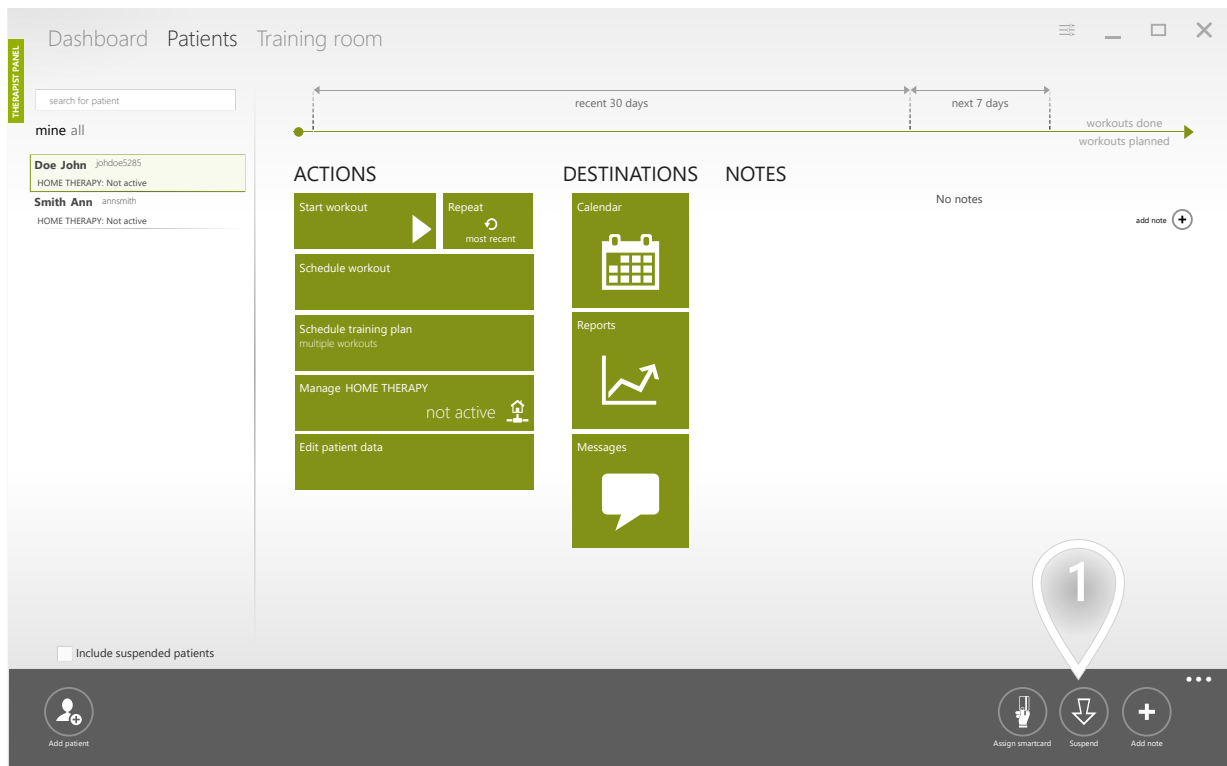
- 1 The buttons help you navigate through the calendar
- 2 Skipped workout
- 3 Completed workout
- 4 Select one or more days
- 5 List of workouts scheduled for the selected days
- 6 Show report



# SUSPEND PATIENT'S ACCOUNT

## SCENARIOS: PATIENTS' ACCOUNTS

Keeping patients list clean helps you work faster and more efficiently. VAST.Rehab lets you suspend unused patients' accounts. Suspended accounts don't appear on the list unless you tell the system to do so.

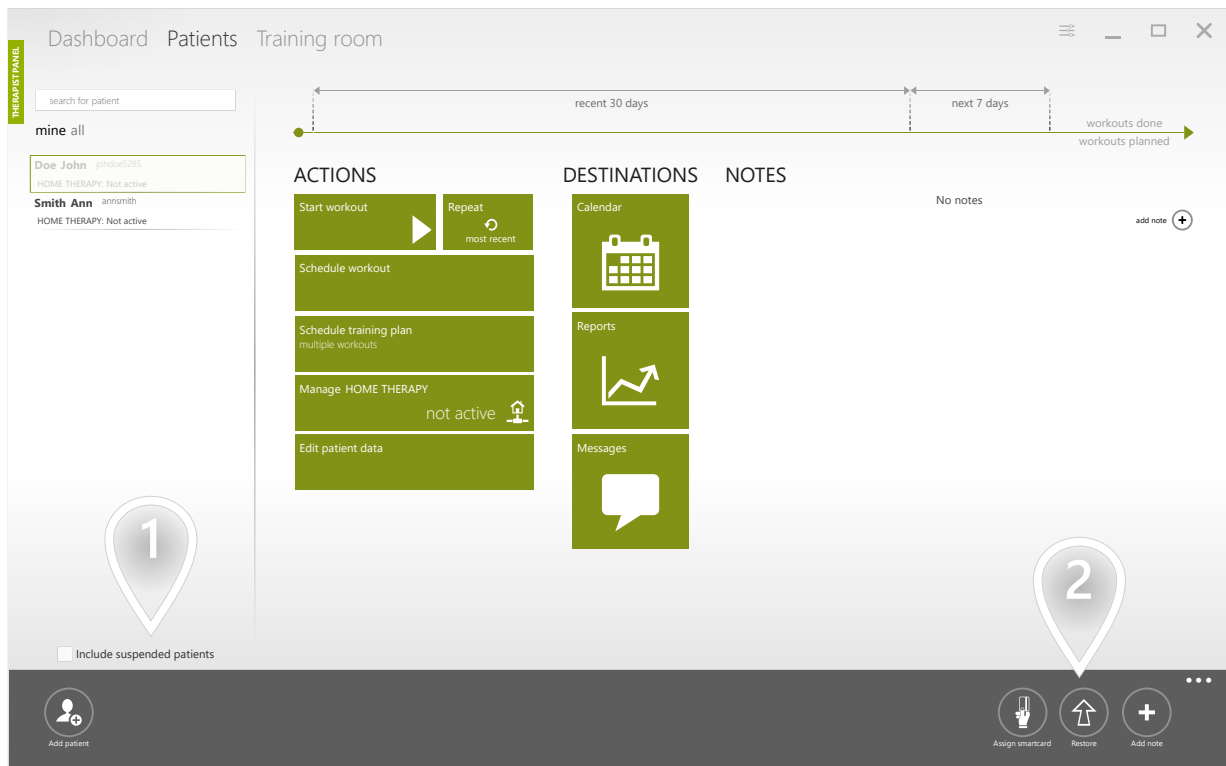


1 Click to proceed

# SUSPEND PATIENT'S ACCOUNT

## SCENARIOS: PATIENTS' ACCOUNTS

You can load suspended patients back onto the list. Suspended accounts appear grayed out to distinguish them from active accounts.



- 1 Load suspended accounts
- 2 Restore a suspended account to be active again

# WHAT IS A WORKOUT TEMPLATE AND WHEN TO USE IT?

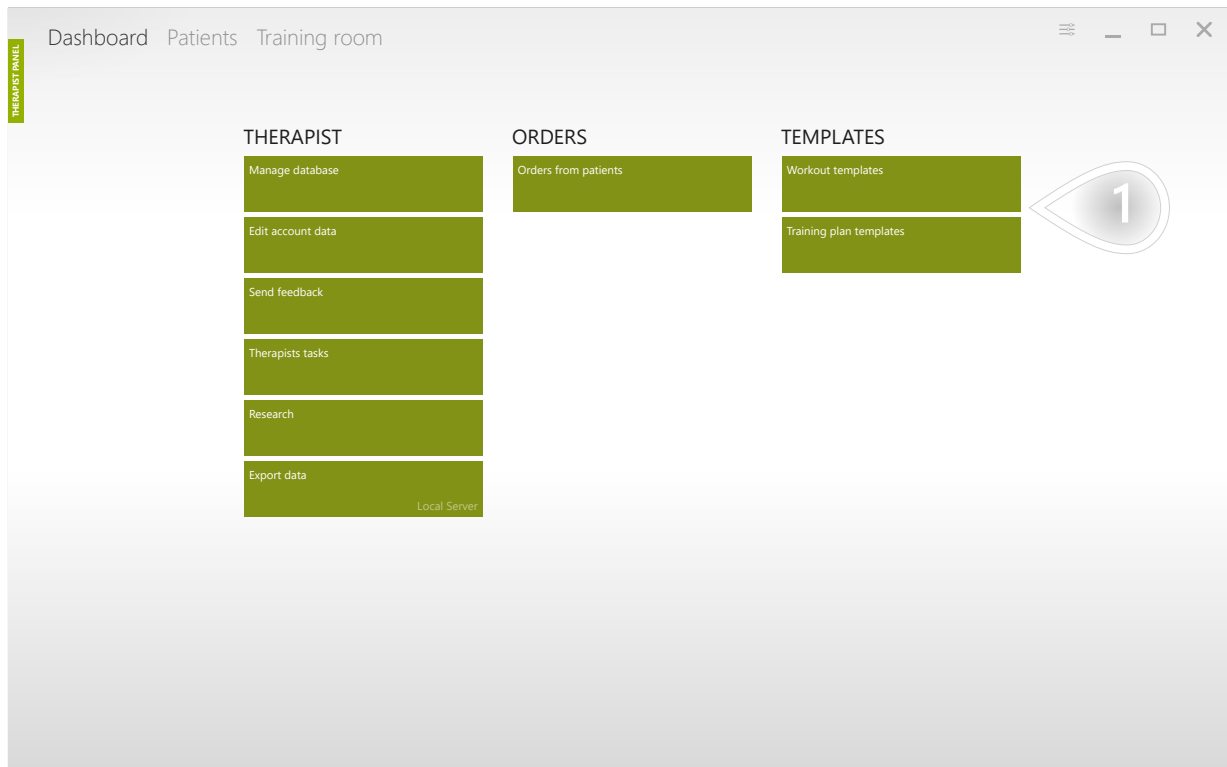
## SCENARIOS: WORKOUT TEMPLATES

Workout template is built from segments. It describes the structure of a workout. It has information about the duration of the therapy session, which is calculated as a sum of durations of the segments it contains. All segments included in the workout template are being executed one after another. You can create your own workout templates, so you can use them quickly to start or plan workouts for your patients.

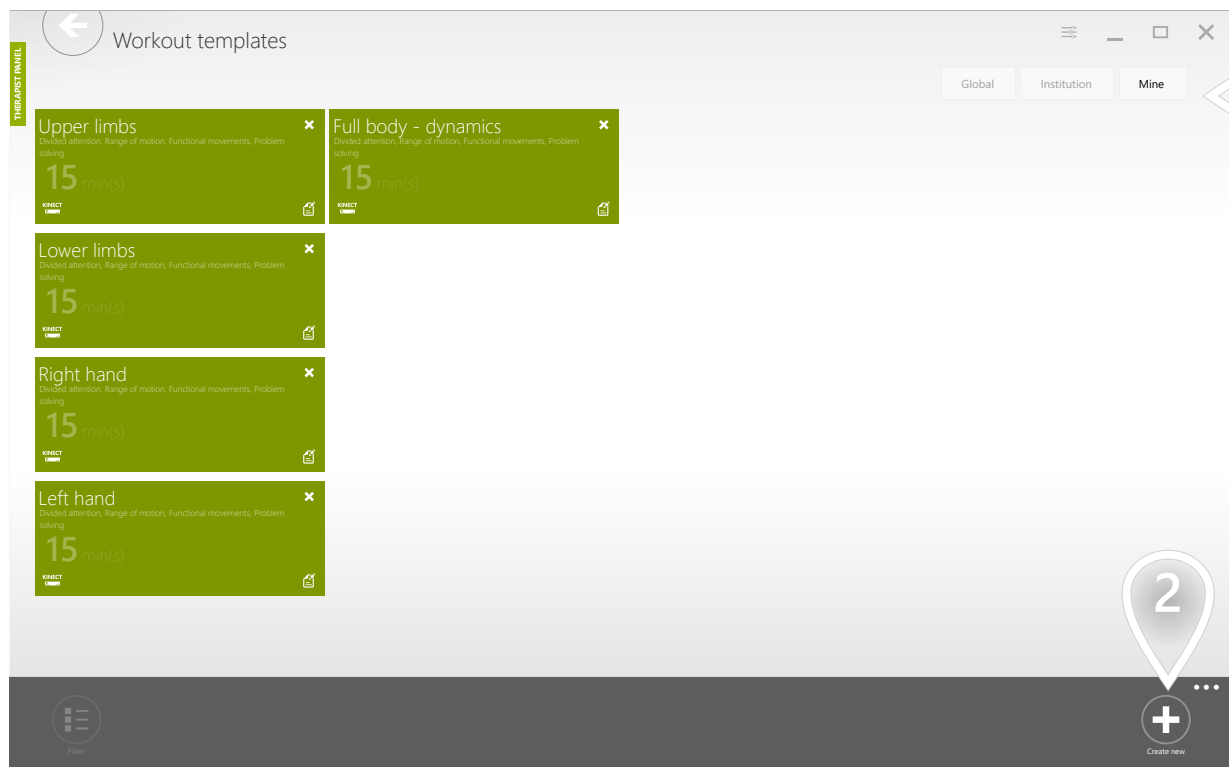
# CREATE TEMPLATE USING GENERATOR

1/5

## SCENARIOS: WORKOUT TEMPLATES

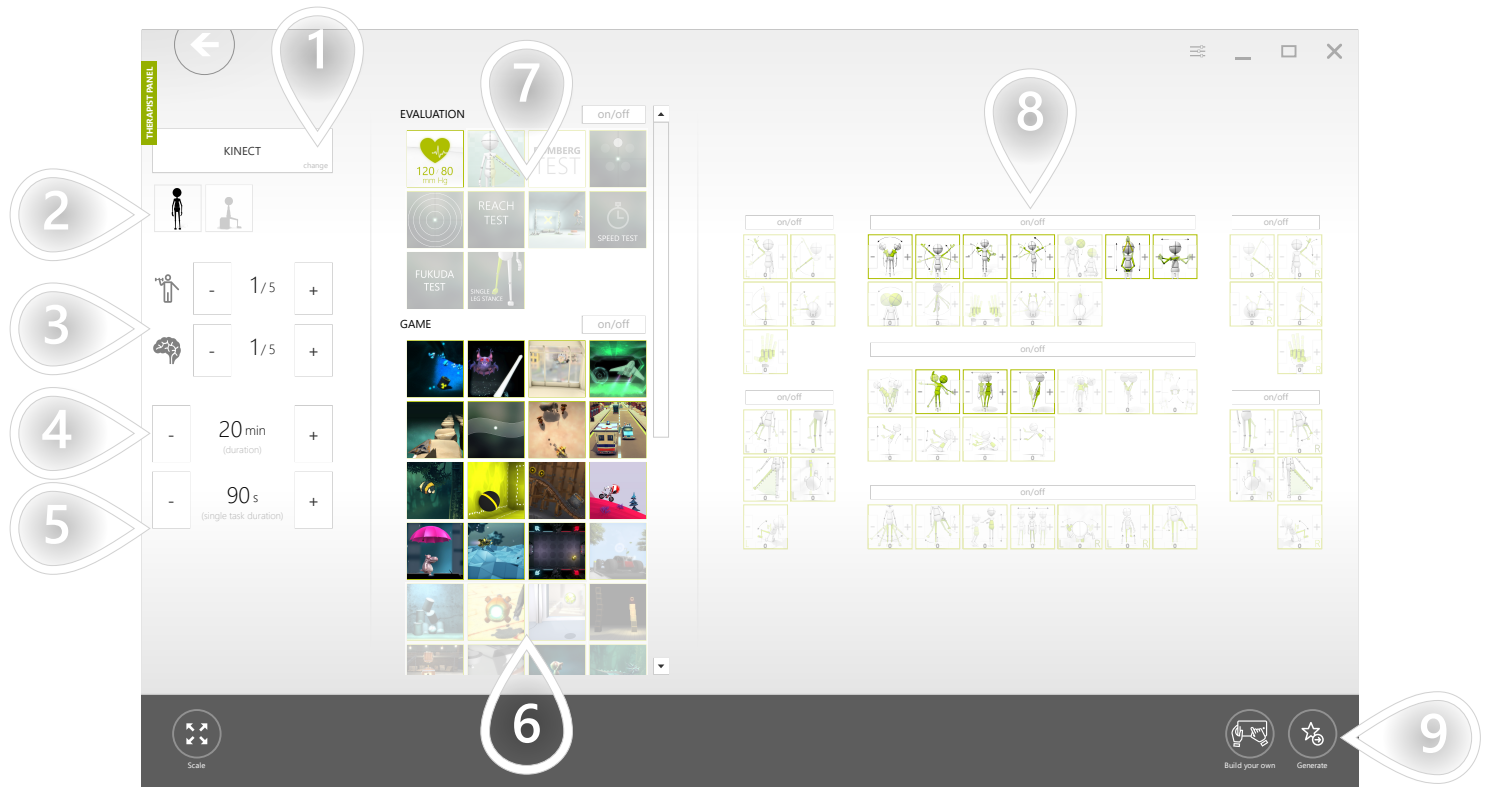


1 Click to proceed



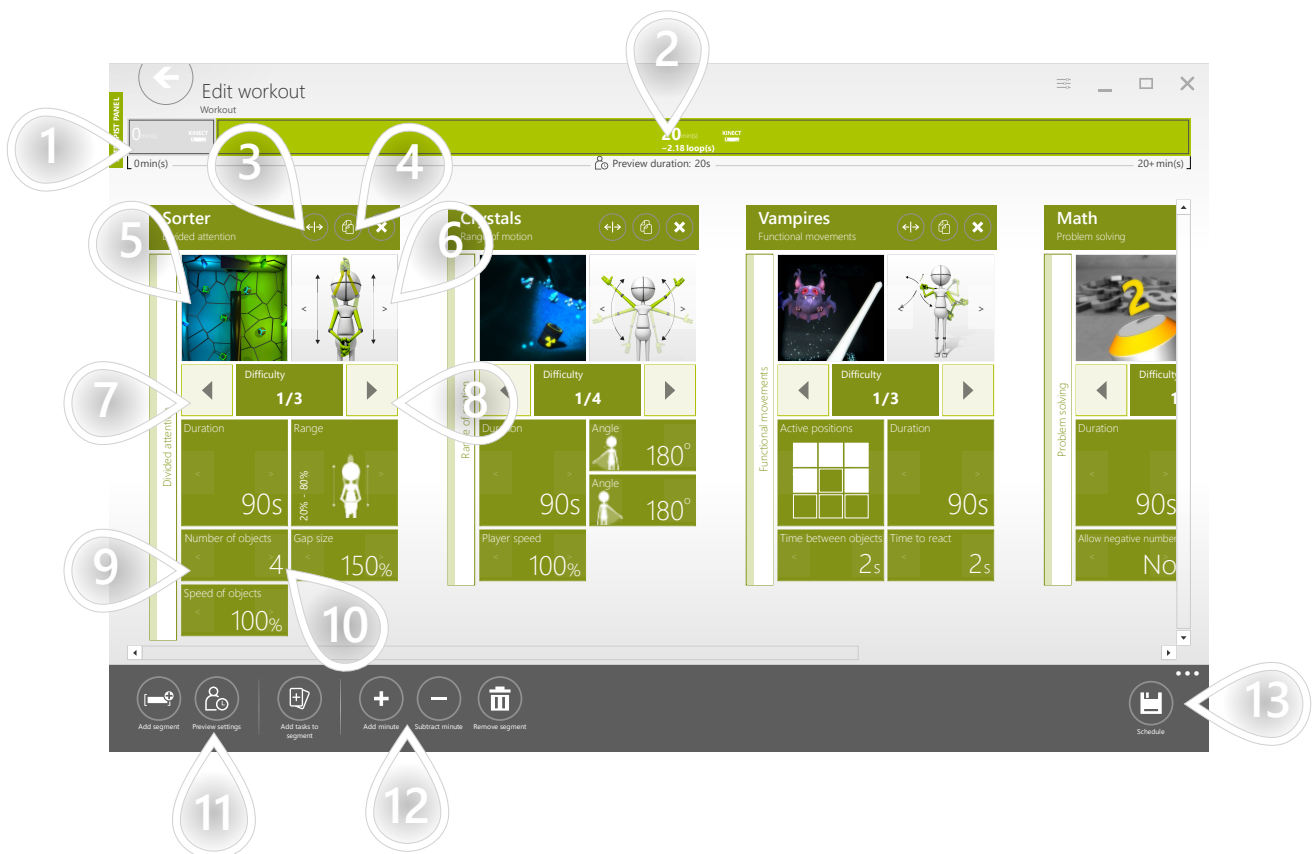
- 1 The 'Mine' tab contains your elements that are not shared with other therapists. The other tab contains elements available for each therapist in your facility.
- 2 Click to proceed

## SCENARIOS: WORKOUT TEMPLATES

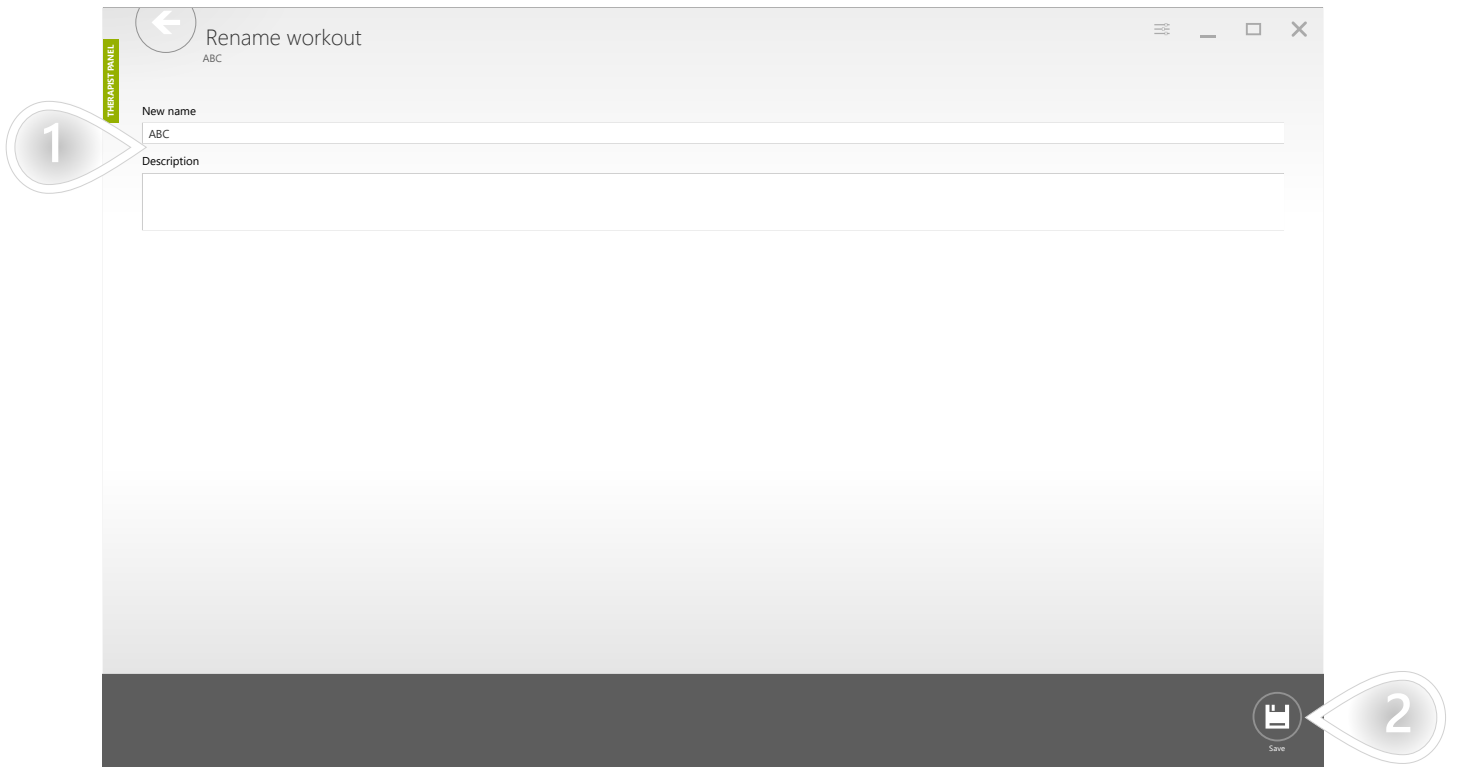


- 1 Select device
- 2 Filter control modes (standing and/or sitting)
- 3 Set suggested physical and cognitive difficulty. Based on those settings system suggests adequate therapeutic tasks and control modes.
- 4 Set workout's duration
- 5 Set duration for each therapeutic task
- 6 Based on the chosen physical and cognitive difficulty - there are some therapeutic tasks preselected. You can modify the list manually.
- 7 Evaluations are not added to the workout automatically. Please click on the evaluations you'd like to have included in the workout.
- 8 Based on the chosen physical and cognitive difficulty - there are some control modes preselected. You can modify the list manually. The greater the weight is - the more times it will be used.
- 9 Click to proceed

## SCENARIOS: WORKOUT TEMPLATES



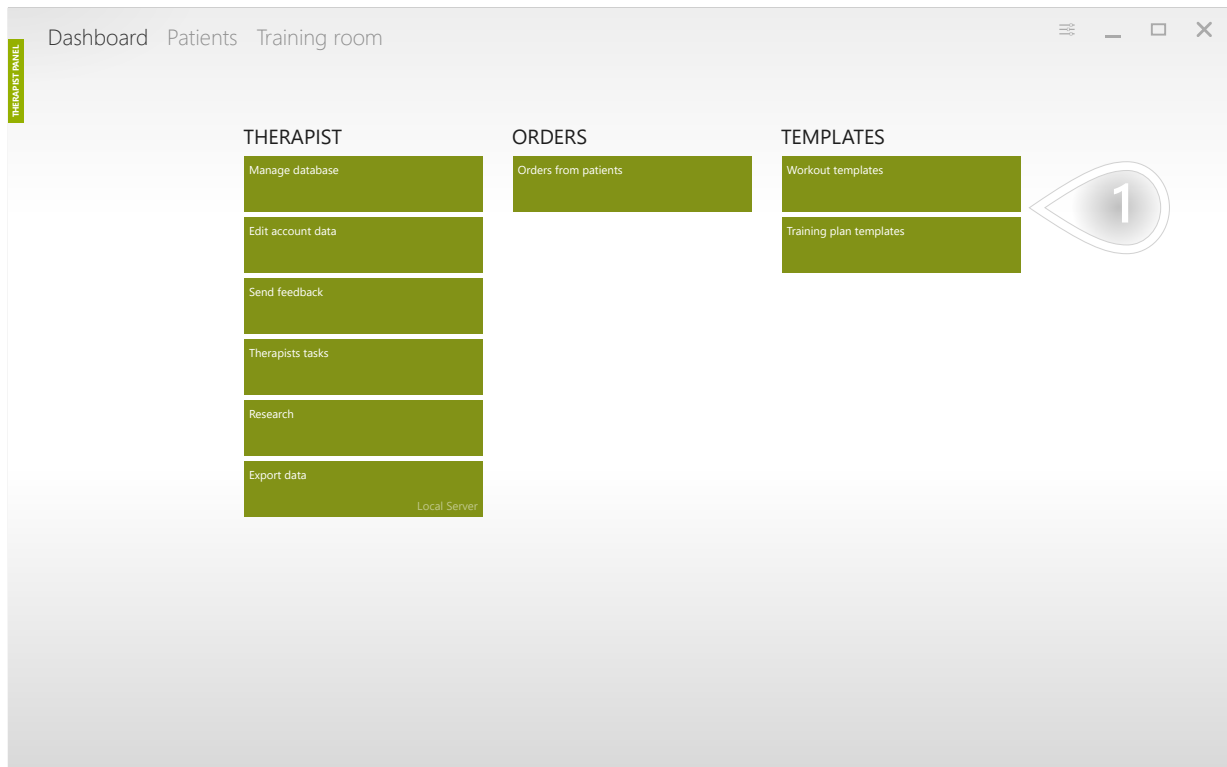
- 1 Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2 The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- 3 Move the task to another position
- 4 Clone the task
- 5 Replace the task
- 6 Replace the control mode
- 7 Make task easier
- 8 Make task harder
- 9 Previous parameter preset
- 10 Next parameter preset
- 11 Decide whether fullscreen instruction shall be visible for the patient before each therapeutic task
- 12 Set workout's duration
- 13 Click to proceed



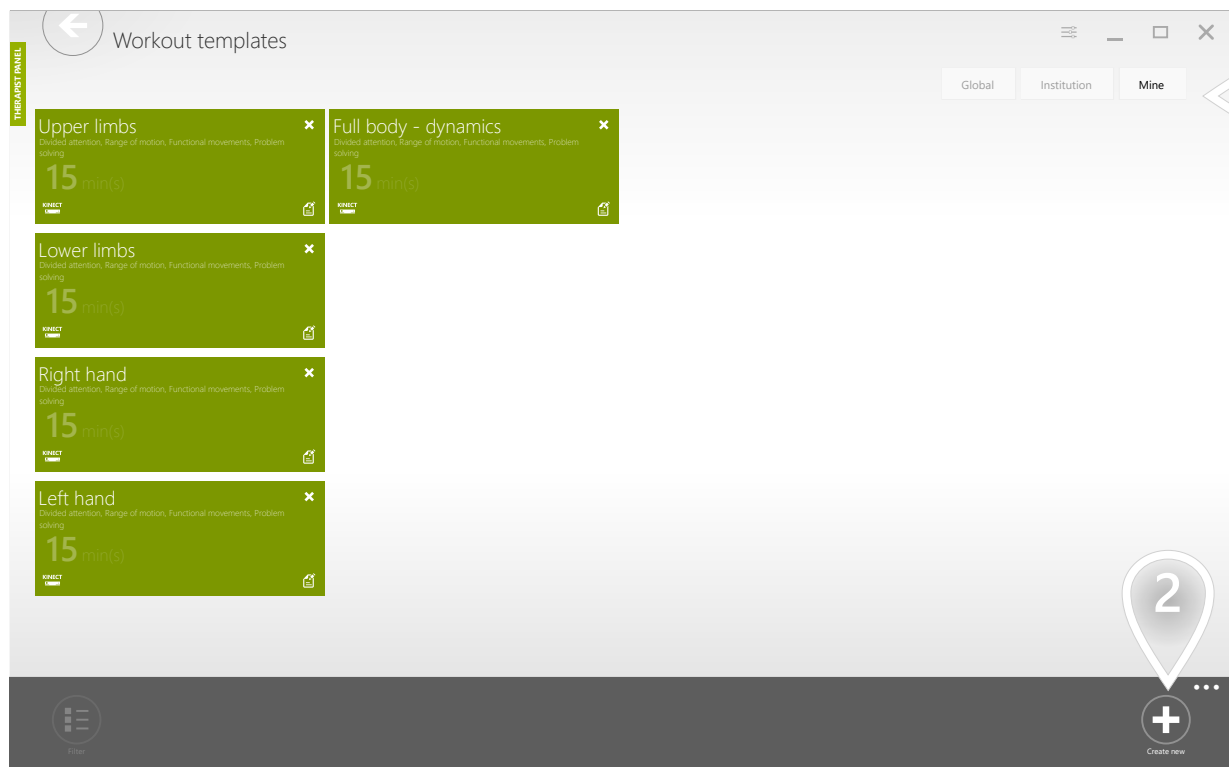
1 Assign name and description

2 Click to proceed



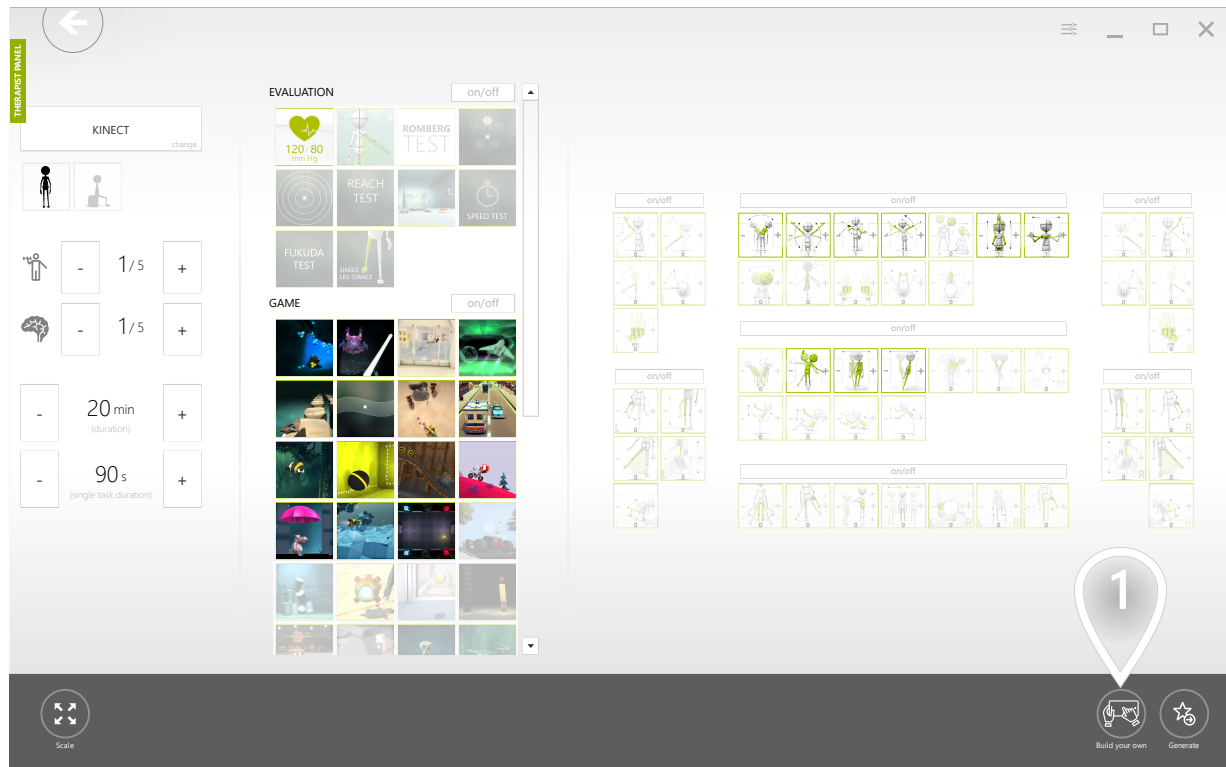


1 Click to proceed



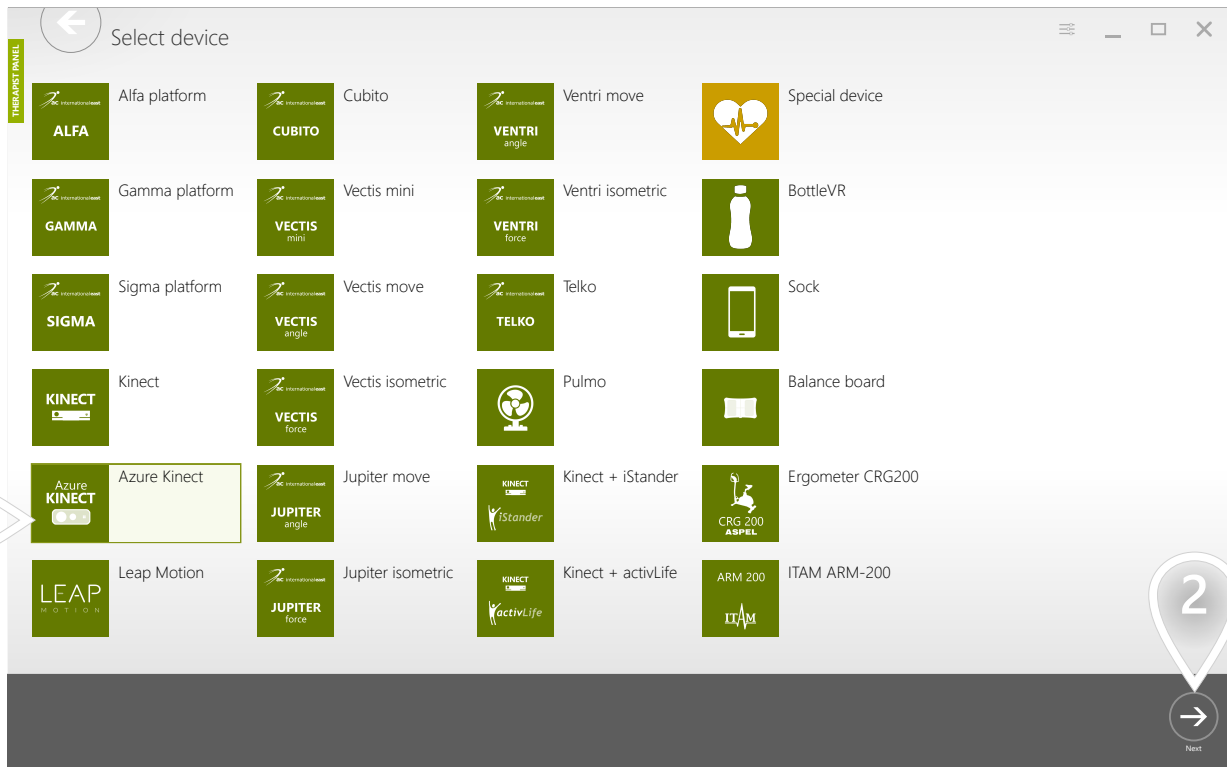
- 1 The 'Mine' tab contains your elements that are not shared with other therapists. The other tab contains elements available for each therapist in your facility.
- 2 Click to proceed

## SCENARIOS: WORKOUT TEMPLATES



1 Click to proceed

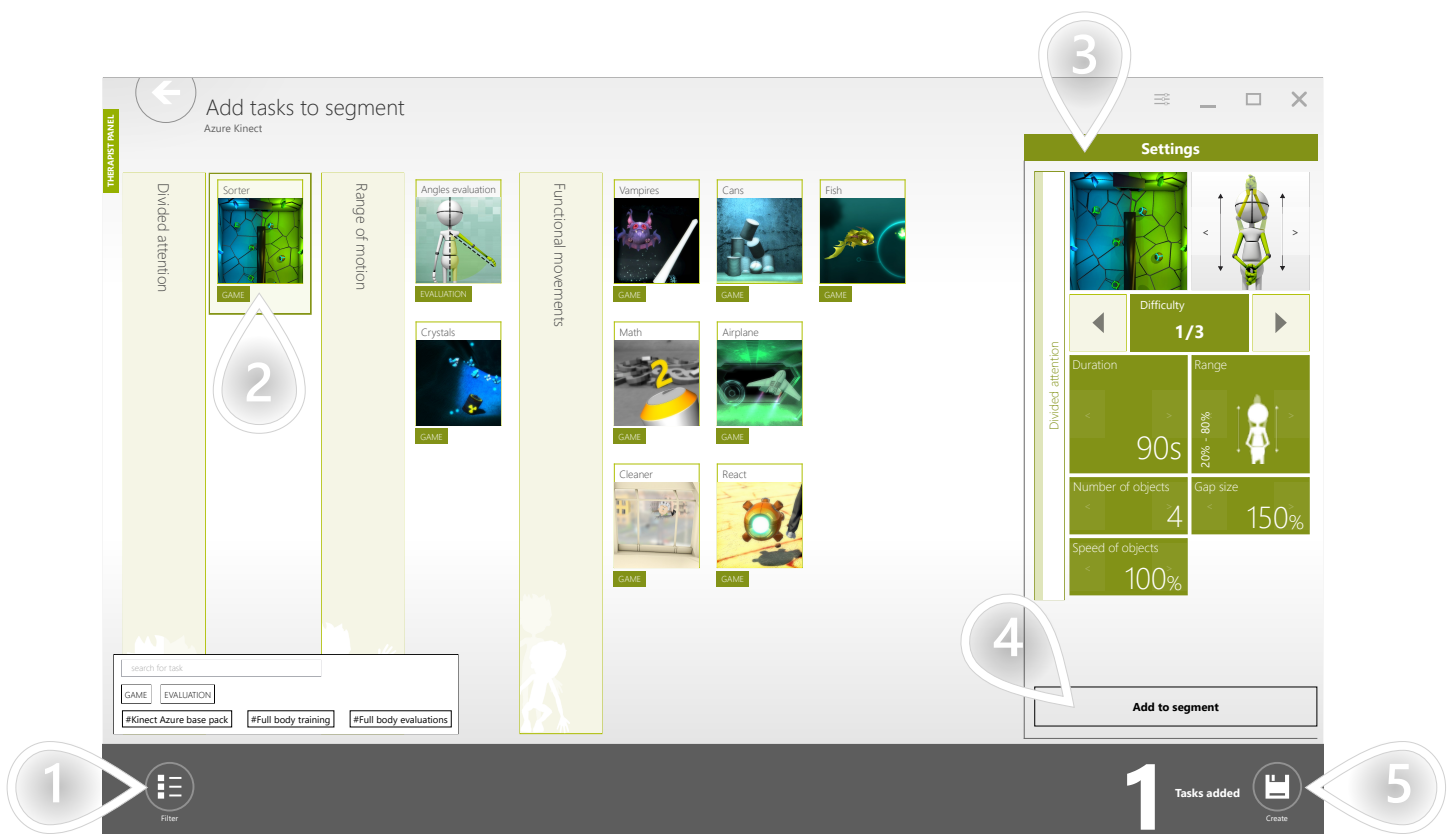
## SCENARIOS: WORKOUT TEMPLATES



1 Select device

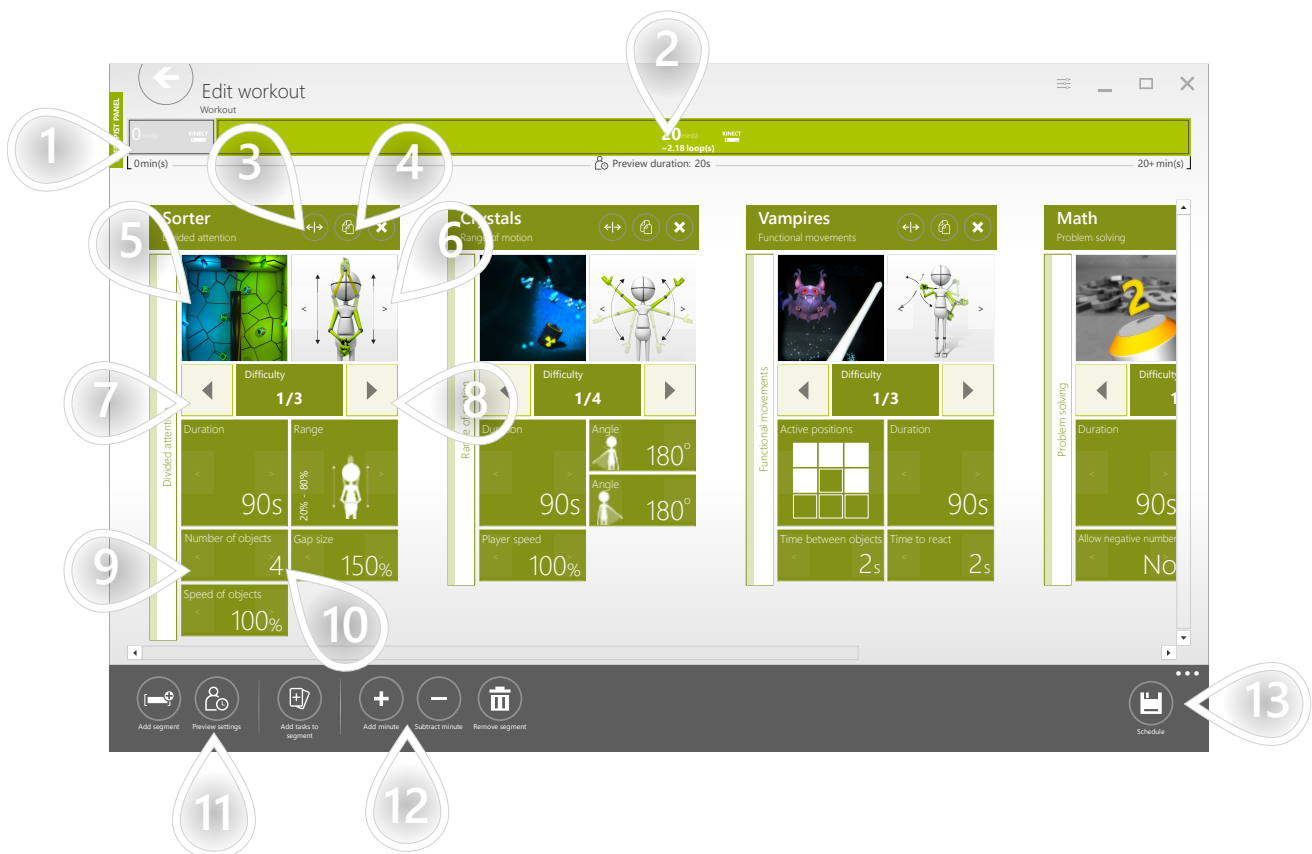
2 Click to proceed

## SCENARIOS: WORKOUT TEMPLATES

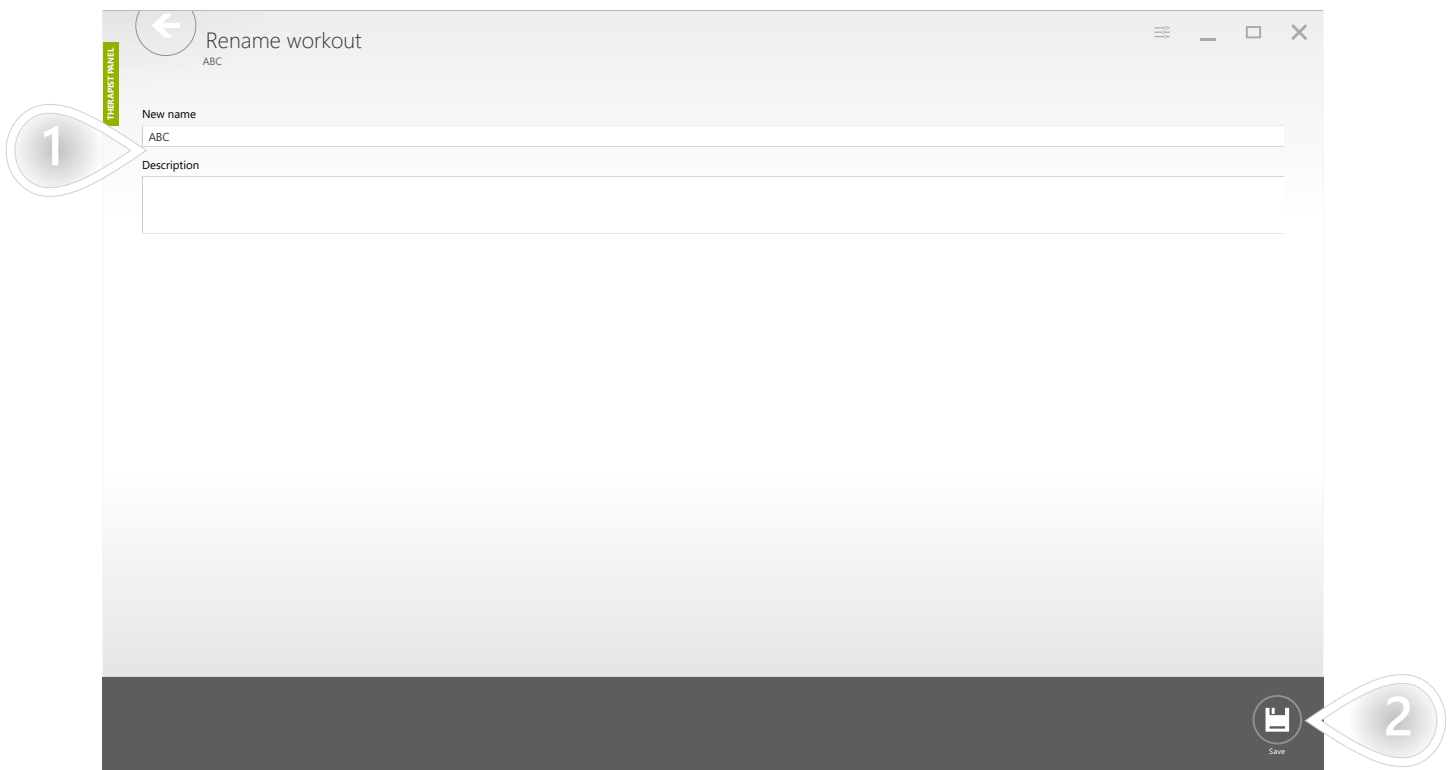


- 1 Open filter options to find therapeutic tasks easier
- 2 Select a task
- 3 Adjust settings
- 4 Add the therapeutic task to the segment
- 5 Click to proceed

## SCENARIOS: WORKOUT TEMPLATES



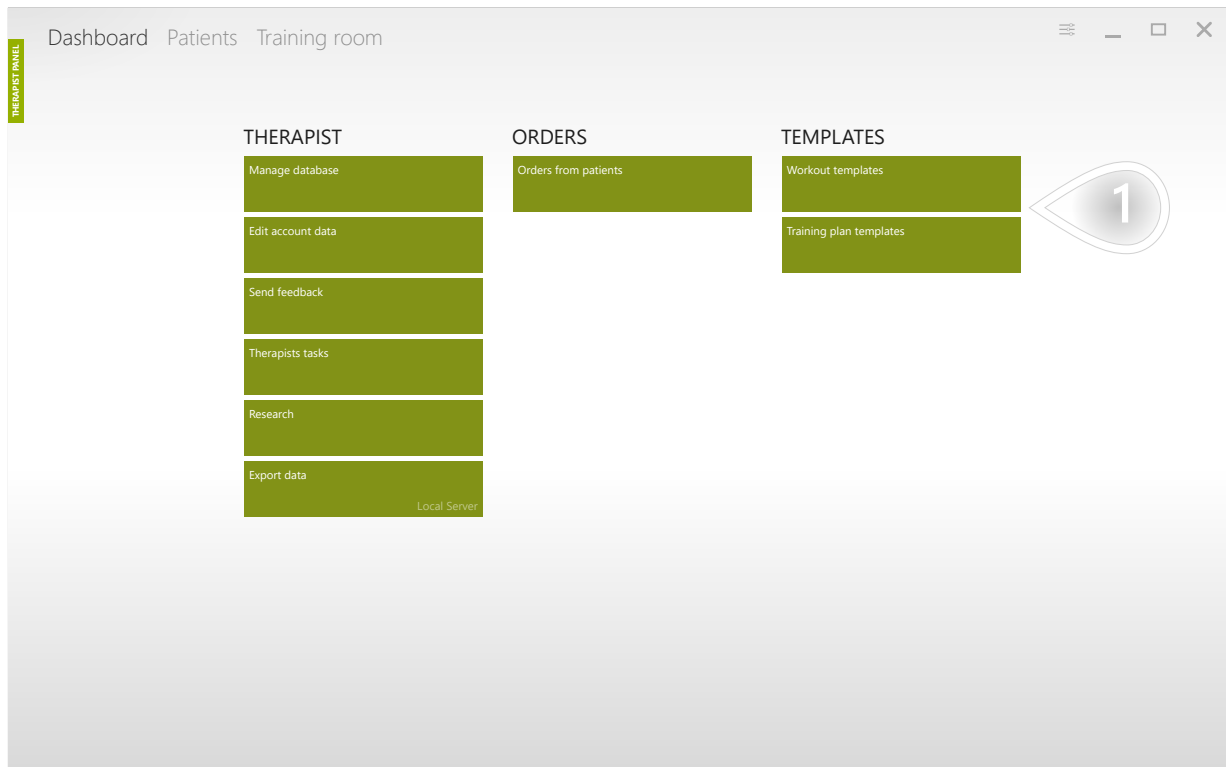
- 1 Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2 The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- 3 Move the task to another position
- 4 Clone the task
- 5 Replace the task
- 6 Replace the control mode
- 7 Make task easier
- 8 Make task harder
- 9 Previous parameter preset
- 10 Next parameter preset
- 11 Decide whether fullscreen instruction shall be visible for the patient before each therapeutic task
- 12 Set workout's duration
- 13 Click to proceed



- 1 Assign name and description
- 2 Click to proceed

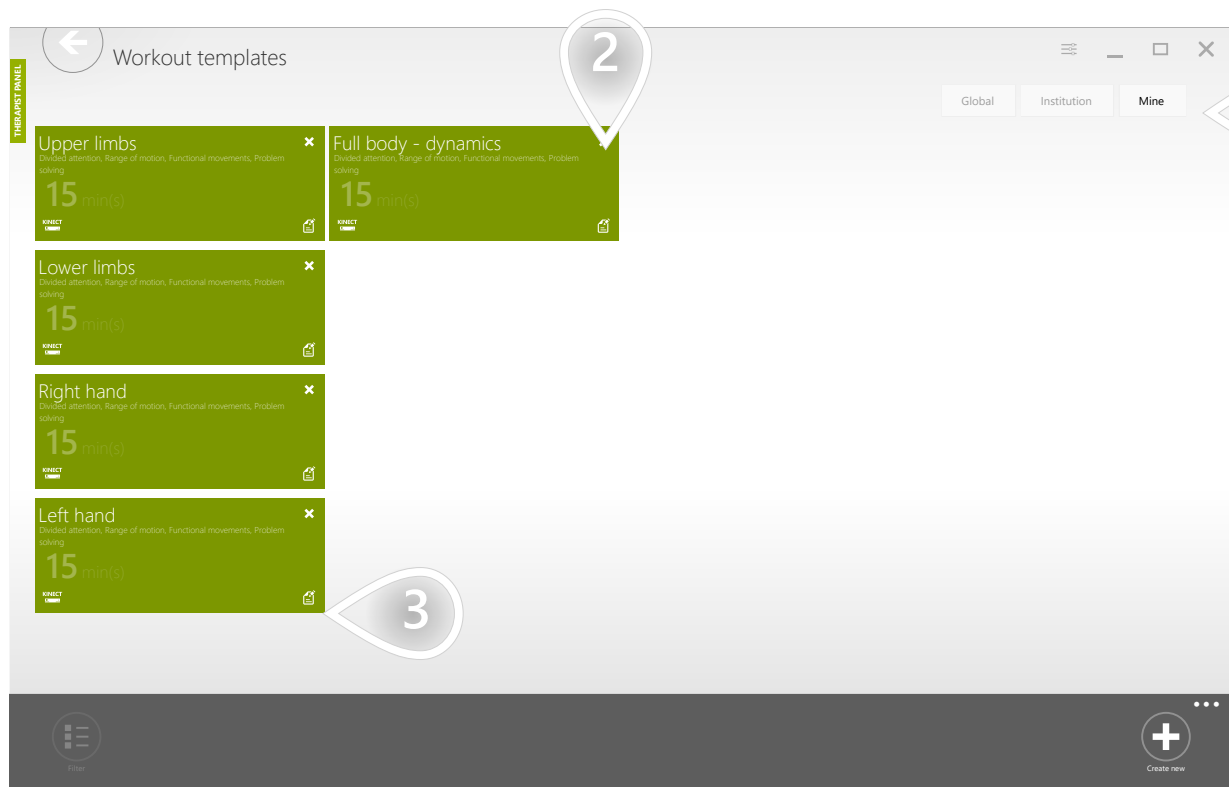
# EDIT/REMOVE WORKOUT TEMPLATES

## SCENARIOS: WORKOUT TEMPLATES



1 Click to proceed





- 1 The 'Mine' tab contains your elements that are not shared with other therapists. The other tab contains elements available for each therapist in your facility.
- 2 Remove element
- 3 Edit element

# WHAT IS A TRAINING PLAN AND WHEN TO USE IT?

## SCENARIOS: TRAINING PLANS

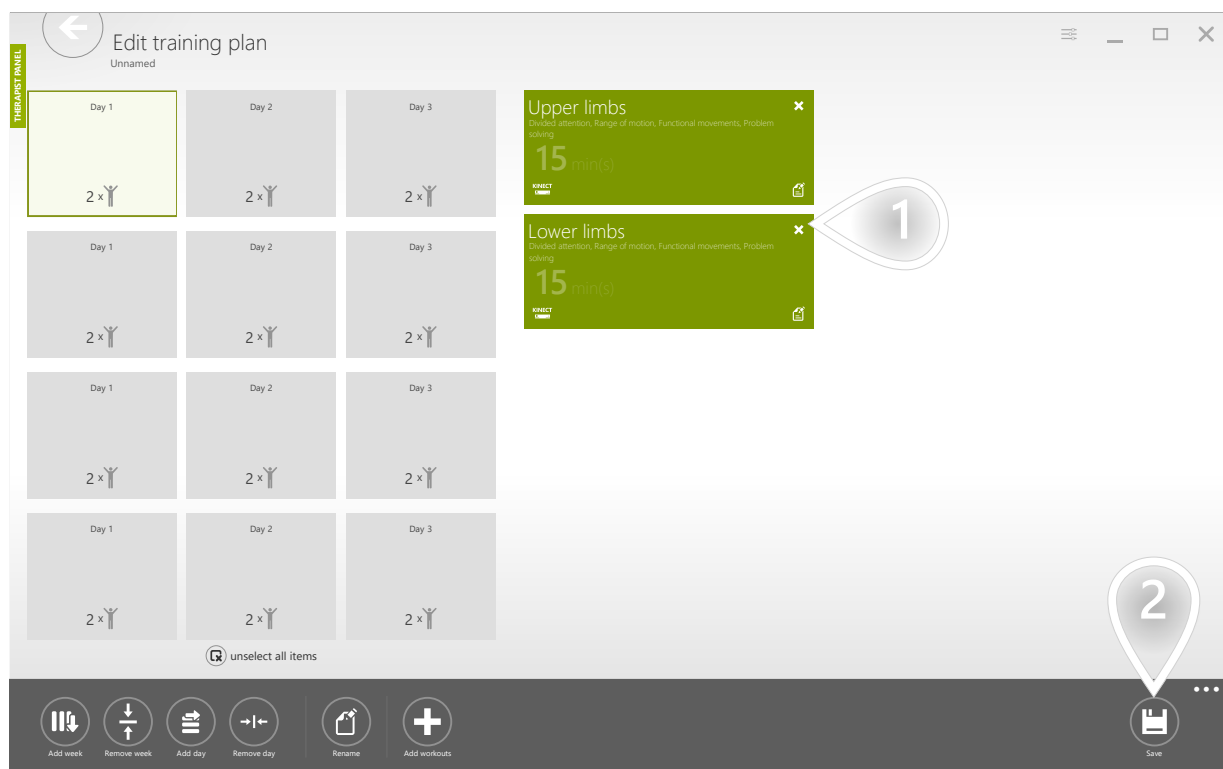
Training plan is a collection of workout templates. You can design a structure of therapy for several weeks. Then you can assign the created training plan to any patient with just a few clicks.

## SCENARIOS: TRAINING PLANS

The picture below presents a training plan template planned for 4 weeks. It has 3 working days per week.



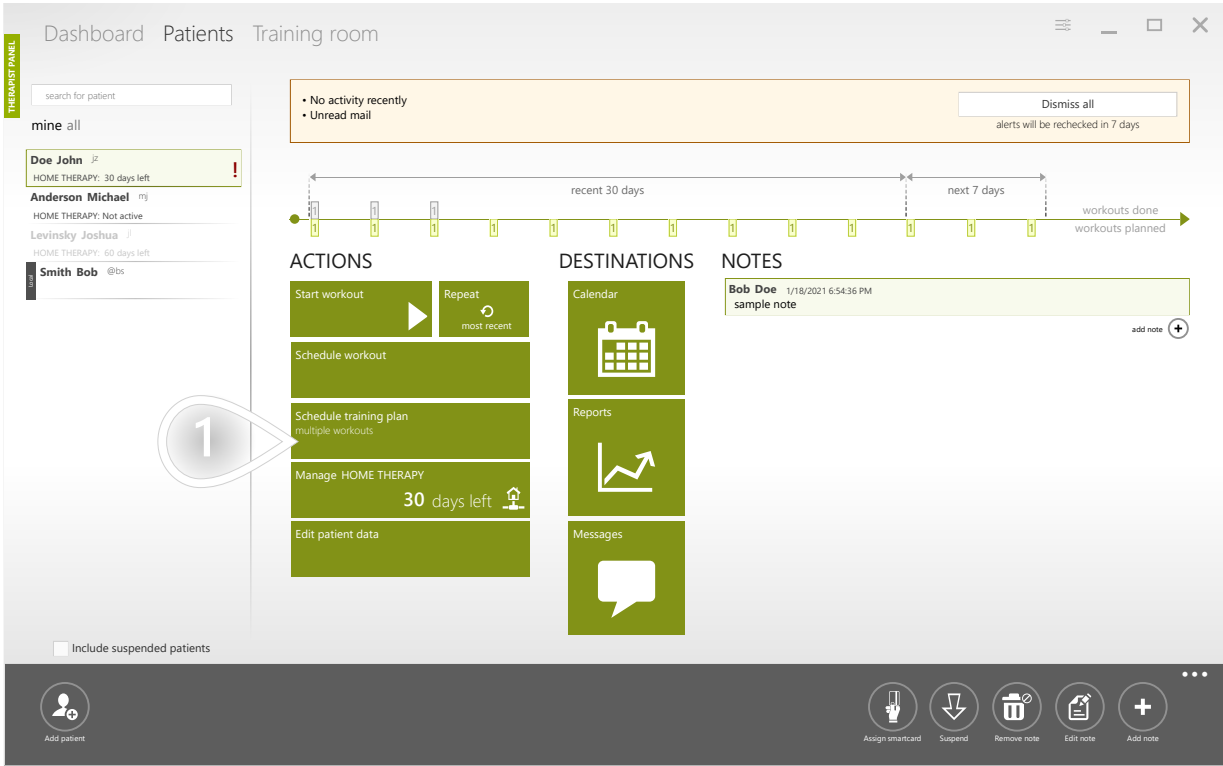
- 1 Set number of weeks
- 2 Set number of working days per week
- 3 A selected working day. You can select many elements simultaneously.
- 4 Add a workout template for selected working days



- 1 Workouts planned for selected working days
- 2 Click to proceed

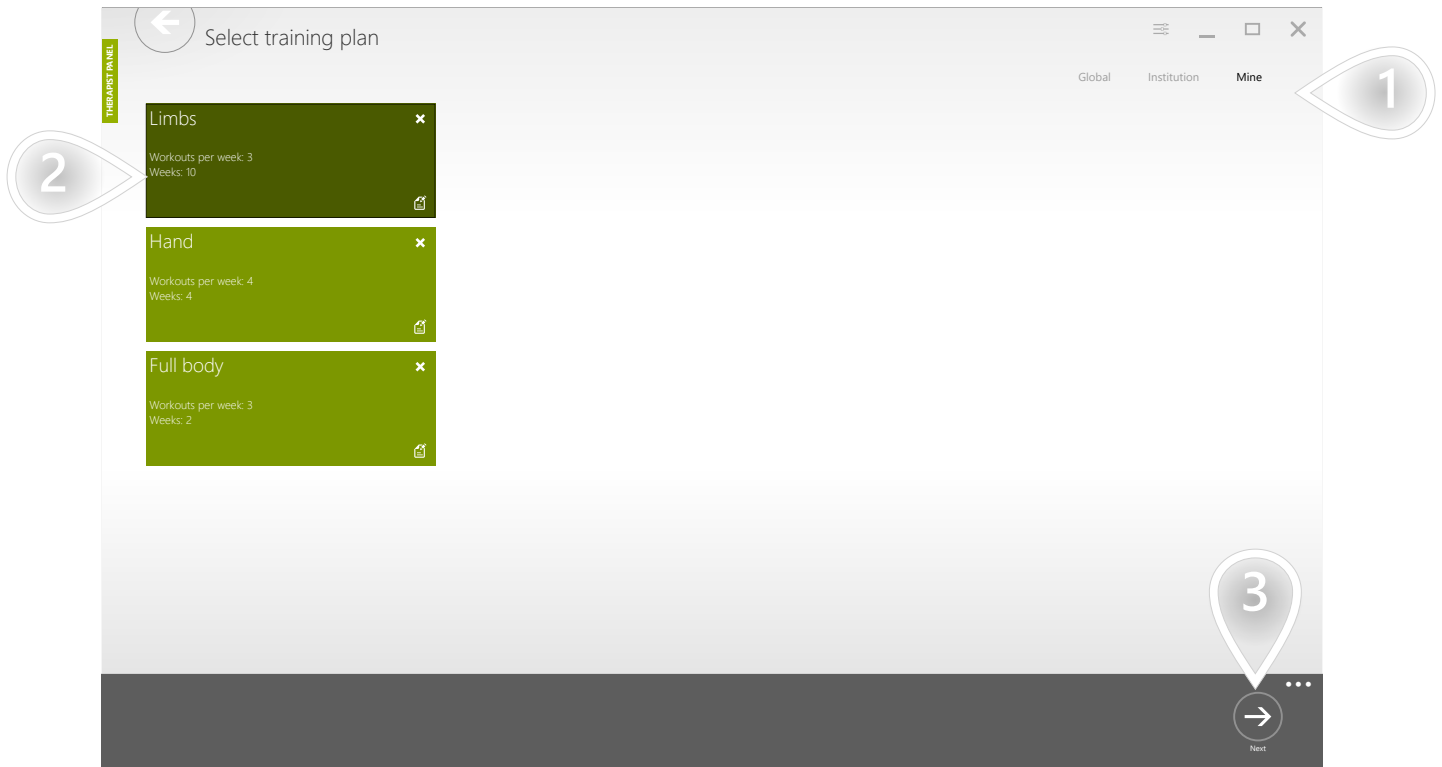
## SCENARIOS: TRAINING PLANS

Assigning a single workout for patients every time they come is not the only option. You can assign multiple workouts at once and this is what training plans are designed for. It would be especially beneficial if you prepare a training plan for the groups of patients you most often work with.



1 Click to proceed

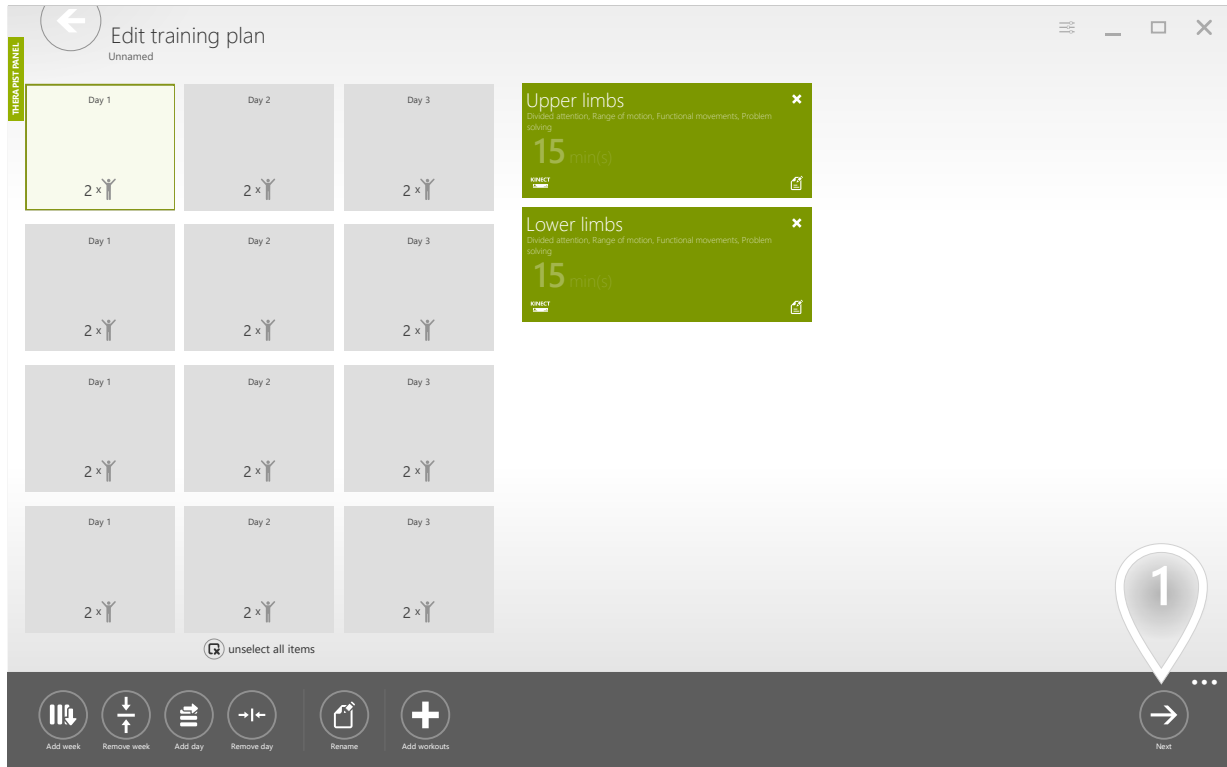
## SCENARIOS: TRAINING PLANS



- 1 The 'Mine' tab contains your elements that are not shared with other therapists. The other tab contains elements available for each therapist in your facility.
- 2 Select a training plan
- 3 Click to proceed

## SCENARIOS: TRAINING PLANS

Here you can customize the training plan.



1 Click to proceed

## SCENARIOS: TRAINING PLANS

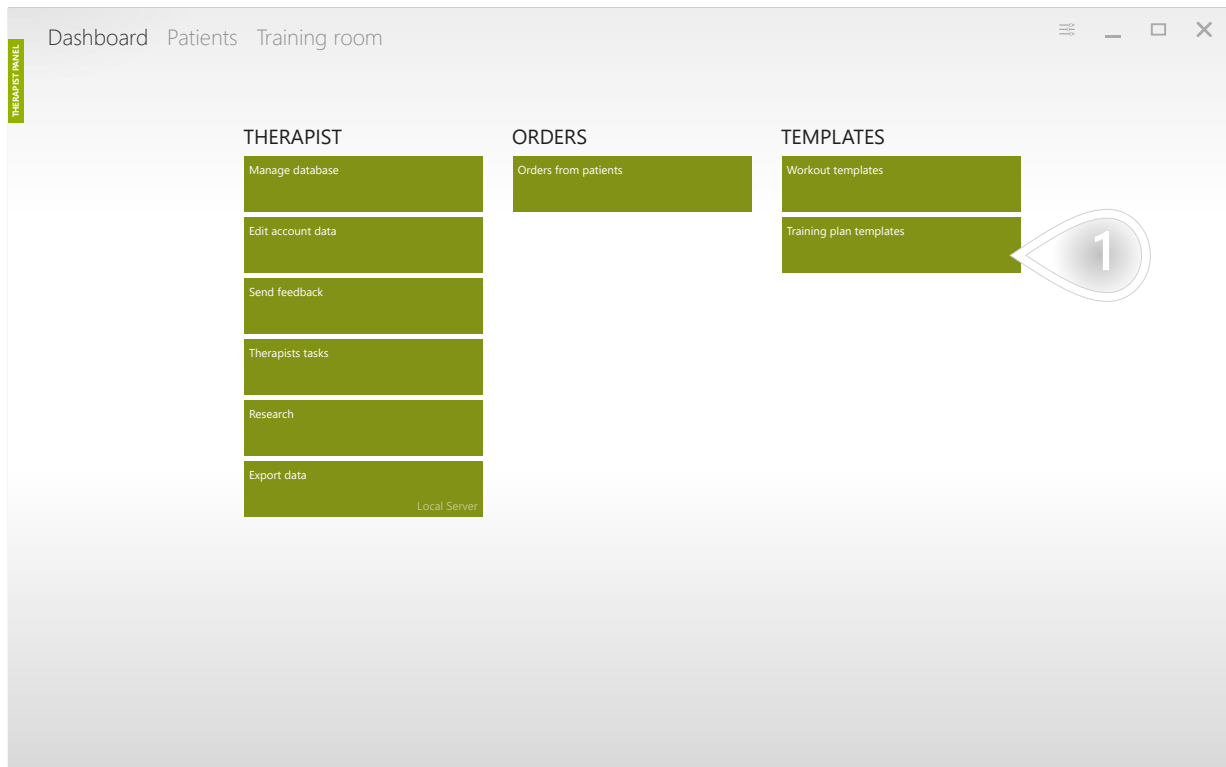
The screenshot shows a mobile application window titled "Assign training plan". The interface includes a "Starting date:" section with a date field showing "Monday, January 18, 2021" and buttons for "Today", "Tomorrow", and "Custom value". A callout "1" points to the date field. Below this is a "Where do you want to save it?" section with radio buttons for "Internet server account" (selected) and "Local server account". A callout "2" points to the "Internet server account" option. The "Days:" section has checkboxes for "Monday", "Tuesday", "Wednesday", "Thursday", "Friday", "Saturday", and "Sunday". "Monday", "Wednesday", and "Friday" are checked. A callout "3" points to the "Monday" checkbox. A green message "You have selected correct number of days" is displayed below the day selections. A callout "4" points to an "Assign" button with a right-pointing arrow at the bottom right of the screen.

- 1 Set the start date
- 2 If you want the assigned workouts to be available from other locations (e.g. from home) you need to use the Internet option - it is the default option.
- 3 Check the box near the days you want your patient to exercise on
- 4 Click to proceed



# EDIT/REMOVE TRAINING PLANS

## SCENARIOS: TRAINING PLANS



1 Click to proceed



- 1 The 'Mine' tab contains your elements that are not shared with other therapists. The other tab contains elements available for each therapist in your facility.
- 2 Remove element
- 3 Edit element

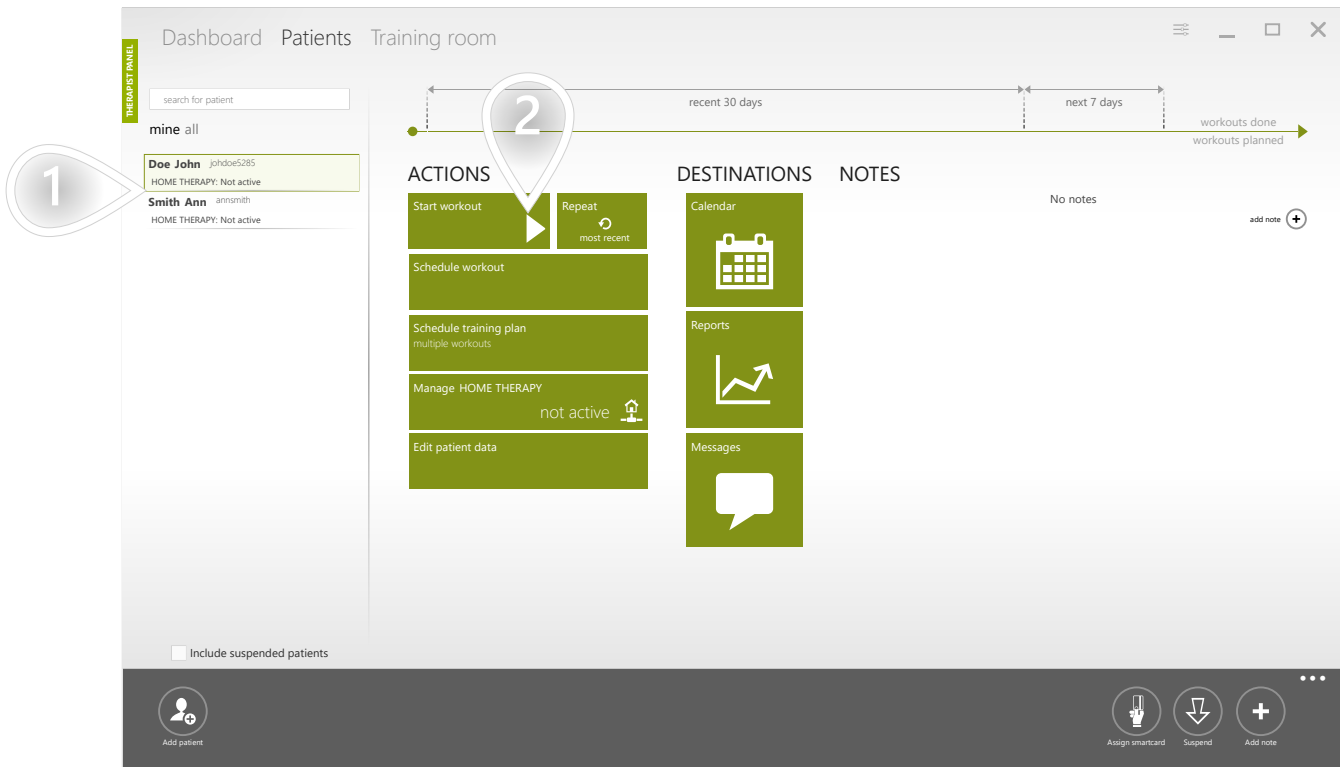
# WHAT IS A WORKOUT?

## SCENARIOS: WORKOUTS

Workout is a therapy session planned for a given patient. The workout is always planned for a specific day and it is based on a workout template that describes its structure and duration.

# START WORKOUT USING GENERATOR

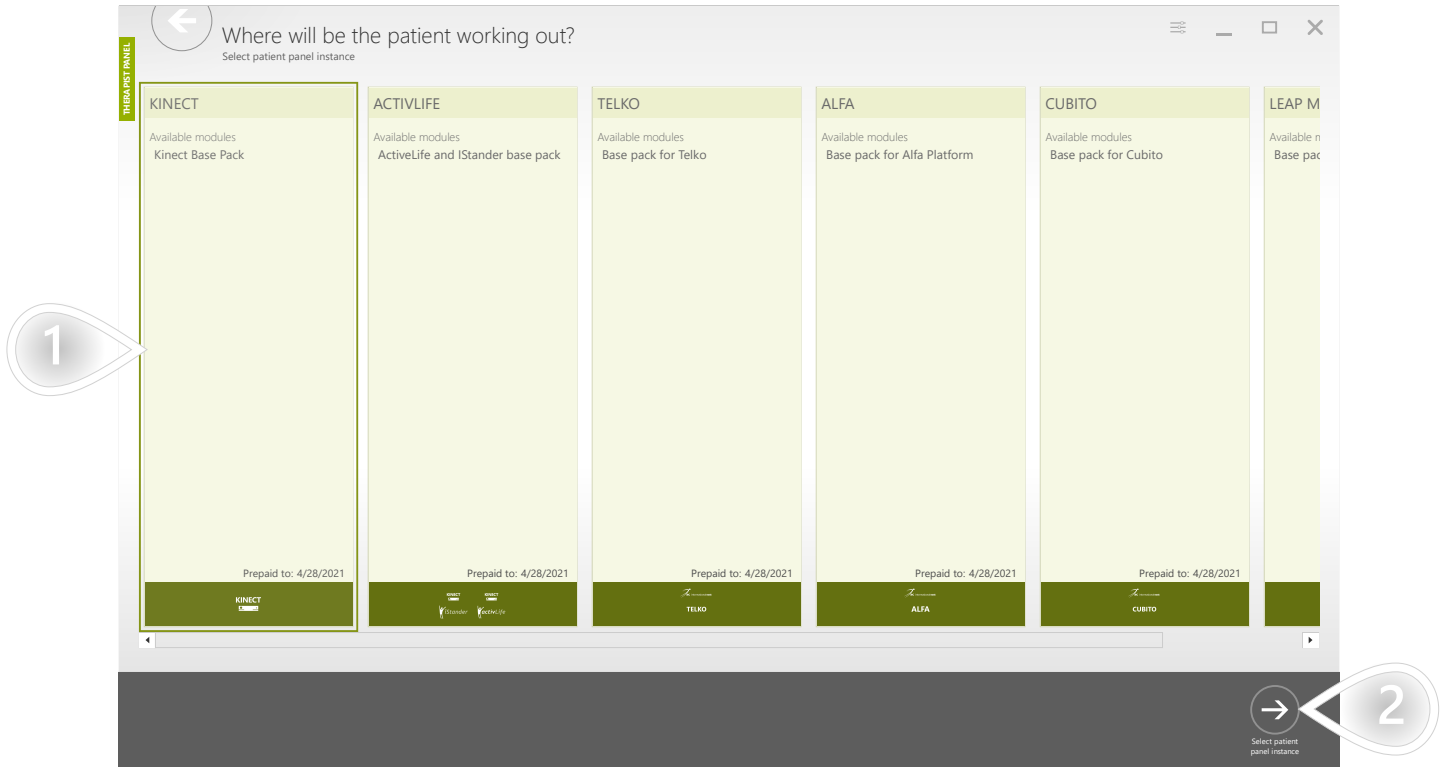
## SCENARIOS: WORKOUTS



1 Select a patient

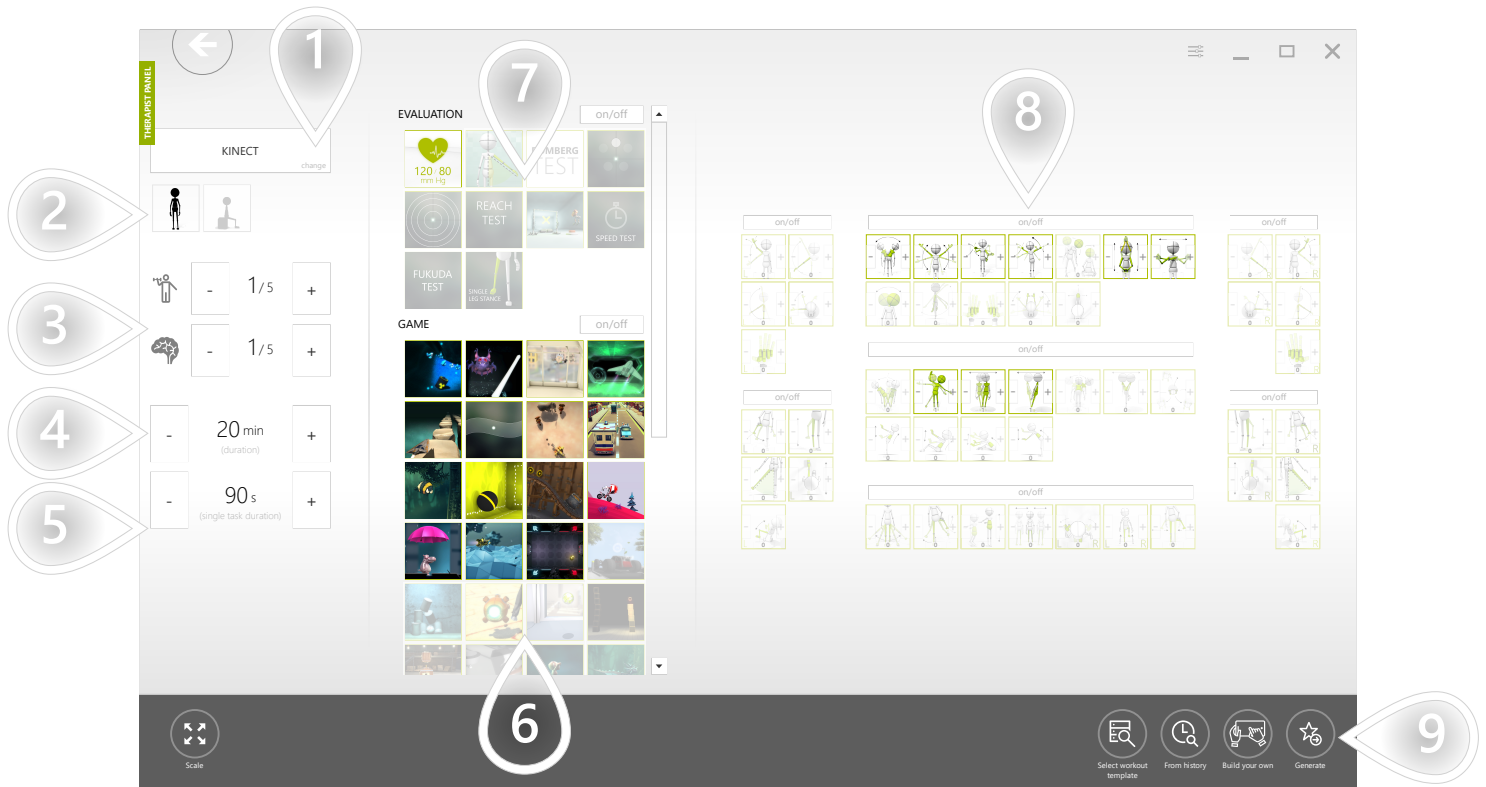
2 Click to proceed

If you have only one patient station this view will not appear.



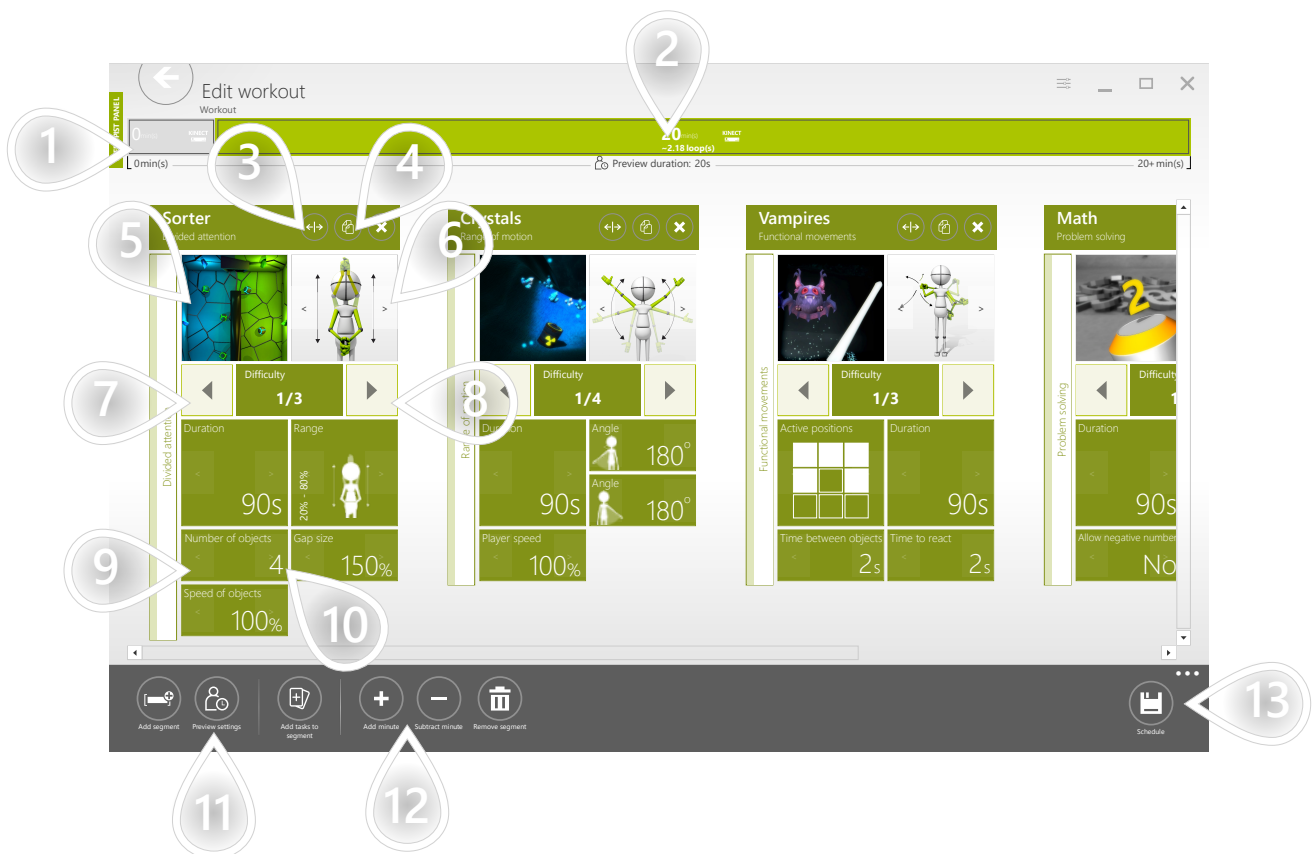
- 1 Select a patient station
- 2 Click to proceed

## SCENARIOS: WORKOUTS



- 1 Select device
- 2 Filter control modes (standing and/or sitting)
- 3 Set suggested physical and cognitive difficulty. Based on those settings system suggests adequate therapeutic tasks and control modes.
- 4 Set workout's duration
- 5 Set duration for each therapeutic task
- 6 Based on the chosen physical and cognitive difficulty - there are some therapeutic tasks preselected. You can modify the list manually.
- 7 Evaluations are not added to the workout automatically. Please click on the evaluations you'd like to have included in the workout.
- 8 Based on the chosen physical and cognitive difficulty - there are some control modes preselected. You can modify the list manually. The greater the weight is - the more times it will be used.
- 9 Click to proceed

## SCENARIOS: WORKOUTS



- 1 Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2 The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- 3 Move the task to another position
- 4 Clone the task
- 5 Replace the task
- 6 Replace the control mode
- 7 Make task easier
- 8 Make task harder
- 9 Previous parameter preset
- 10 Next parameter preset
- 11 Decide whether fullscreen instruction shall be visible for the patient before each therapeutic task
- 12 Set workout's duration
- 13 Click to proceed

# START COPY OF THE MOST RECENT WORKOUT 1/3

## SCENARIOS: WORKOUTS

The screenshot displays the 'Training room' dashboard. On the left, the 'THERAPIST PANEL' contains a search bar and a list of patients: 'Doe John' (jhdse5285, HOME THERAPY: Not active) and 'Smith Ann' (annsmith, HOME THERAPY: Not active). The main area is divided into three sections: 'ACTIONS', 'DESTINATIONS', and 'NOTES'. The 'ACTIONS' section includes buttons for 'Start workout', 'Repeat' (with a 'most recent' sub-button), 'Schedule workout', 'Schedule training plan' (multiple workouts), 'Manage HOME THERAPY' (not active), and 'Edit patient data'. The 'DESTINATIONS' section includes 'Calendar', 'Reports', and 'Messages'. The 'NOTES' section shows 'No notes' and an 'add note' button. A timeline at the top indicates 'recent 30 days' and 'next 7 days', with 'workouts done' and 'workouts planned' markers. A callout '1' points to the patient list, and a callout '2' points to the 'Repeat' button. The bottom navigation bar includes 'Add patient', 'Assign smartcard', 'Suspend', and 'Add note' buttons.

1 Select a patient

2 Click to proceed



# START COPY OF THE MOST RECENT WORKOUT 2/3

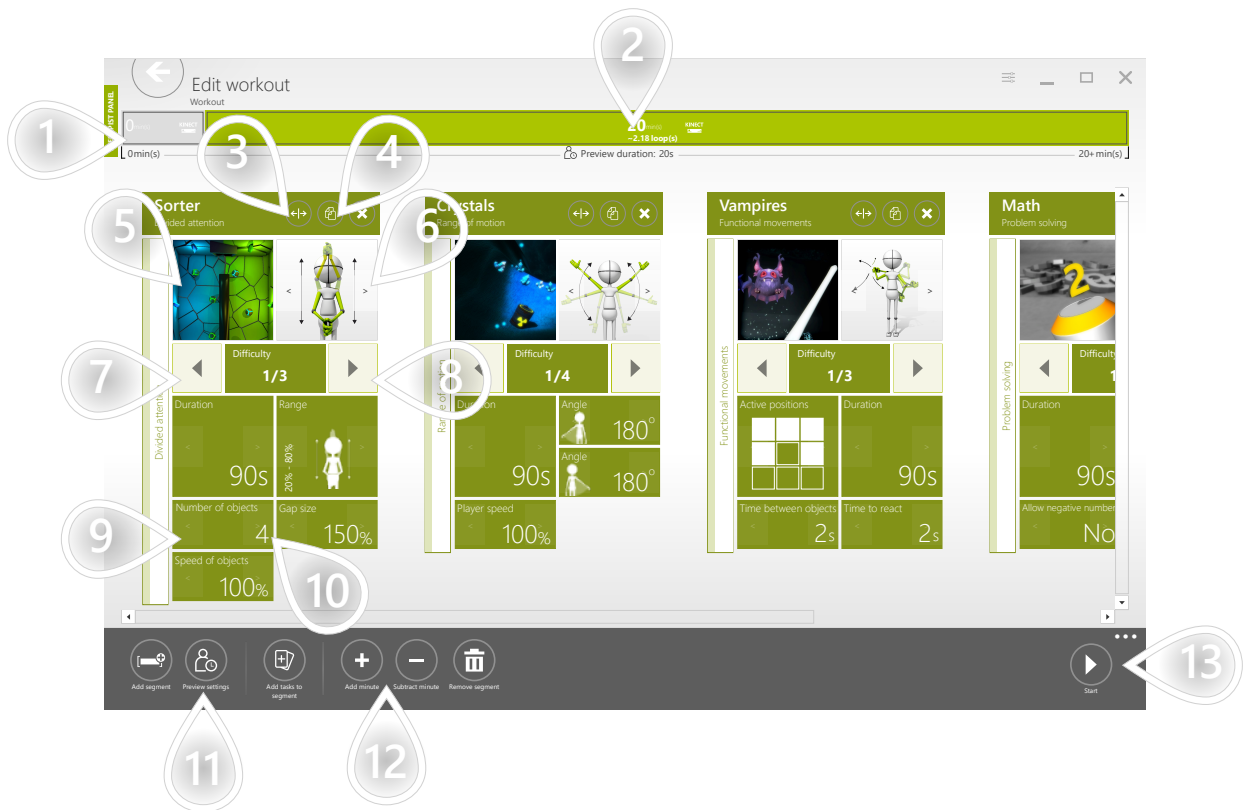
## SCENARIOS: WORKOUTS

If you have only one patient station this view will not appear.



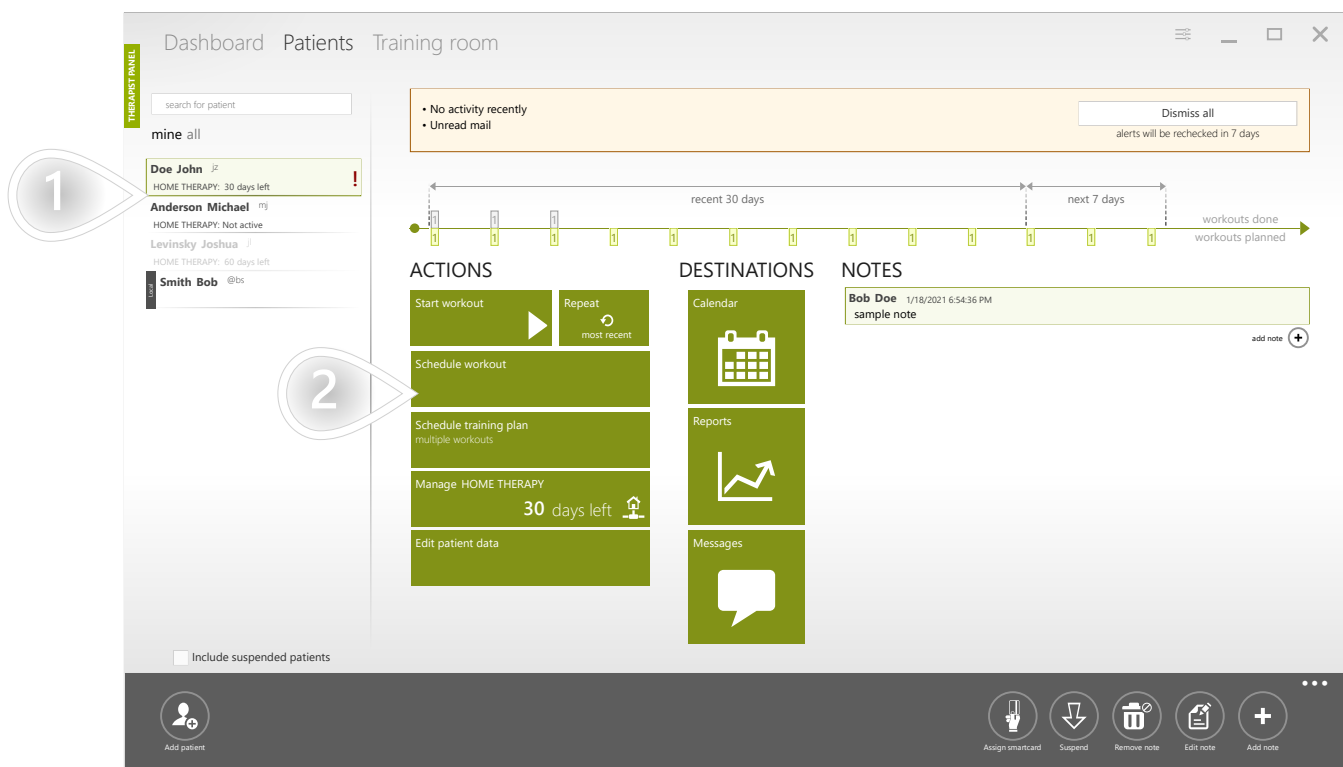
- 1 Select a patient station
- 2 Click to proceed

This view shows the workout template that the patient performed on his previous visit. You can modify it before starting.

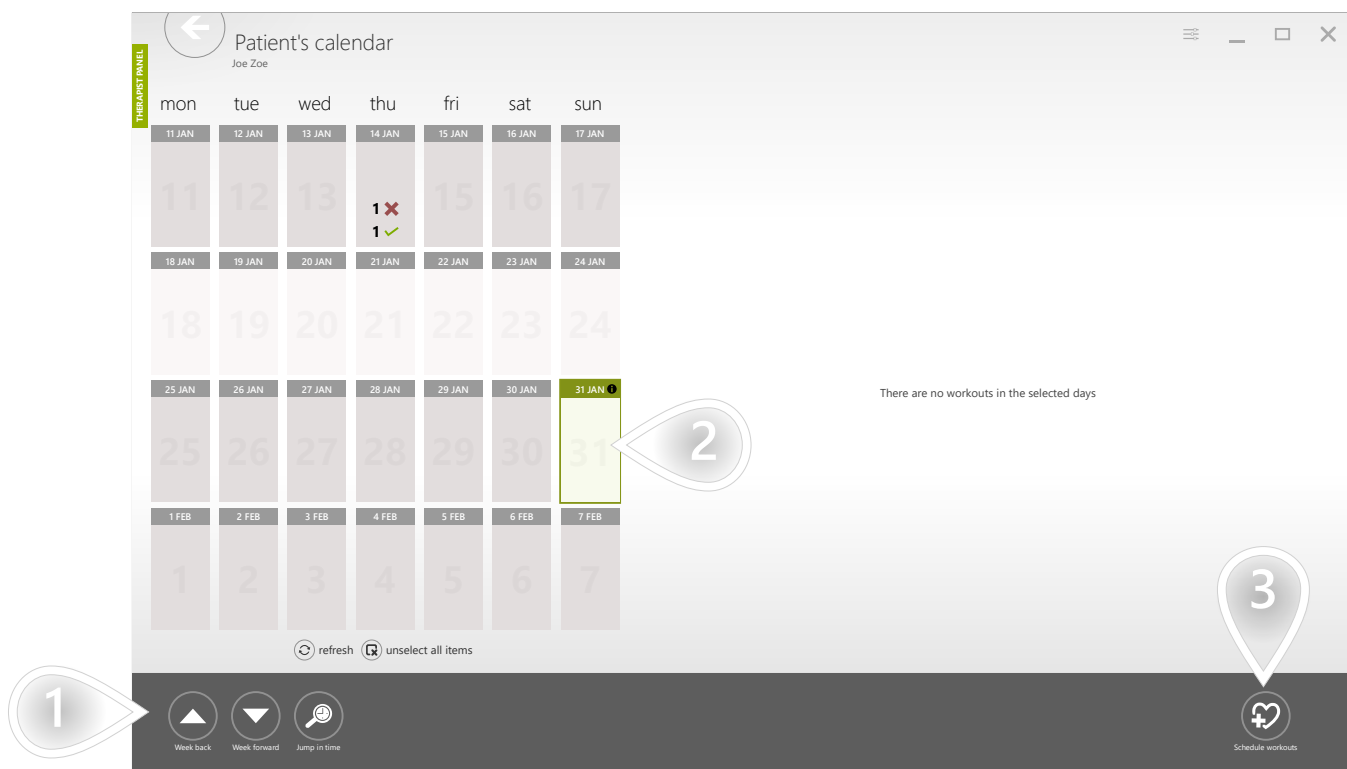


- 1 Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2 The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- 3 Move the task to another position
- 4 Clone the task
- 5 Replace the task
- 6 Replace the control mode
- 7 Make task easier
- 8 Make task harder
- 9 Previous parameter preset
- 10 Next parameter preset
- 11 Decide whether fullscreen instruction shall be visible for the patient before each therapeutic task
- 12 Set workout's duration
- 13 Click to proceed

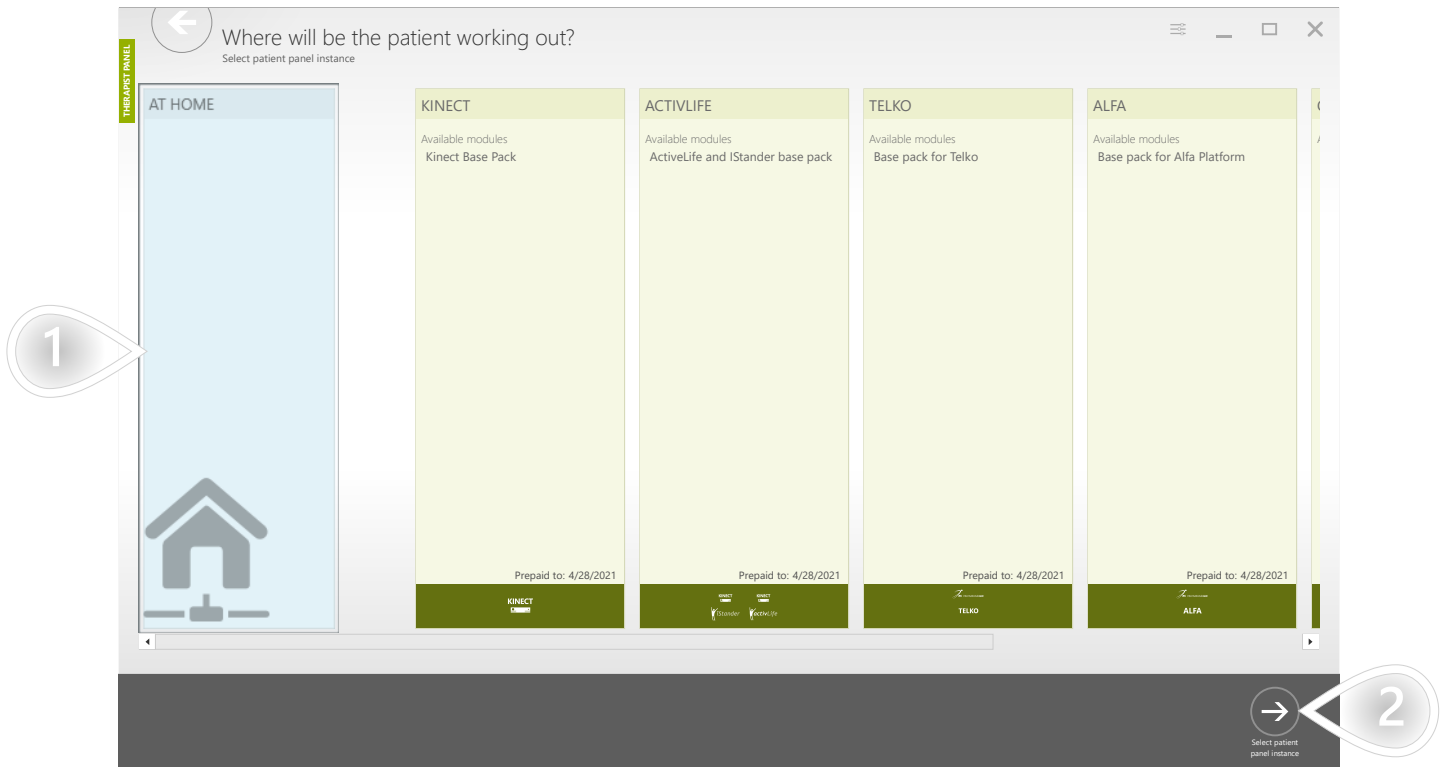
As it was described before, you can prepare a workout template and then immediately launch it for the patient. Sometimes, however, it would be a good idea to make workouts in advance, and when the patient visits you, you have the therapy already prepared. It can be accomplished by scheduling workouts in the patient's calendar. This approach is also very useful when your patient uses home therapy. The workout can then be started at any time of the day, so it is comfortable for the patient.



- 1 Select a patient
- 2 Click to proceed

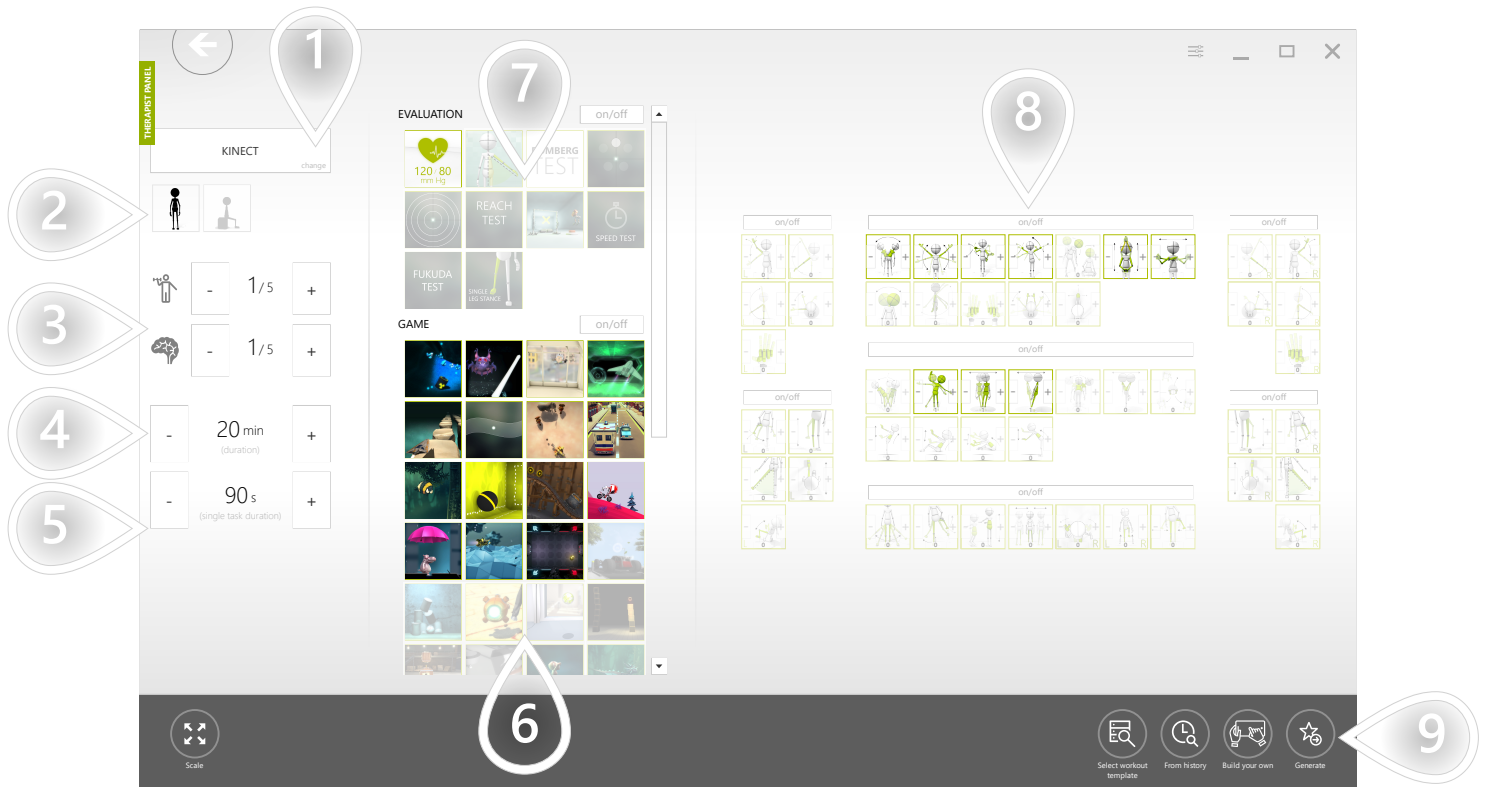


- 1 The buttons help you navigate through the calendar
- 2 Select one or more days. Use the [Ctrl] key to select multiple days.
- 3 Click to proceed

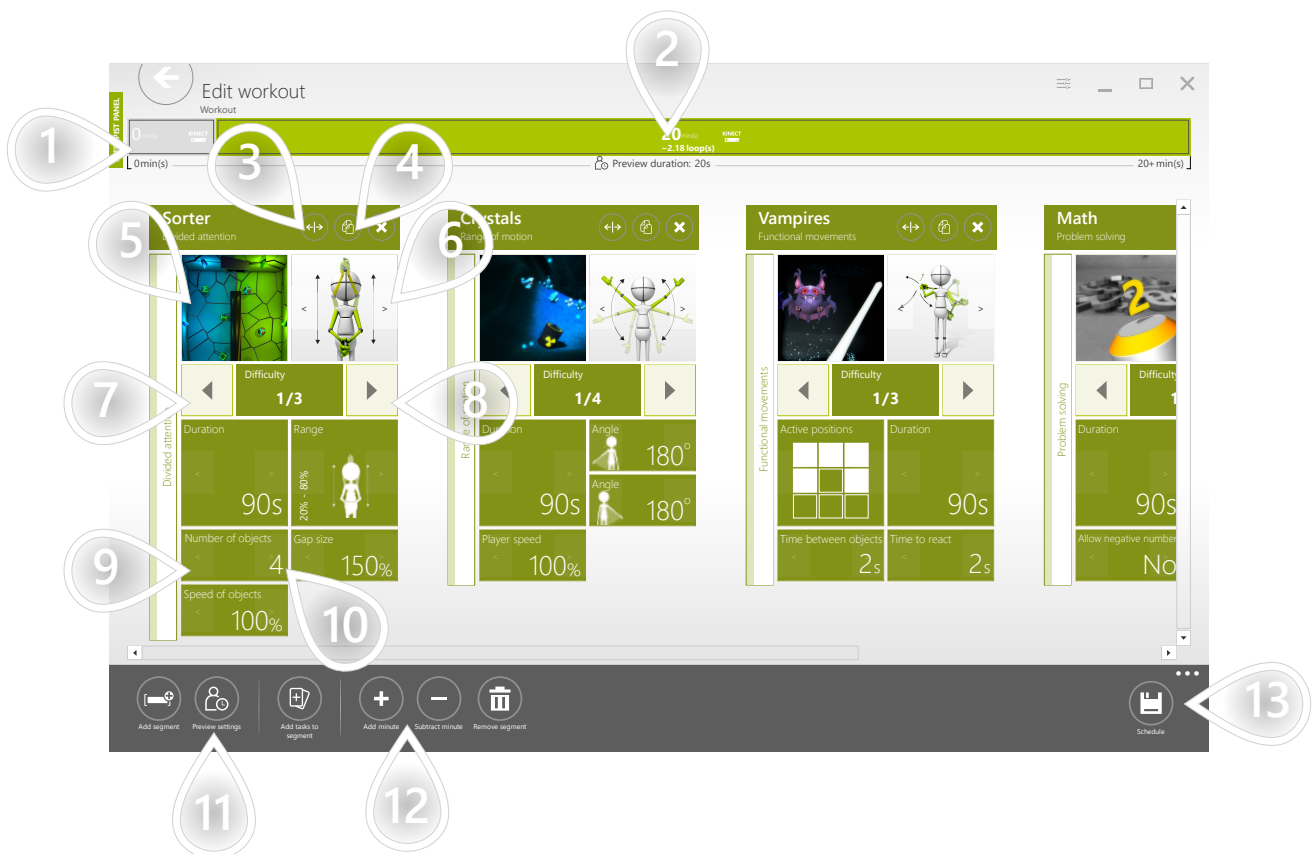


1 Select a patient station

2 Click to proceed



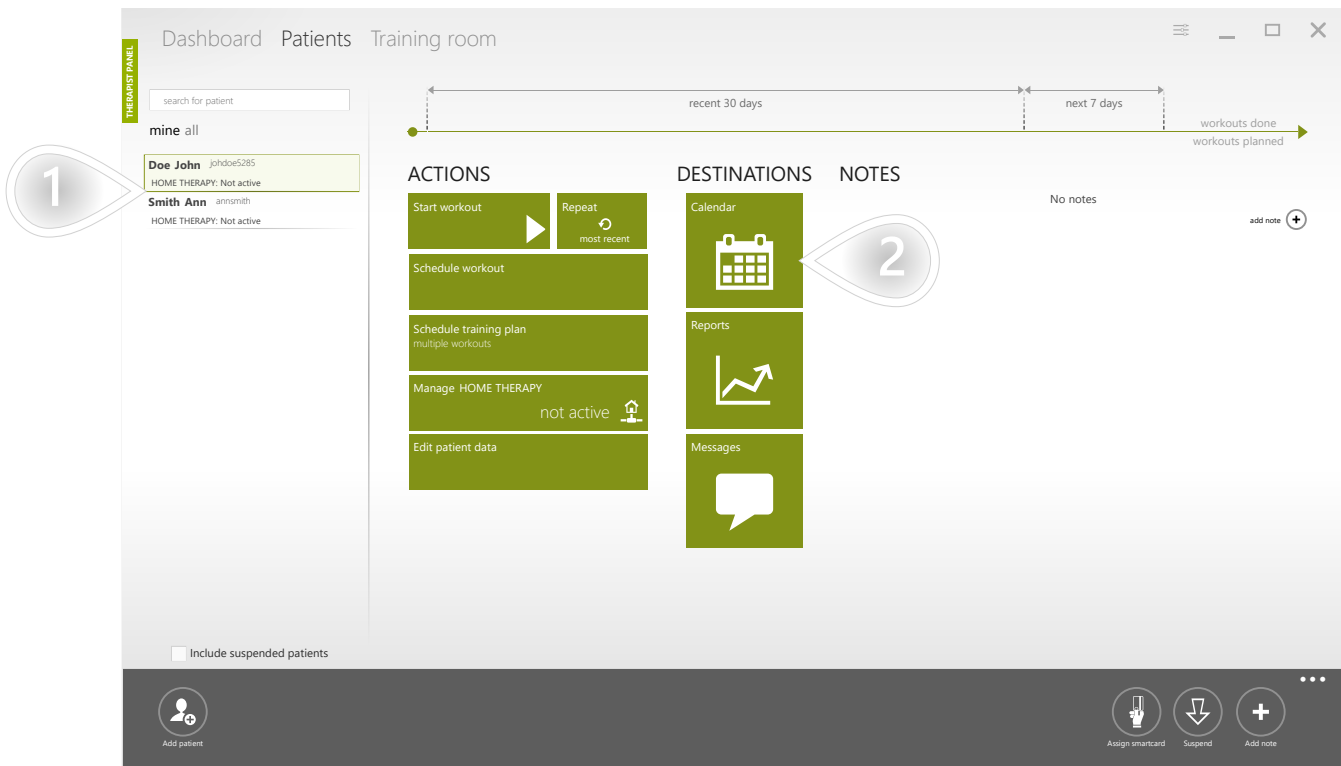
- 1 Select device
- 2 Filter control modes (standing and/or sitting)
- 3 Set suggested physical and cognitive difficulty. Based on those settings system suggests adequate therapeutic tasks and control modes.
- 4 Set workout's duration
- 5 Set duration for each therapeutic task
- 6 Based on the chosen physical and cognitive difficulty - there are some therapeutic tasks preselected. You can modify the list manually.
- 7 Evaluations are not added to the workout automatically. Please click on the evaluations you'd like to have included in the workout.
- 8 Based on the chosen physical and cognitive difficulty - there are some control modes preselected. You can modify the list manually. The greater the weight is - the more times it will be used.
- 9 Click to proceed



- 1 Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2 The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- 3 Move the task to another position
- 4 Clone the task
- 5 Replace the task
- 6 Replace the control mode
- 7 Make task easier
- 8 Make task harder
- 9 Previous parameter preset
- 10 Next parameter preset
- 11 Decide whether fullscreen instruction shall be visible for the patient before each therapeutic task
- 12 Set workout's duration
- 13 Click to proceed

## SCENARIOS: WORKOUTS

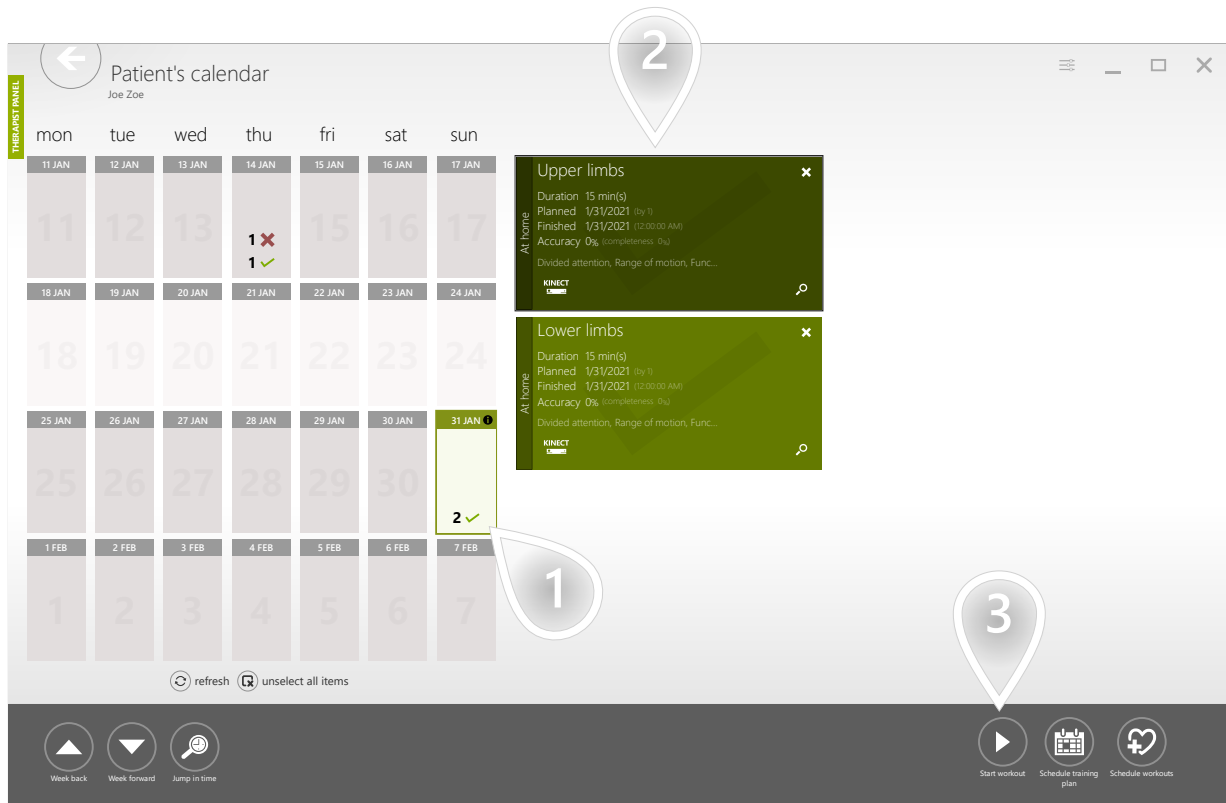
The scheduling function is normally used to prepare workouts that your patient will start manually in the patient panel without having you around. It is, however, possible to start a previously scheduled workout directly from the therapist panel.



- 1 Select a patient
- 2 Click to proceed



## SCENARIOS: WORKOUTS



- 1 Select a day
- 2 Select a workout
- 3 Click to proceed

## SCENARIOS: WORKOUTS

If you have only one patient station this view will not appear.



- 1 Select a patient station
- 2 Click to proceed

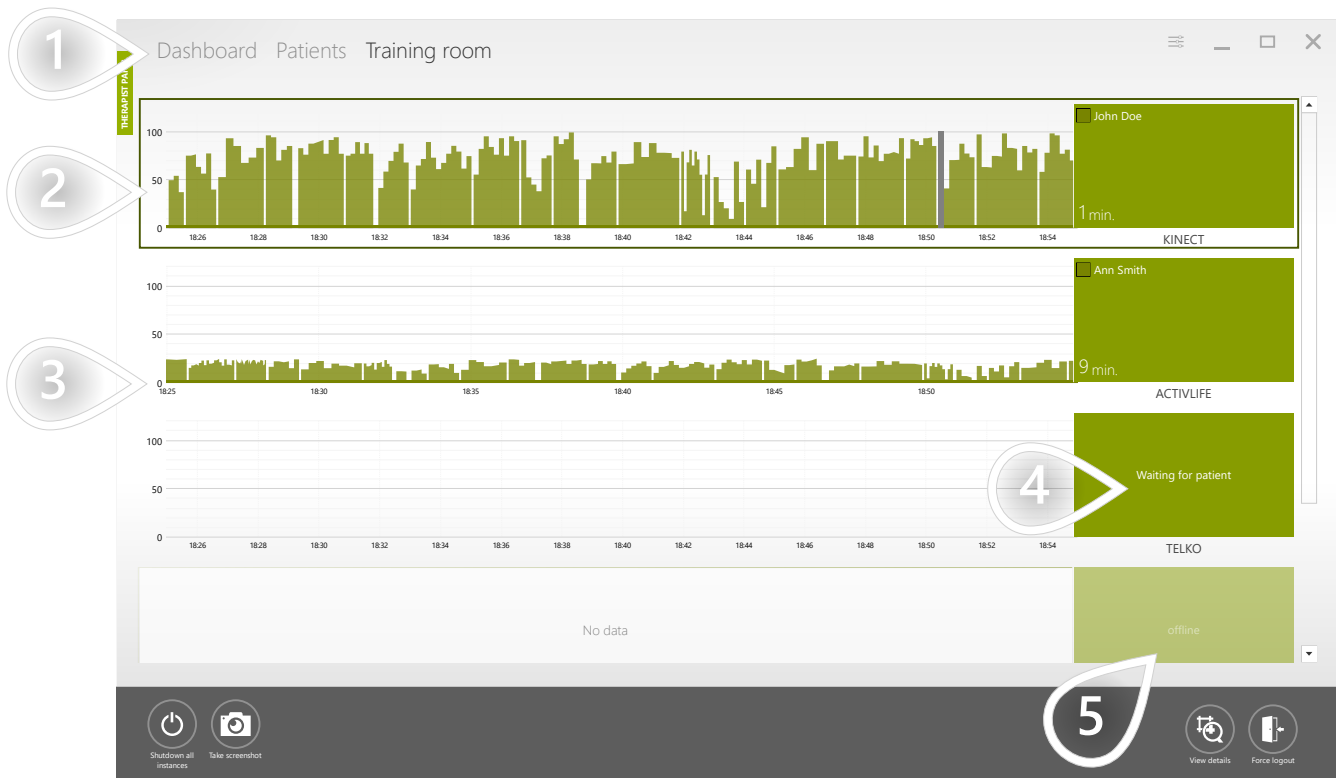
# WHAT IS THE TRAINING ROOM?

## SCENARIOS: TRAINING ROOM

The training room is used to deliver real-time communication between patient panels and therapist panels working in the same network. It allows you to have real-time insight into the results collected while your patients exercise. It is also used when you need to adjust therapy parameters without stopping the workout.

# SEE PATIENTS' PERFORMANCE ON ALL PATIENT STATIONS

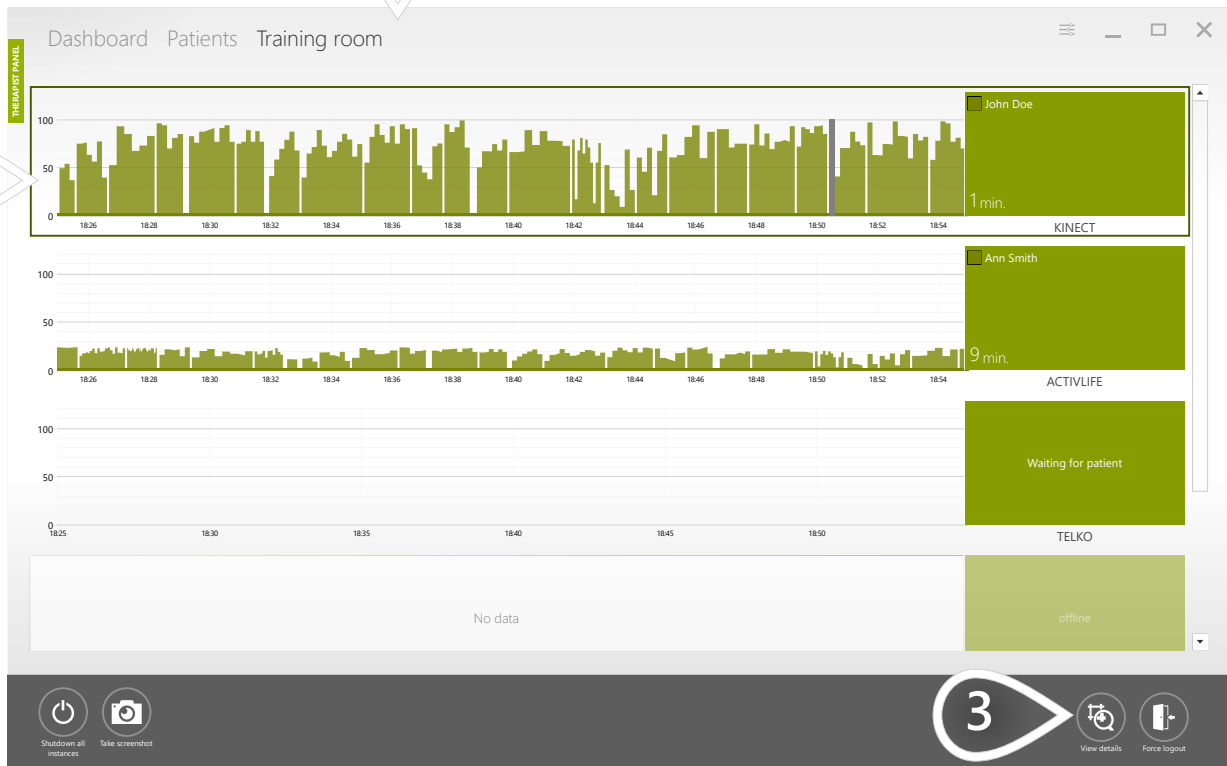
SCENARIOS: TRAINING ROOM



- 1 Make sure appropriate tab is selected
- 2 This patient is doing quite well. We see average accuracy around 70% what means that the therapy is well-tailored.
- 3 Here we can see average accuracy less than 25% what means that the parameters are too difficult for the patient
- 4 This patient station is waiting for a patient - nobody is logged in currently
- 5 This patient station is currently offline

# MAKE CURRENTLY RUNNING TASK EASIER FOR THE PATIENT 1/2

## SCENARIOS: TRAINING ROOM

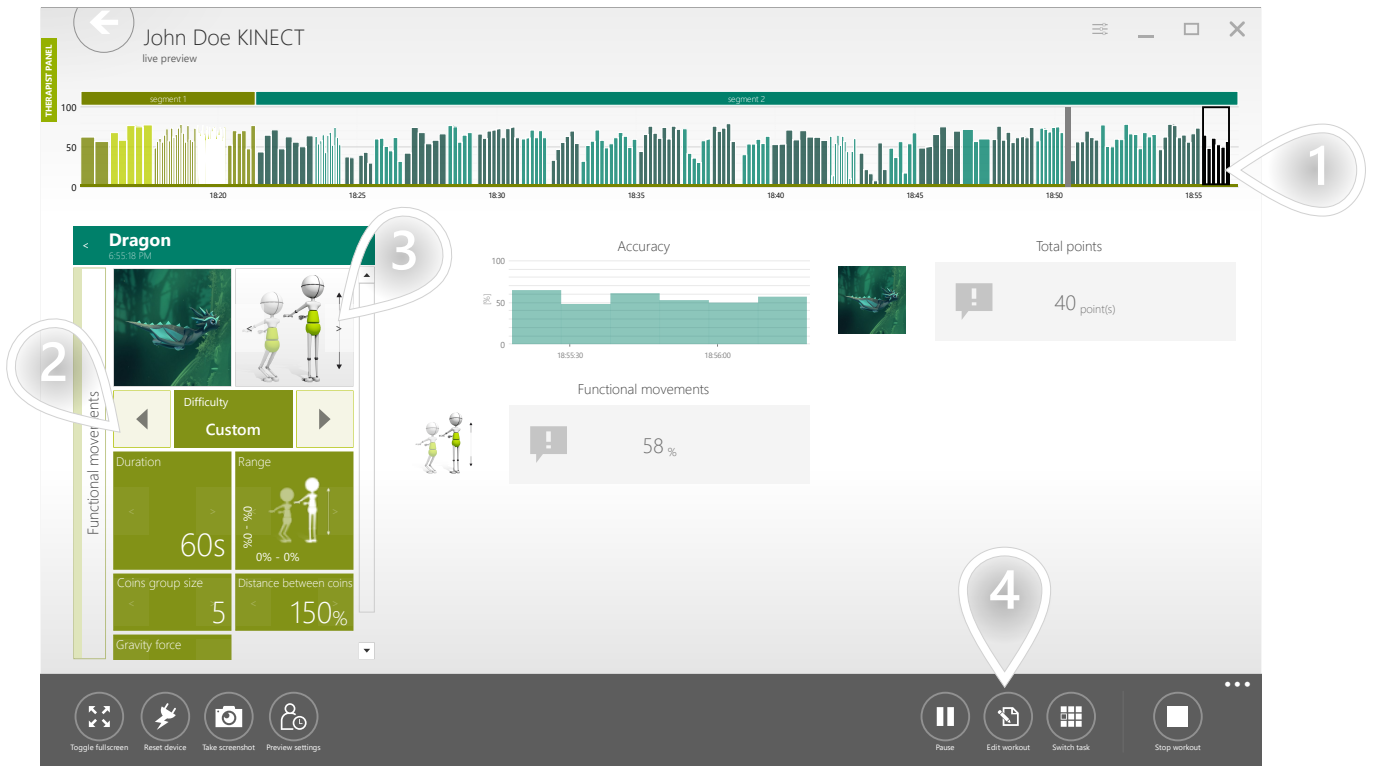


- 1 Make sure appropriate tab is selected
- 2 Select the patient station where the patient is exercising
- 3 Click to proceed

# MAKE CURRENTLY RUNNING TASK EASIER FOR THE PATIENT

2/2

## SCENARIOS: TRAINING ROOM

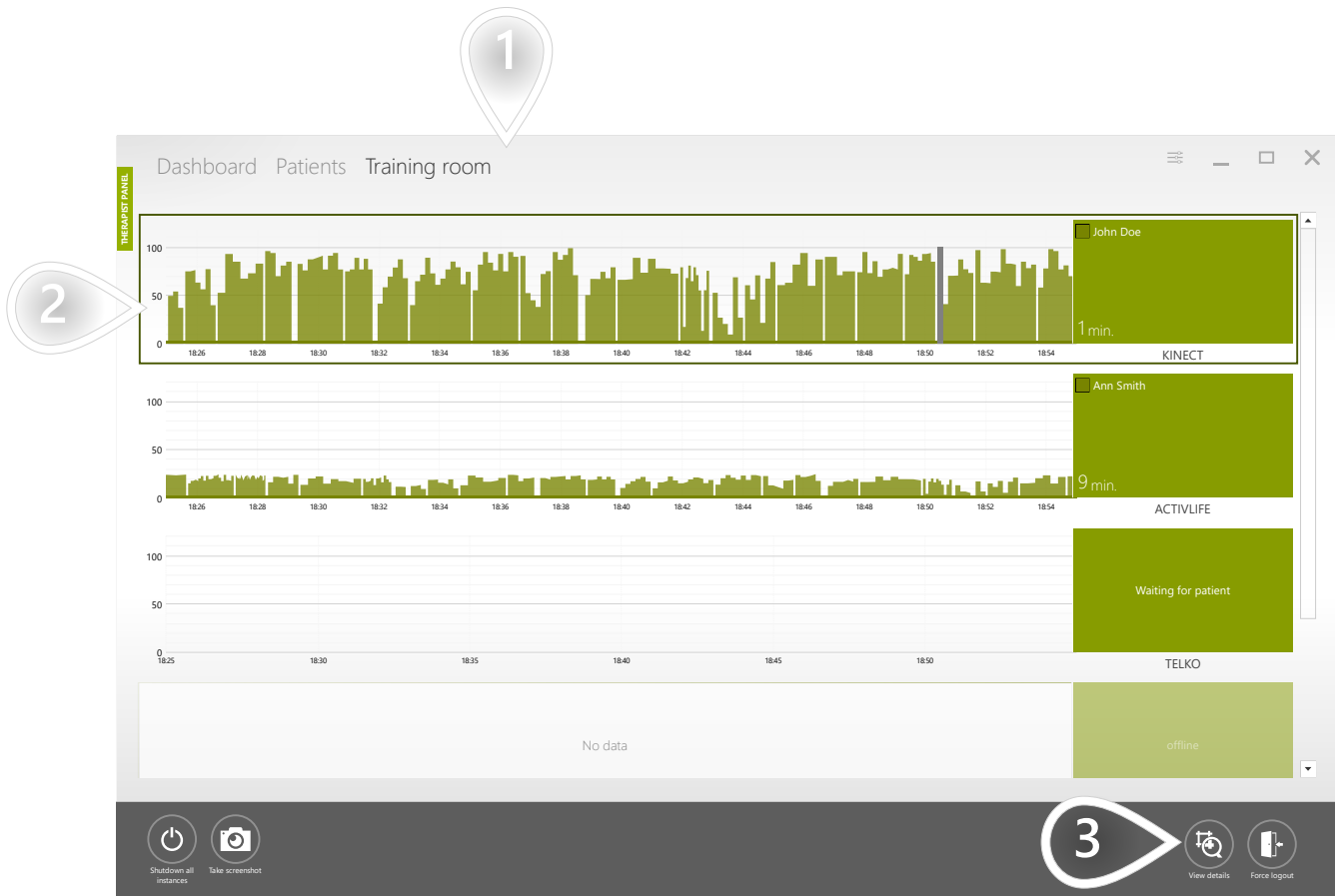


- 1 Make sure the currently running therapeutic task is selected
- 2 Change level or single parameters to adjust the therapeutic task accordingly to the patient's needs. Changes are automatically sent to the patient station.
- 3 Change the control mode
- 4 Change the general structure of the workout, change workout's duration, parameters, etc.

# ACCEPT OR REJECT RESULT FROM CURRENTLY RUNNING EVALUATION TASK

1/2

SCENARIOS: TRAINING ROOM

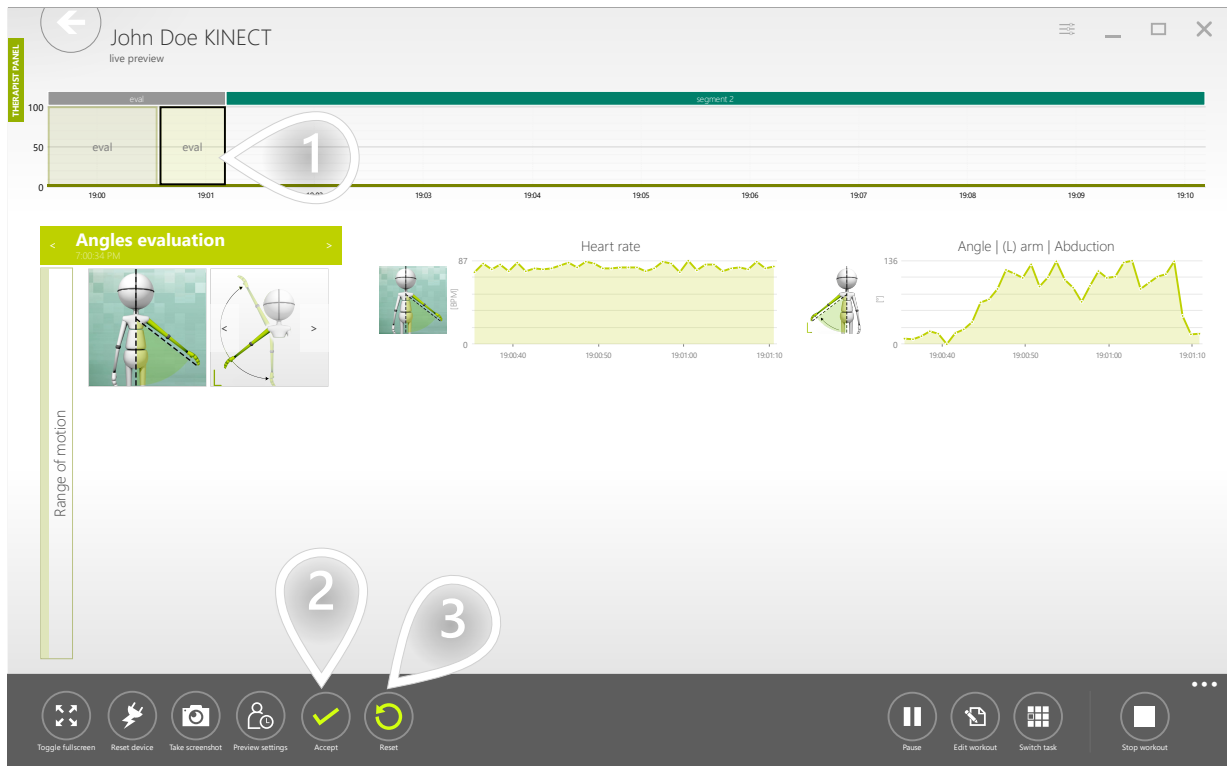


- 1 Make sure appropriate tab is selected
- 2 Select the patient station where the patient is exercising
- 3 Click to proceed

# ACCEPT OR REJECT RESULT FROM CURRENTLY RUNNING EVALUATION TASK

2/2

SCENARIOS: TRAINING ROOM

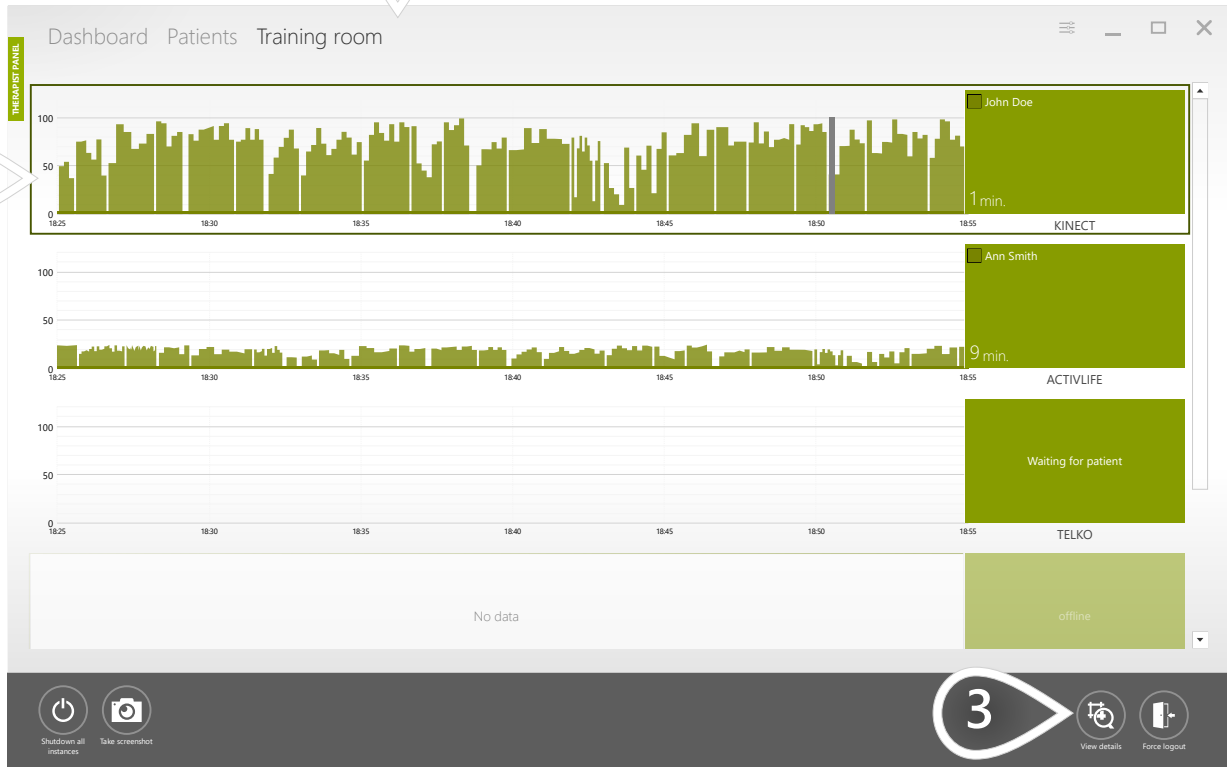


- 1 Make sure the currently running therapeutic task is selected
- 2 If the evaluation has been performed properly - you can accept the result
- 3 In case of any problem while performing the evaluation - you can reset it. The system will discard the result and the test will be started over.



## TASK ON A GIVEN PATIENT STATION

SCENARIOS: TRAINING ROOM

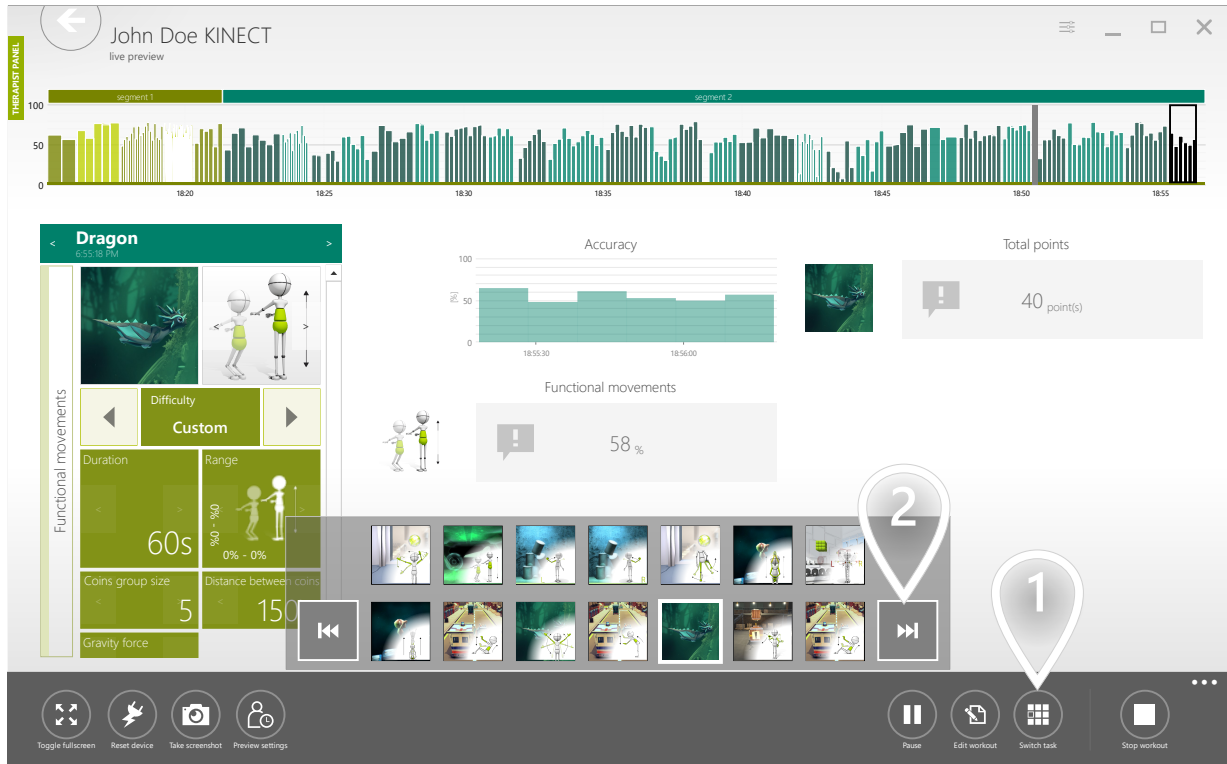


- 1 Make sure appropriate tab is selected
- 2 Select the patient station where the patient is exercising
- 3 Click to proceed

# CHANGE CURRENTLY RUNNING THERAPEUTIC TASK ON A GIVEN PATIENT STATION

SCENARIOS: TRAINING ROOM

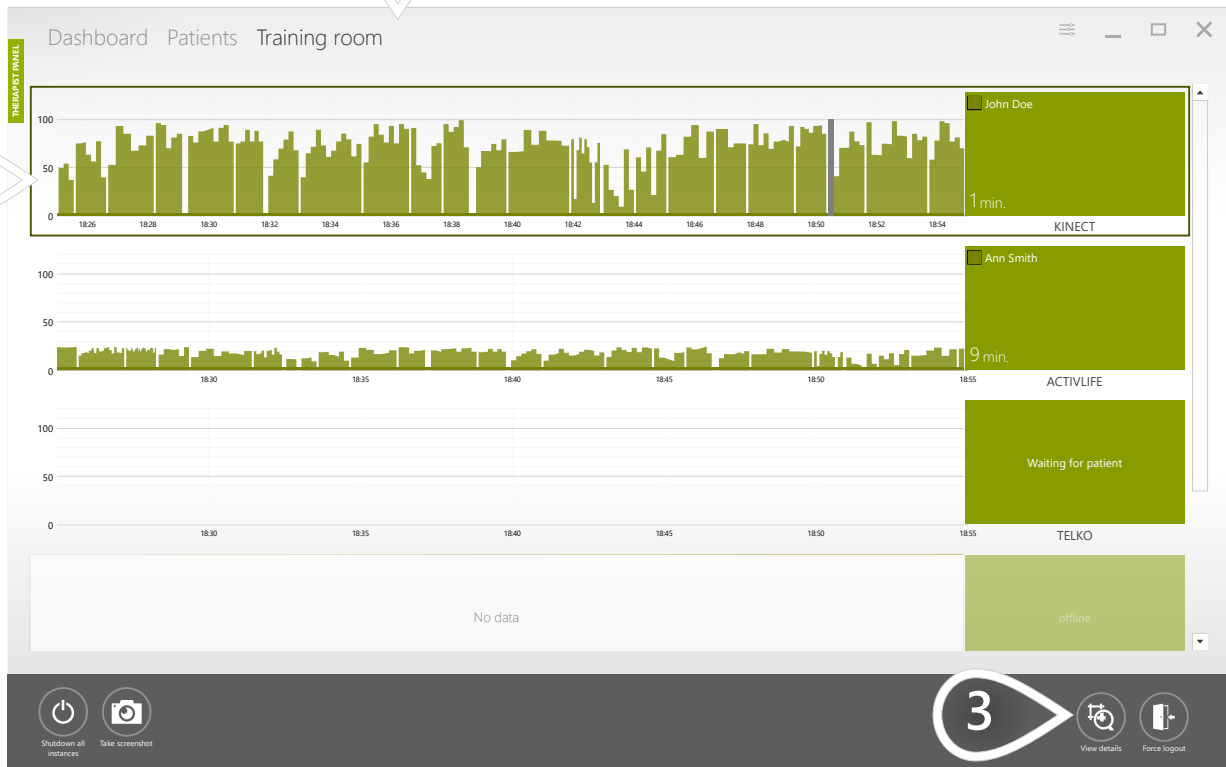
2/2



- 1 Open list of available therapeutic tasks
- 2 Click to jump to the next therapeutic task in the segment

# EXTEND WORKOUT'S DURATION

## SCENARIOS: TRAINING ROOM

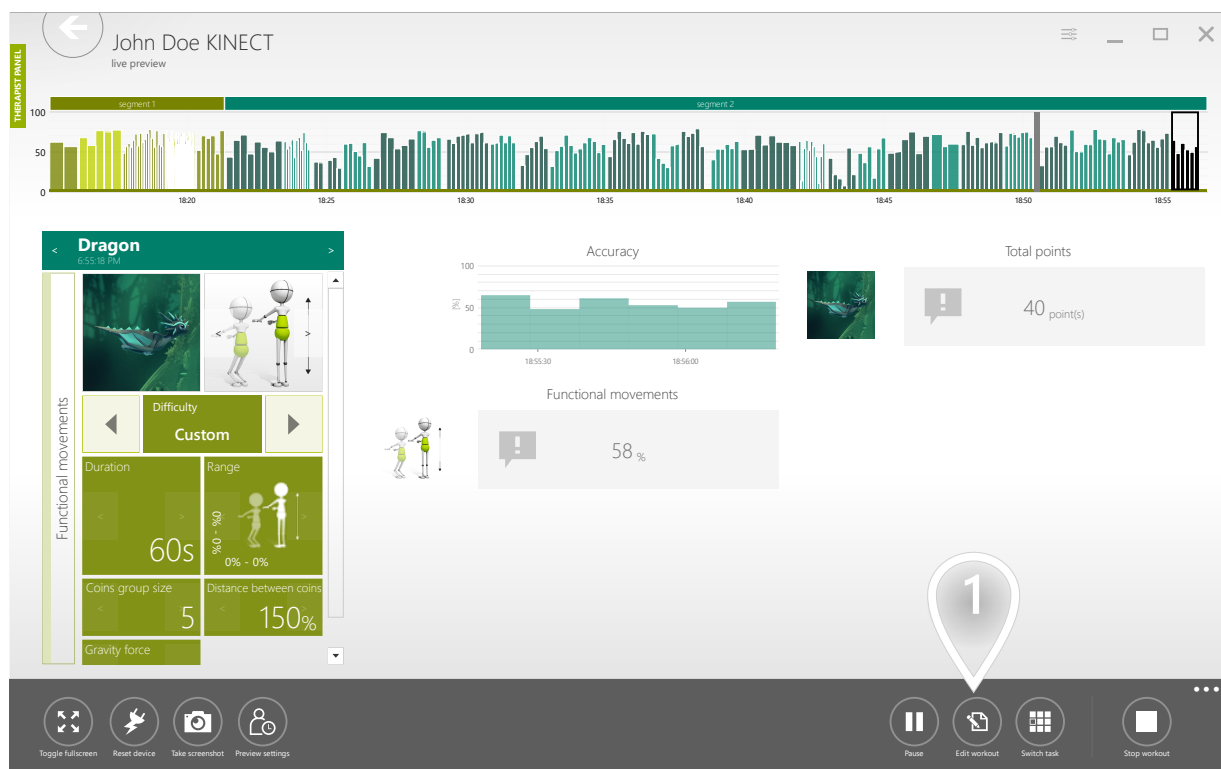


- 1 Make sure appropriate tab is selected
- 2 Select the patient station where the patient is exercising
- 3 Click to proceed

# EXTEND WORKOUT'S DURATION

2/3

## SCENARIOS: TRAINING ROOM

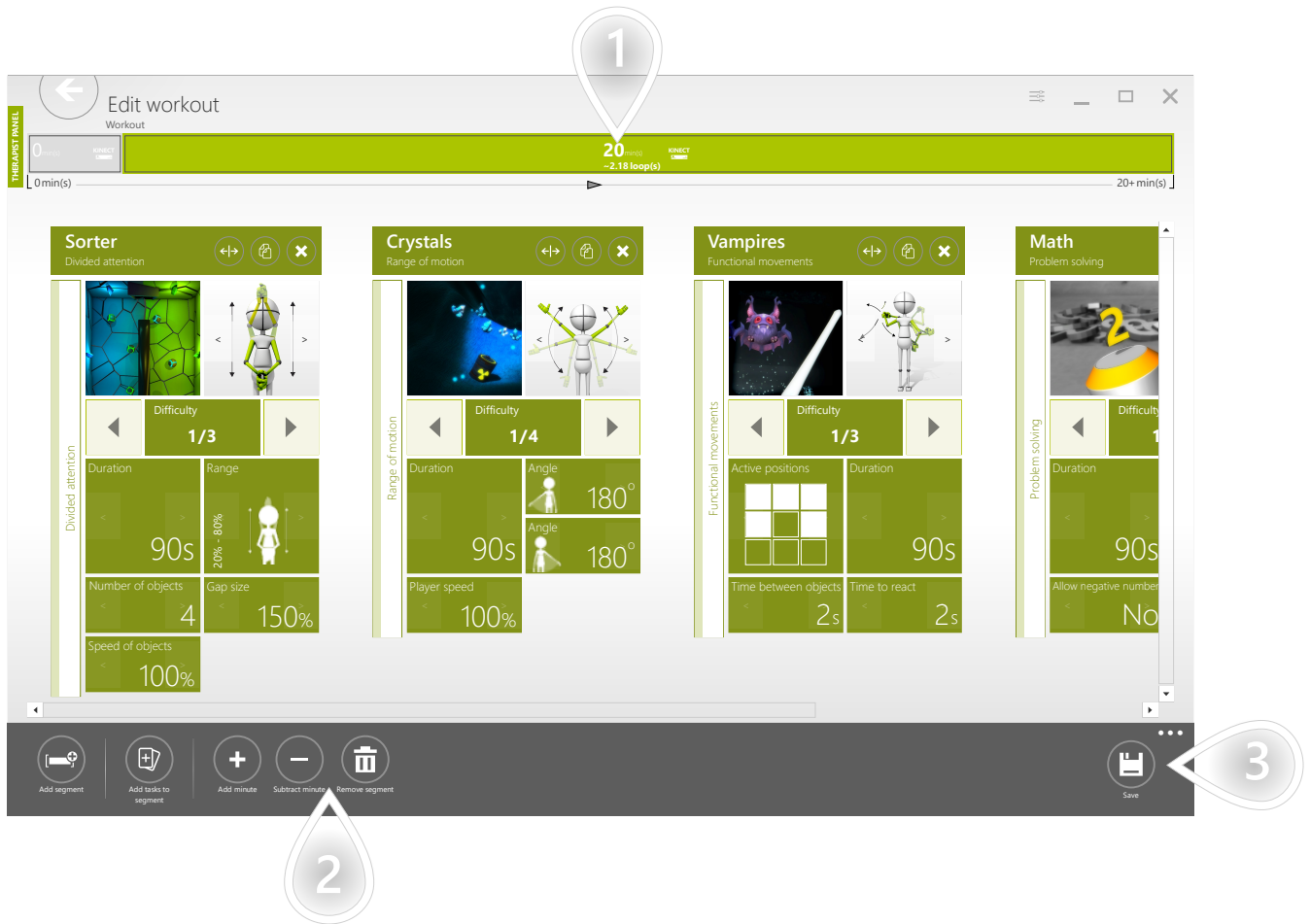


1 Click to proceed

# EXTEND WORKOUT'S DURATION

3/3

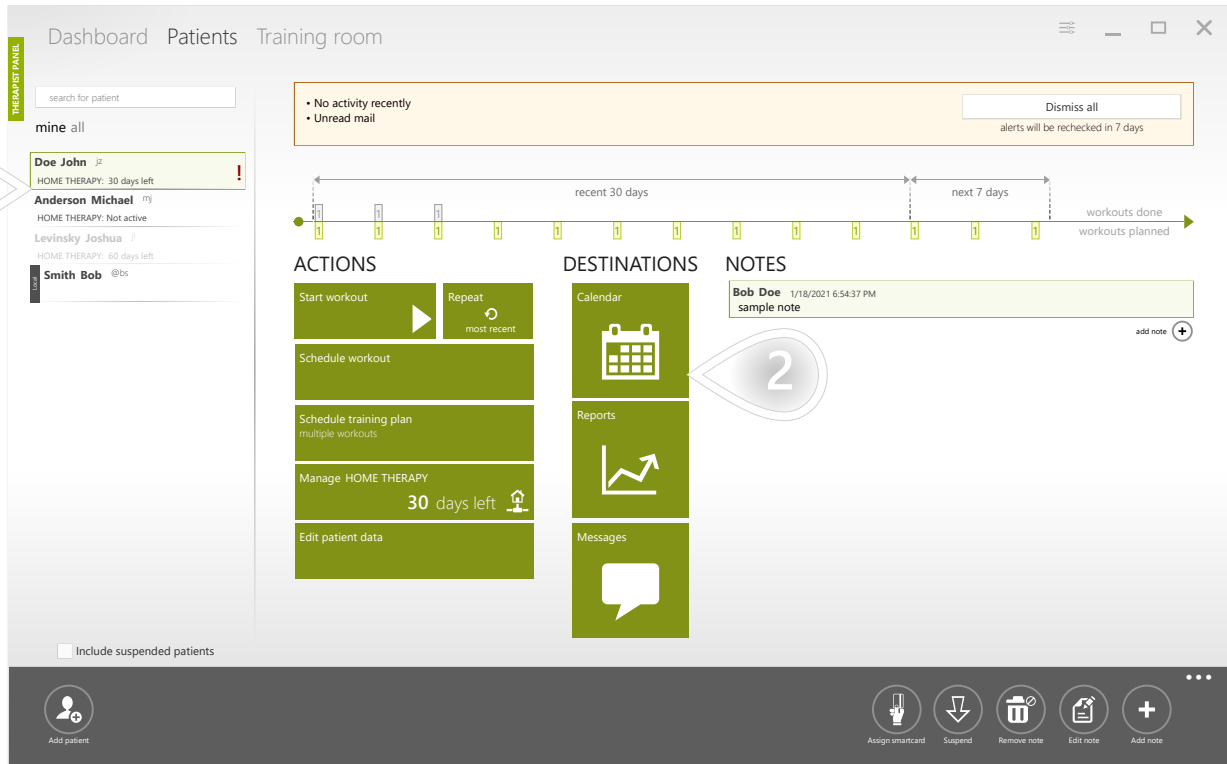
## SCENARIOS: TRAINING ROOM



- 1 Actual duration of the workout segment
- 2 Adjust the duration
- 3 Click to proceed

# SHOW REPORT FROM A SINGLE WORKOUT SESSION

## SCENARIOS: REPORTS



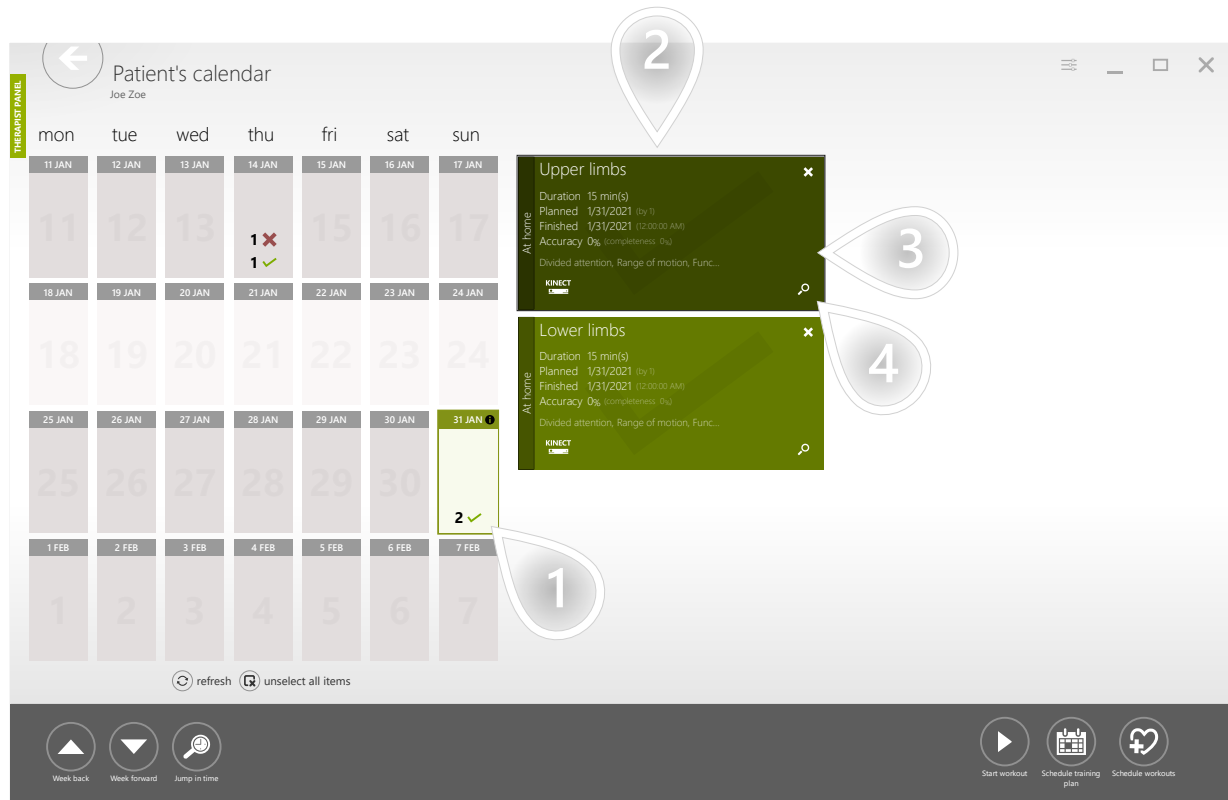
1 Select a patient

2 Click to proceed

# SHOW REPORT FROM A SINGLE WORKOUT SESSION

2/4

## SCENARIOS: REPORTS



- 1 Select a day
- 2 List of workouts
- 3 Select a workout
- 4 Click to proceed

# SHOW REPORT FROM A SINGLE WORKOUT SESSION

3/4

## SCENARIOS: REPORTS

The view below is an interactive report. You can go through all the therapeutic tasks performed in that workout. For each therapeutic task, you can see the collection of parameters used while performing the task as well as the results gathered.

You can print a report presenting a single therapeutic task on a single page or the whole workout report on several pages.



- 1 Go to previous task
- 2 Go to next task
- 3 Print report for the whole workout session
- 4 Print report for selected therapeutic task



# SHOW REPORT FROM A SINGLE WORKOUT SESSION

## SCENARIOS: REPORTS

The screenshot displays a 'Preview' window of a report. At the top, it shows patient information: EMERSON WINSTON DOUGH ELTON, ID 9111153432, and therapist information: JOHN R. R. REUNALD THERAPISTMASTER. The report title is 'Sample full session report model description'. Below this is a table with columns: Task, Control mode, Parameters, Category, Statistic type, First score, Best score, Workout score, and Trend. The table contains three rows of data. At the bottom of the preview window, there are icons for 'Add note', 'Export data', and 'Print'. A callout bubble with the number '1' is positioned over the 'Export data' icon.

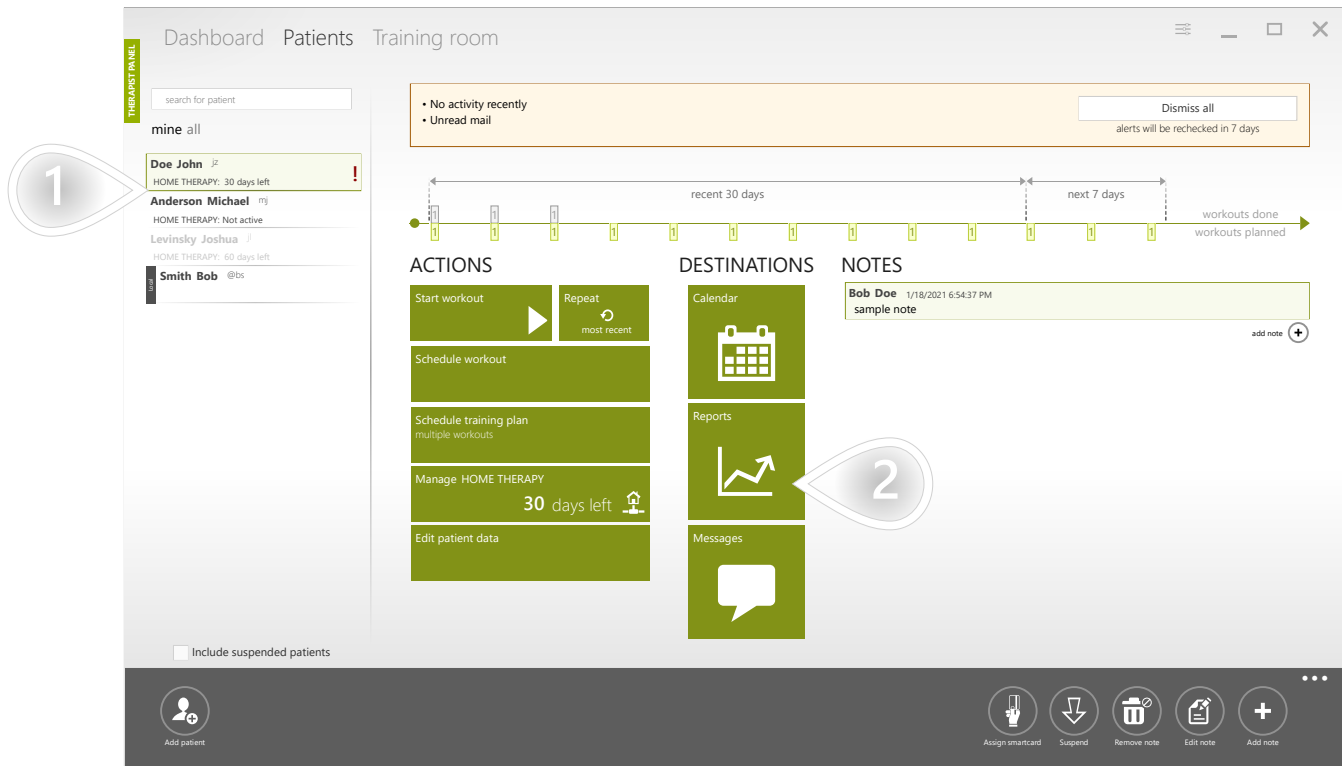
Task	Control mode	Parameters	Category	Statistic type	First score	Best score	Workout score	Trend
		Duration: 60s, Range: 0% - 100%, Motor speed: 125%	Total points		11 points (1/18/2021)	11 points (1/18/2021)	11 points (1/18/2021)	0 %
		Duration: 60s, Range: 0% - 100%, Motor speed: 125%	Functional movements		63 % (1/18/2021)	63 % (1/18/2021)	63 % (1/18/2021)	0 %
		Duration: 90s, Minimum duration: 30s, Home centered position: Yes	Total points		37 points (1/18/2021)	37 points (1/18/2021)	37 points (1/18/2021)	0 %
		Duration: 90s, Minimum duration: 30s, Home centered position: Yes	Functional movements		78 % (1/18/2021)	78 % (1/18/2021)	78 % (1/18/2021)	0 %
		Graph configuration: 40% - 40%, Duration: 90s	Total points		125 points (1/18/2021)	125 points (1/18/2021)	125 points (1/18/2021)	0 %
		Graph configuration: 40% - 40%, Duration: 90s	Movement precision		58 % (1/18/2021)	58 % (1/18/2021)	58 % (1/18/2021)	0 %

1 Click to proceed

# SHOW LONG-TERM REPORTS TO PRESENT PATIENT'S PROGRESS

## SCENARIOS: REPORTS

To correctly assess your patients' progress it is crucial to compare their results collected in a series of workouts. Such comparisons are prepared automatically in VAST.Rehab



1 Select a patient

2 Click to proceed

# SHOW LONG-TERM REPORTS TO PRESENT PATIENT'S PROGRESS

## SCENARIOS: REPORTS

The view below presents the report categories possible to prepare in VAST.Rehab system. Each therapeutic task is assigned to one of those categories. When a workout is performed by your patient the results are automatically assigned to appropriate categories. When a category contains at least 1 result it changes its color to green. You can click a green category to see more details.



1 Click to proceed

# SHOW LONG-TERM REPORTS TO PRESENT PATIENT'S PROGRESS

3/4

## SCENARIOS: REPORTS



- 1 Selected category
- 2 List of angles that have been measured for the selected patient
- 3 Series of data possible to plot on the chart. Each series represents the measurements taken in the same conditions (the same device, the same parameters, the same therapeutic task, etc.)
- 4 On the X-axis there are weeks of the therapy. Each point on the chart represents the maximal angle achieved by the patient in the corresponding week of therapy.
- 5 More details about the series of data

# SHOW LONG-TERM REPORTS TO PRESENT PATIENT'S PROGRESS

4/4

## SCENARIOS: REPORTS

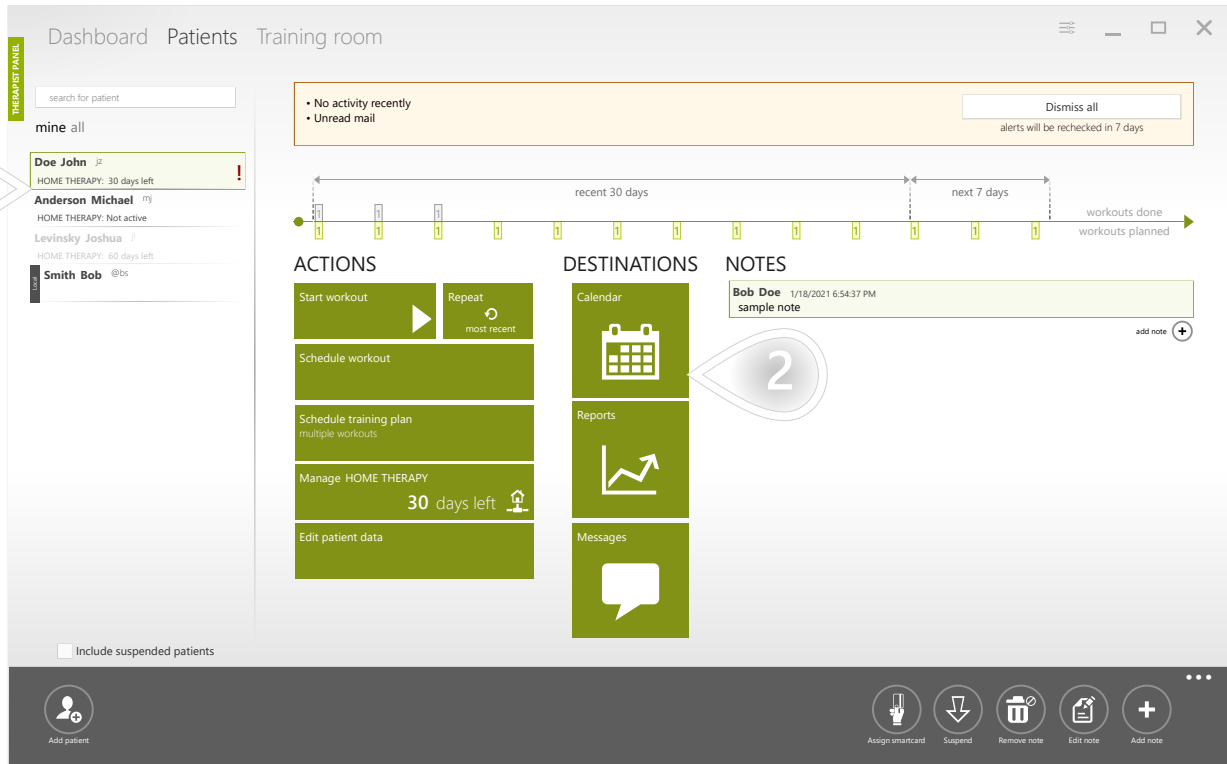
The chart below compares the results achieved using the left and the right hand.



- 1 The parameters that were used while collecting the data
- 2 The dates when the measurements have been taken
- 3 Series of data possible to plot on the chart
- 4 Click to see the result in the context of the whole workout session

# SHOW SIMPLE REPORT READY TO DISCUSS WITH YOUR PATIENT

## SCENARIOS: REPORTS



1 Select a patient

2 Click to proceed

# SHOW SIMPLE REPORT READY TO DISCUSS WITH YOUR PATIENT

## SCENARIOS: REPORTS

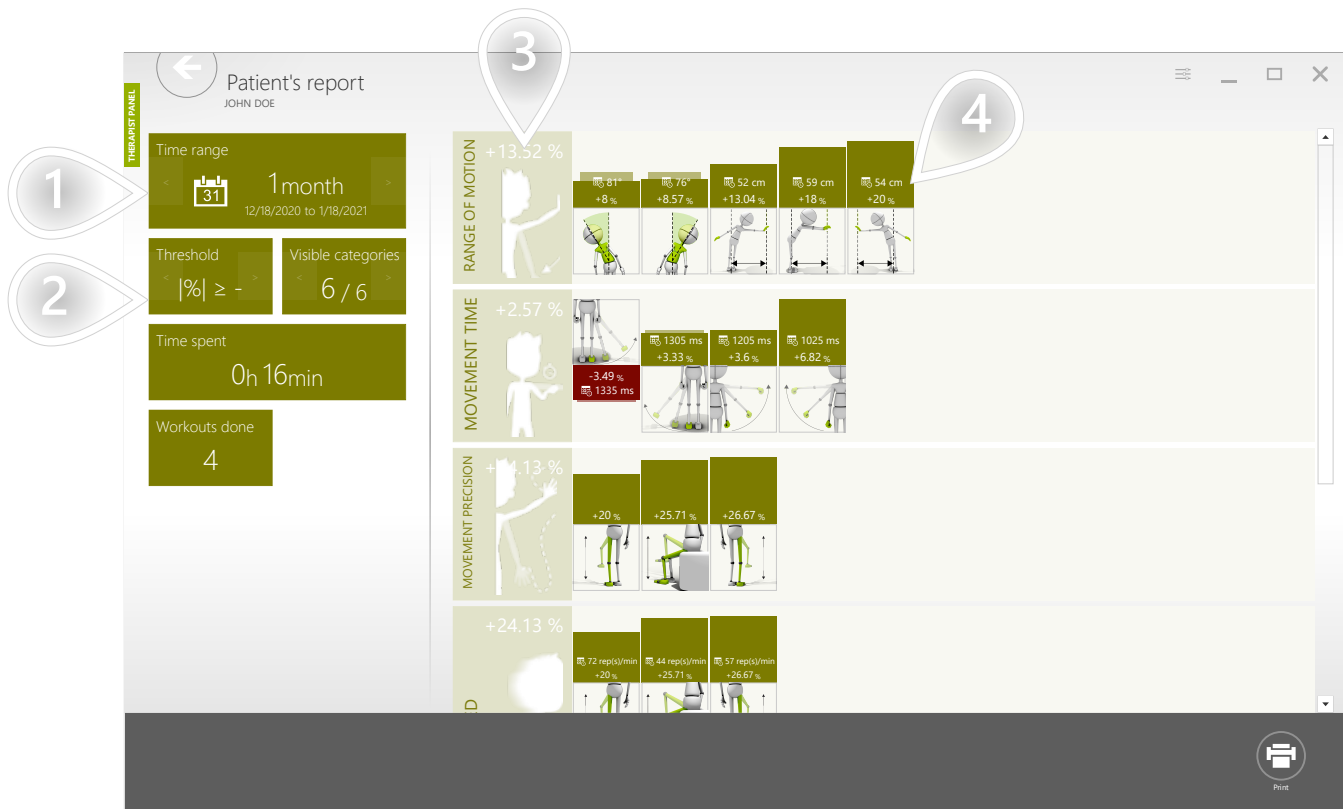


1 Click to proceed

# SHOW SIMPLE REPORT READY TO DISCUSS WITH YOUR PATIENT

3/3

## SCENARIOS: REPORTS



- 1 Select time frame
- 2 Select progress threshold. Result will be displayed only if it is far enough from 0 (when progress is very small result will be hidden).
- 3 Average progress achieved in all Control Modes in the category
- 4 Progress achieved in the given Control Mode



# WHY IS IT WORTH TO OFFER HOME THERAPY?

## SCENARIOS: HOME THERAPY

Offering home therapy lets you stay in touch with your patients for a longer time. You will know whether your patients work at home according to the schedule you've prepared for them.

What is very important - home therapy will be your additional source of income. You are simply buying a package of home therapy time (for example 1000 days) from your distributor. When the order is processed you'll have 1000 days of home therapy in your inventory. Then you are simply reselling that time to your patients in smaller portions. For example, you can transfer 30 days to patient "A", 90 days to patient "B" and so on.

Your patients have then the home therapy service activated and they will pay you an agreed amount of money for taking care of them. Naturally, you'll be responsible for preparing the personalized workout sessions for them, analyze their results, motivate them if for any reason they skip some workout, etc.

Your patients can install VAST.Rehab Patient Panel on their home computers. They will use their login and password to access their account with workouts waiting for them.

# WHAT HARDWARE IS NEEDED FOR HOME THERAPY?

## SCENARIOS: HOME THERAPY

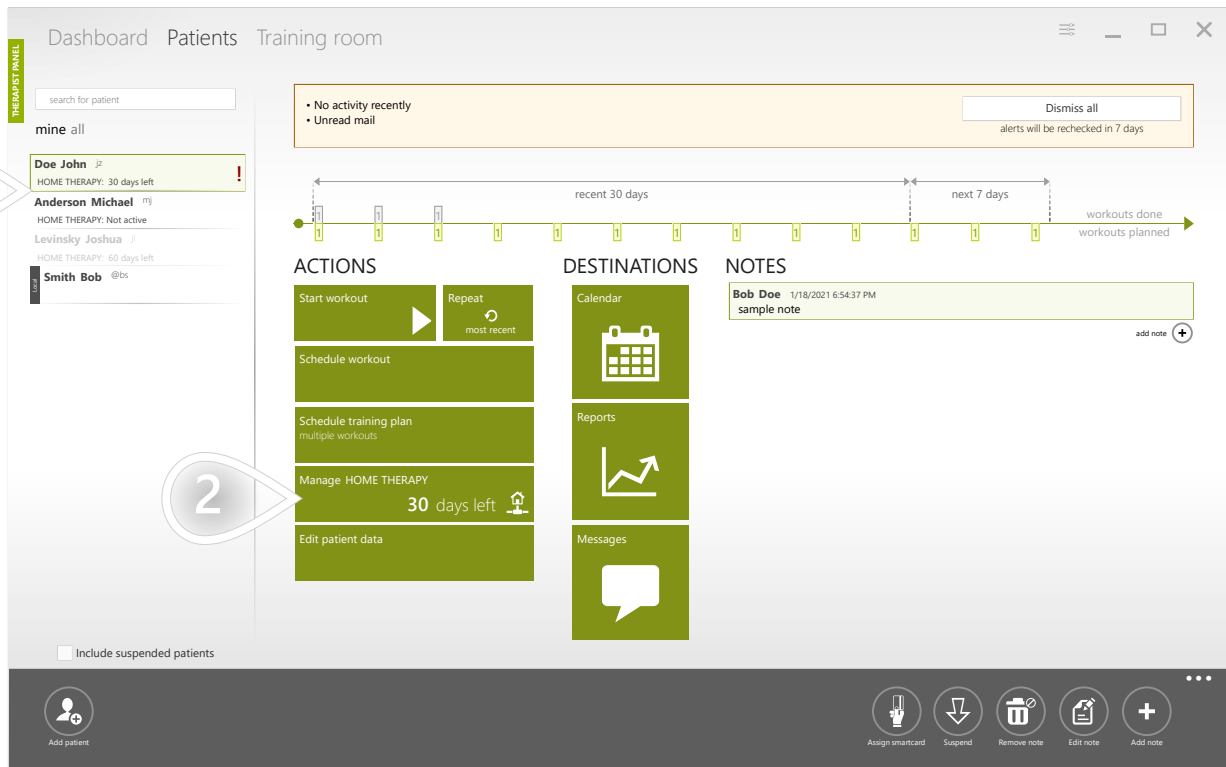
There are several possibilities. They depend on the condition of your patients and what kind of exercises you need them to do.

Your patients can decide to invest more money in the hardware and buy a strong computer with a 3D camera to have a premium solution with full-body tracking.

You may need to have your patient being focused on hands therapy - in this case, you may suggest your patient buy simpler camera to have just hands-tracking.

## WHAT IF YOUR PATIENT IS NOT ABLE TO INVEST IN NEW HARDWARE?

In this case, you can use the option where a smartphone is used as a controller. Your patient receives the onscreen instructions on how to hold the phone while performing the prescribed exercises like squats, balancing, upper limb movements, lower limb movements, and more.



1 Select a patient

2 Click to proceed

## SCENARIOS: HOME THERAPY

The screenshot shows a web application window titled "Manage 'Home Therapy'" with a sub-header "online". On the left, a vertical sidebar contains a "THERAPIST PANEL" and a section titled "IS SUBSCRIPTION ACTIVE?" with the text "Patient currently has following time of home subscription prepaid". The main content area features a green header question: "How much of your home subscription time would you like to transfer to patient?". Below this are five selectable options: "0 days", "7 days", "14 days", "30 days", "60 days", and "90 days". Each option includes a brief description and a date. Below the options, it states "You have following time of home subscription prepaid: 6 months (180 days)". At the bottom, there are two icons: "Orders history" and "Place the order".

1 0 days

2

7 days

14 days

30 days

60 days

90 days

When you continue using this option patient will be able to use the system at home till 1/25/2021

When you continue using this option patient will be able to use the system at home till 2/1/2021

When you continue using this option patient will be able to use the system at home till 2/17/2021

When you continue using this option patient will be able to use the system at home till 3/19/2021

When you continue using this option patient will be able to use the system at home till 4/18/2021

You have following time of home subscription prepaid:  
6 months (180 days)

3

4

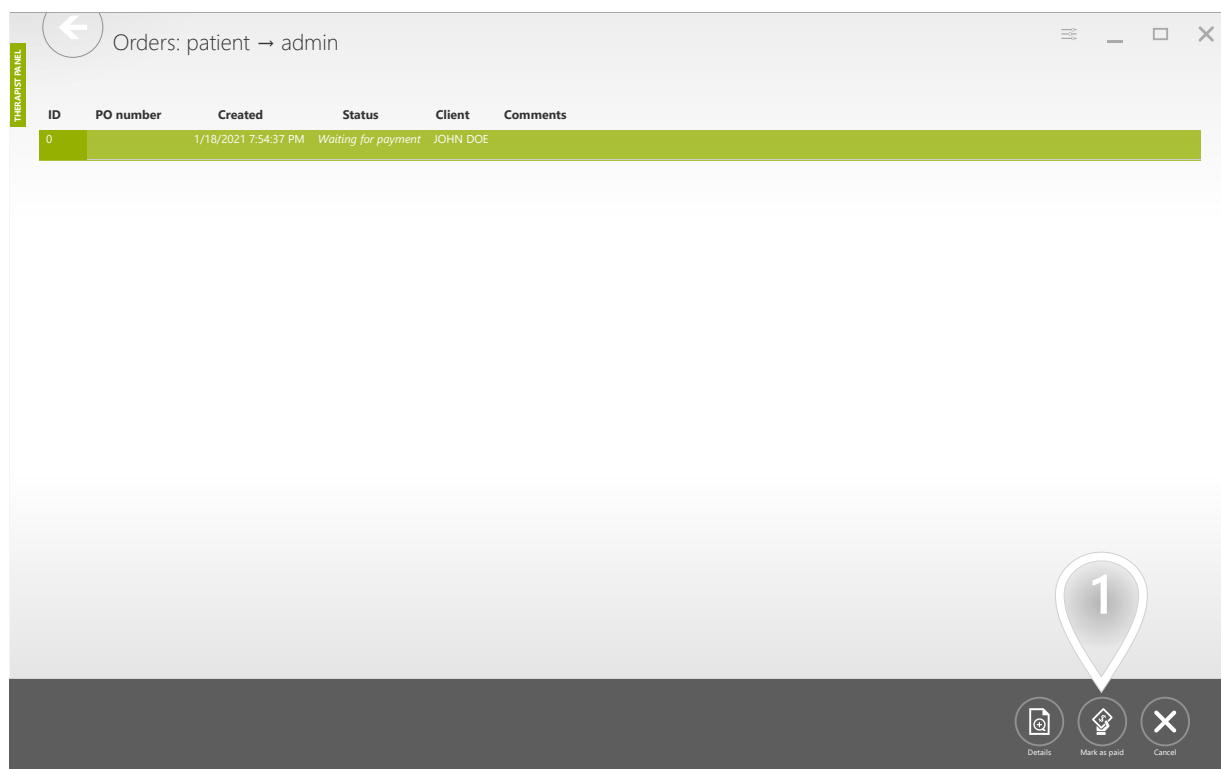
Orders history

Place the order

- 1 Number of home therapy days currently owned by the patient
- 2 Select one of the available options
- 3 Number of home therapy days in your inventory
- 4 Click to proceed



1 Click to proceed



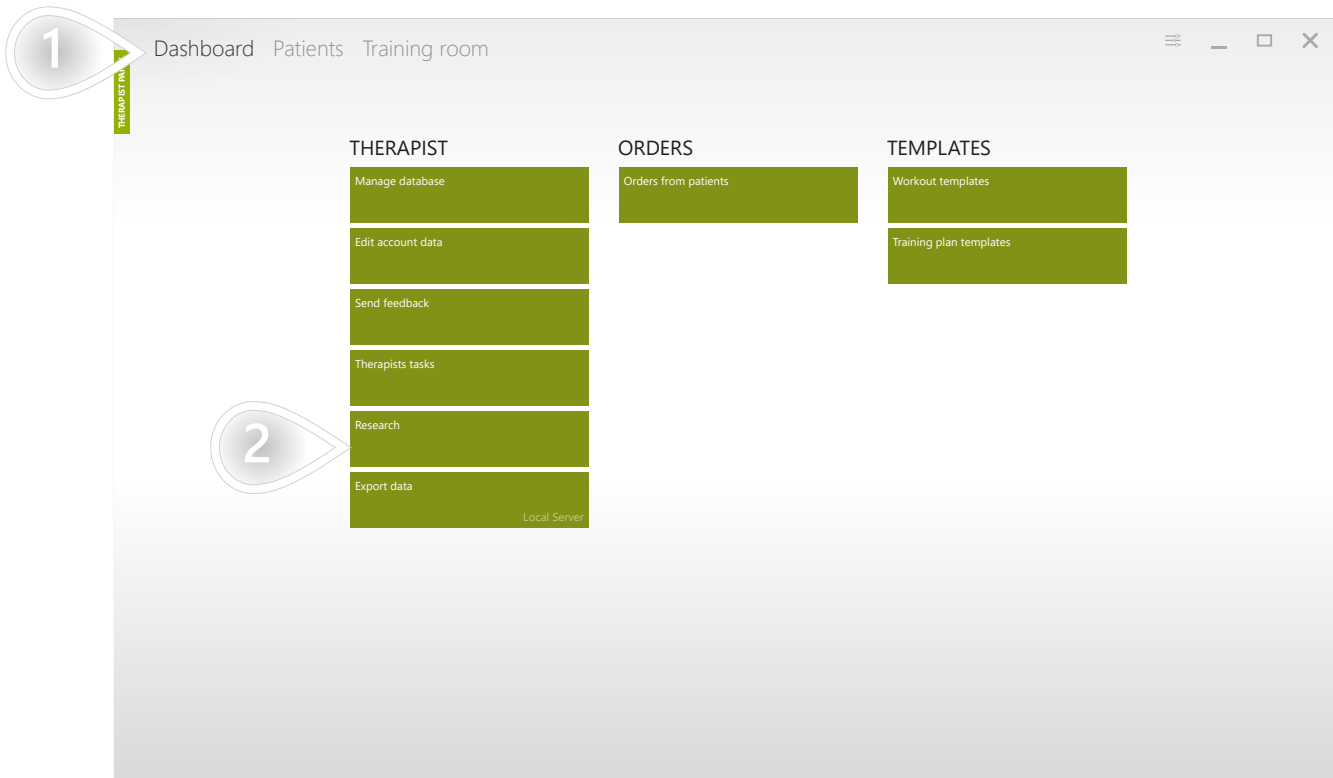
1 Click to proceed

# WHAT IS A RESEARCH AND WHEN TO USE IT?

## SCENARIOS: RESEARCH

If you plan to do research, VAST.Rehab will make your daily work easier. Use the research feature when you need to:

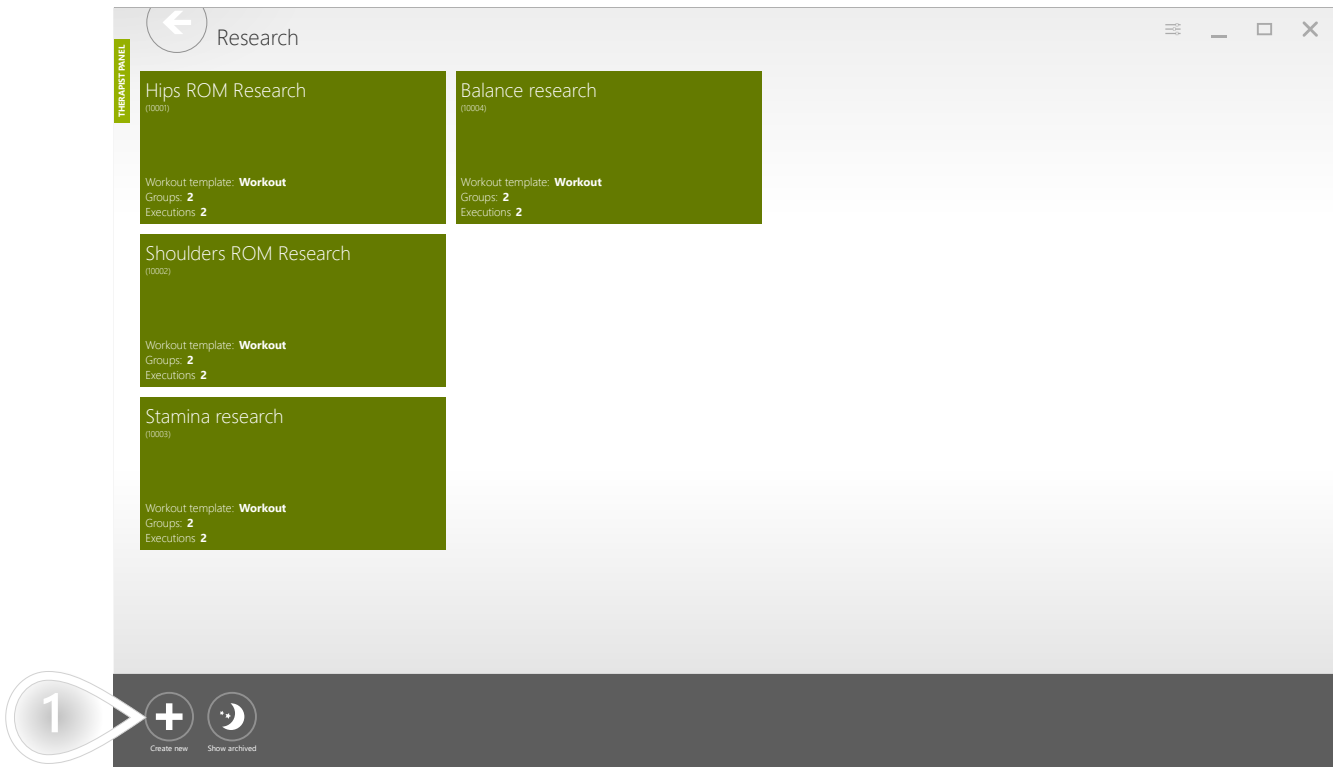
- Compare progress done by several groups of patients performing the same workout template
- Compare the results and progress of several patients performing the same workout template



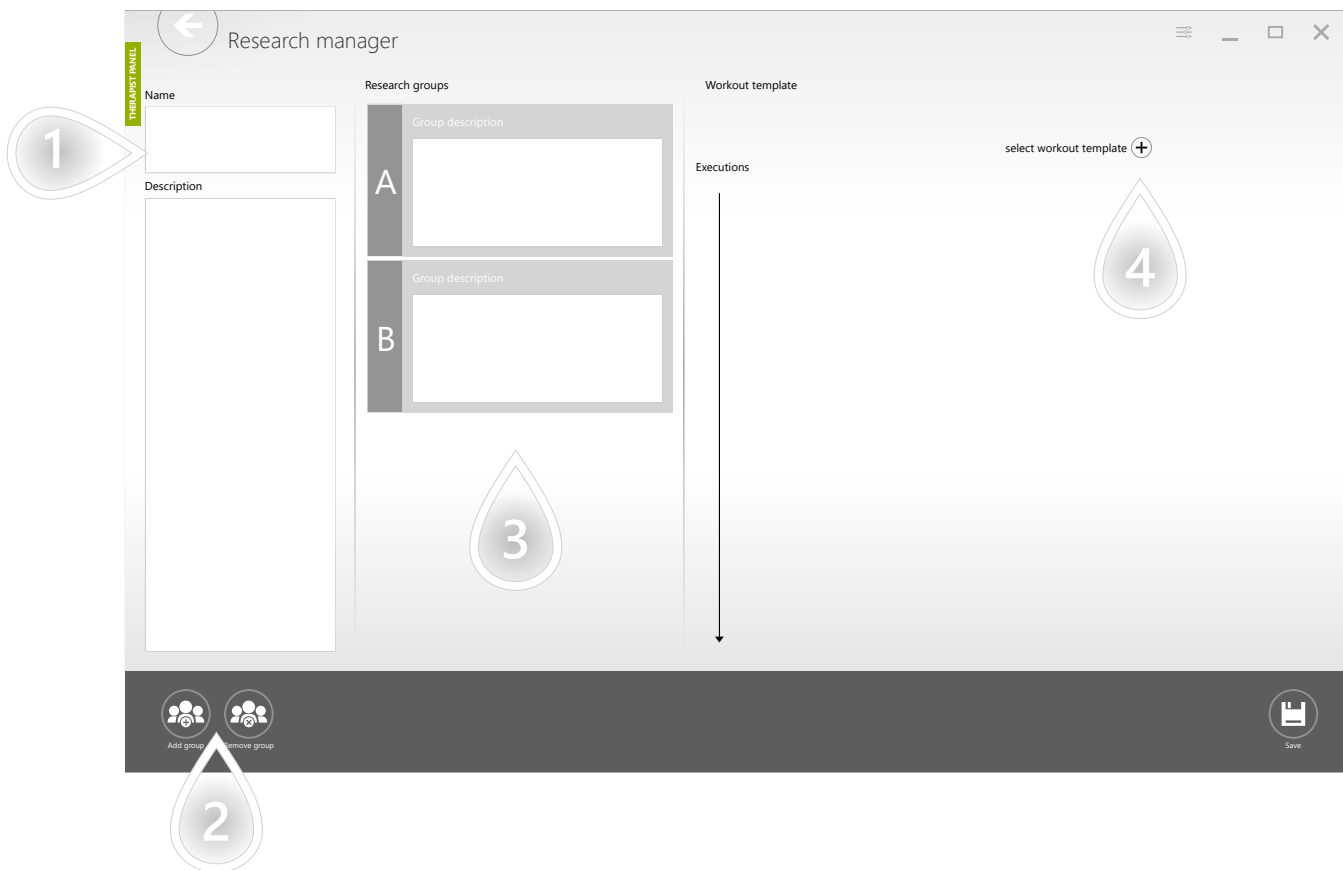
- 1 Make sure appropriate tab is selected
- 2 Click to proceed



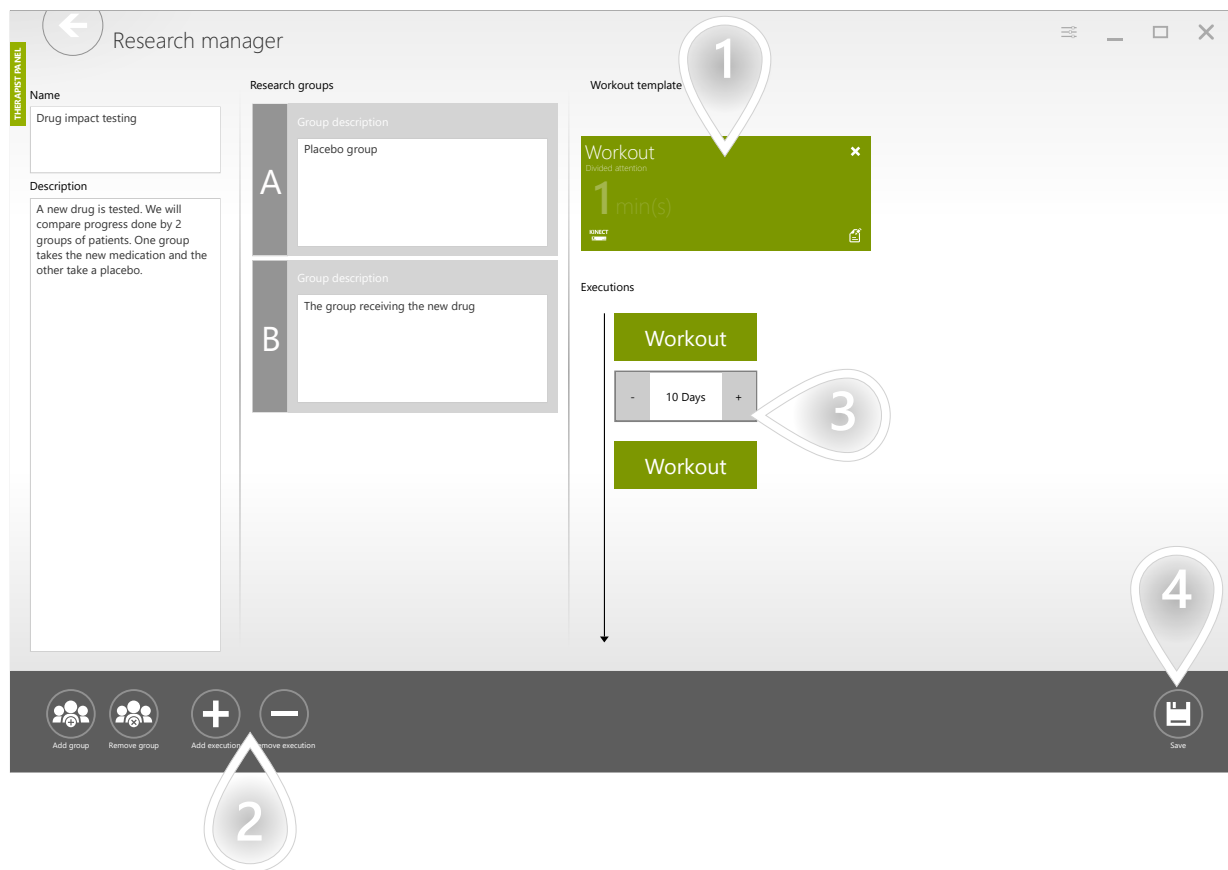
## SCENARIOS: RESEARCH



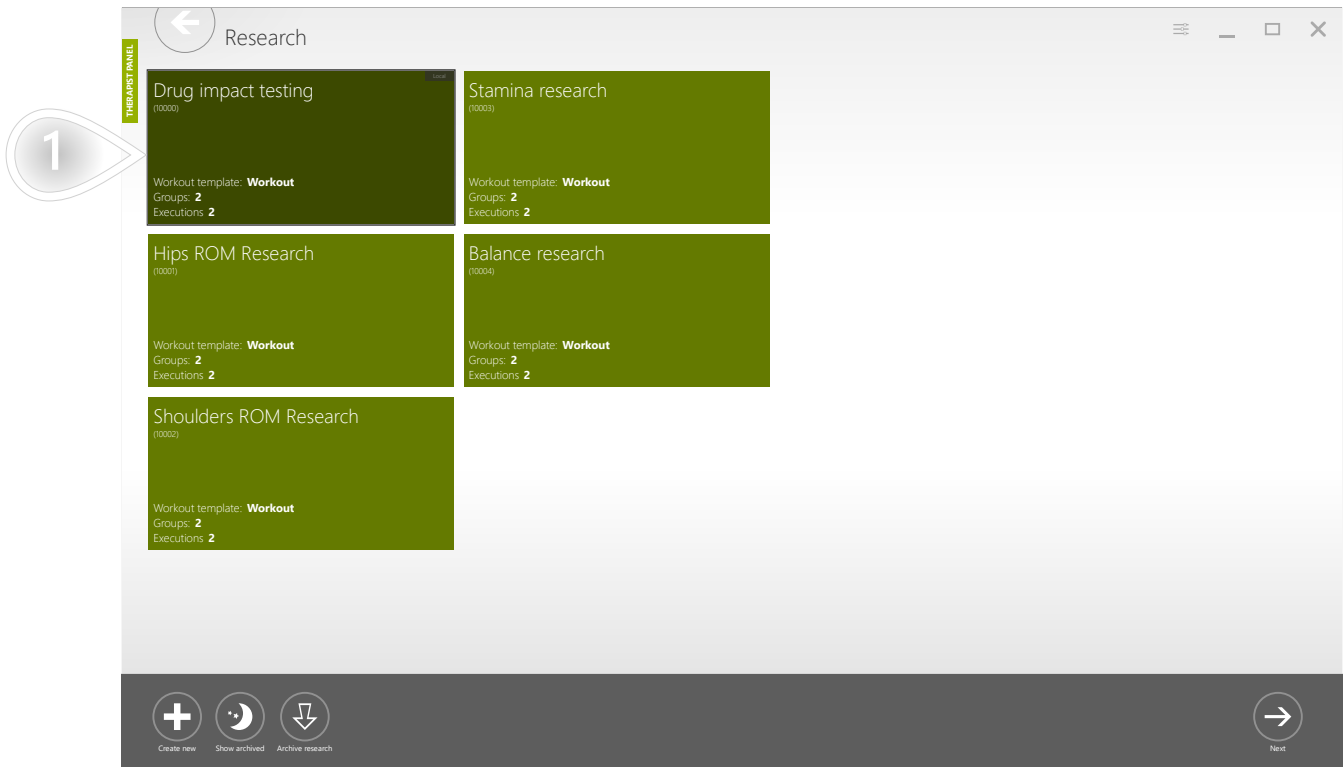
1 Click to proceed



- 1 Fill the 'Name' and 'Description' fields
- 2 Add and remove research groups
- 3 Here are the research groups. You can add some description for each of them. Patients will be added to groups later - when you finish designing and save the research.
- 4 Click to set the workout template that will be used in the research

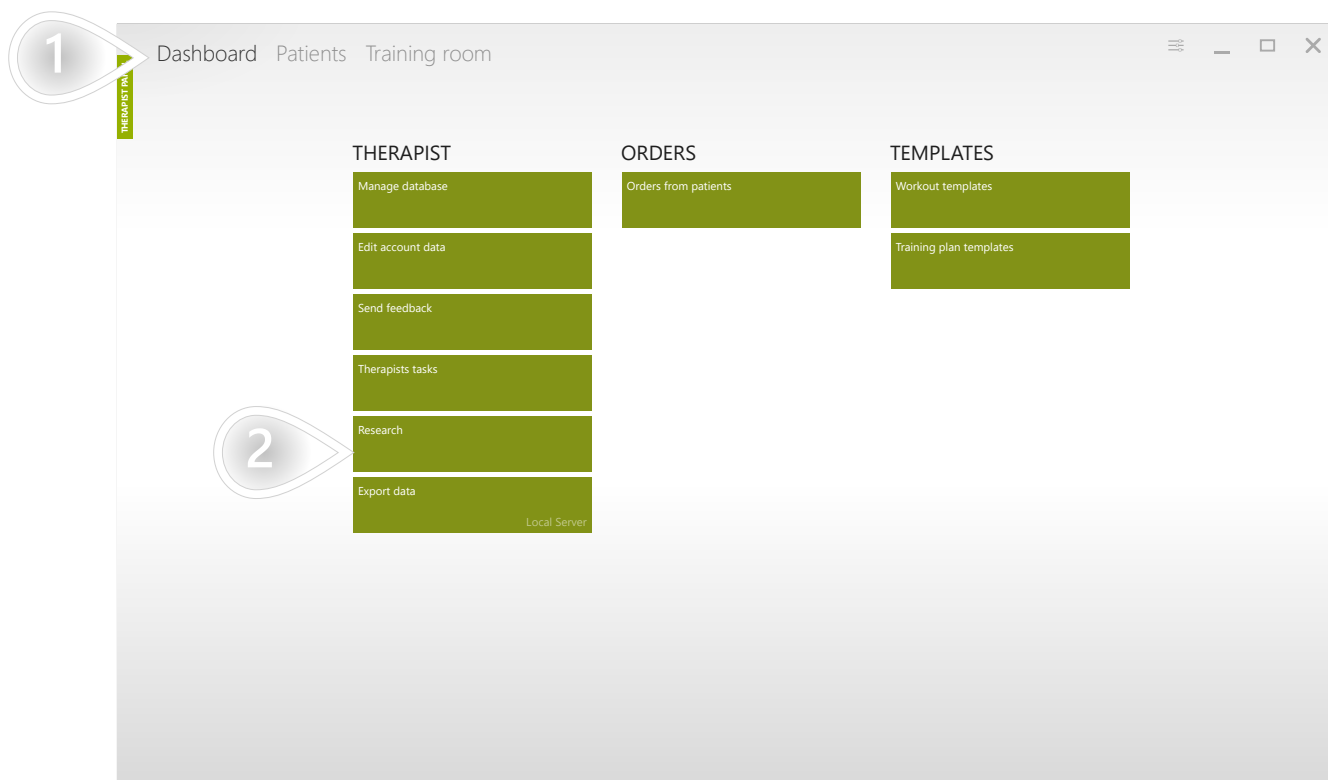


- 1 Selected workout template
- 2 Set how many times the workout template will be performed by each patient
- 3 Set the interval between executions of the workout template
- 4 Click to proceed



1 The created element

## SCENARIOS: RESEARCH



1 Make sure appropriate tab is selected

2 Click to proceed

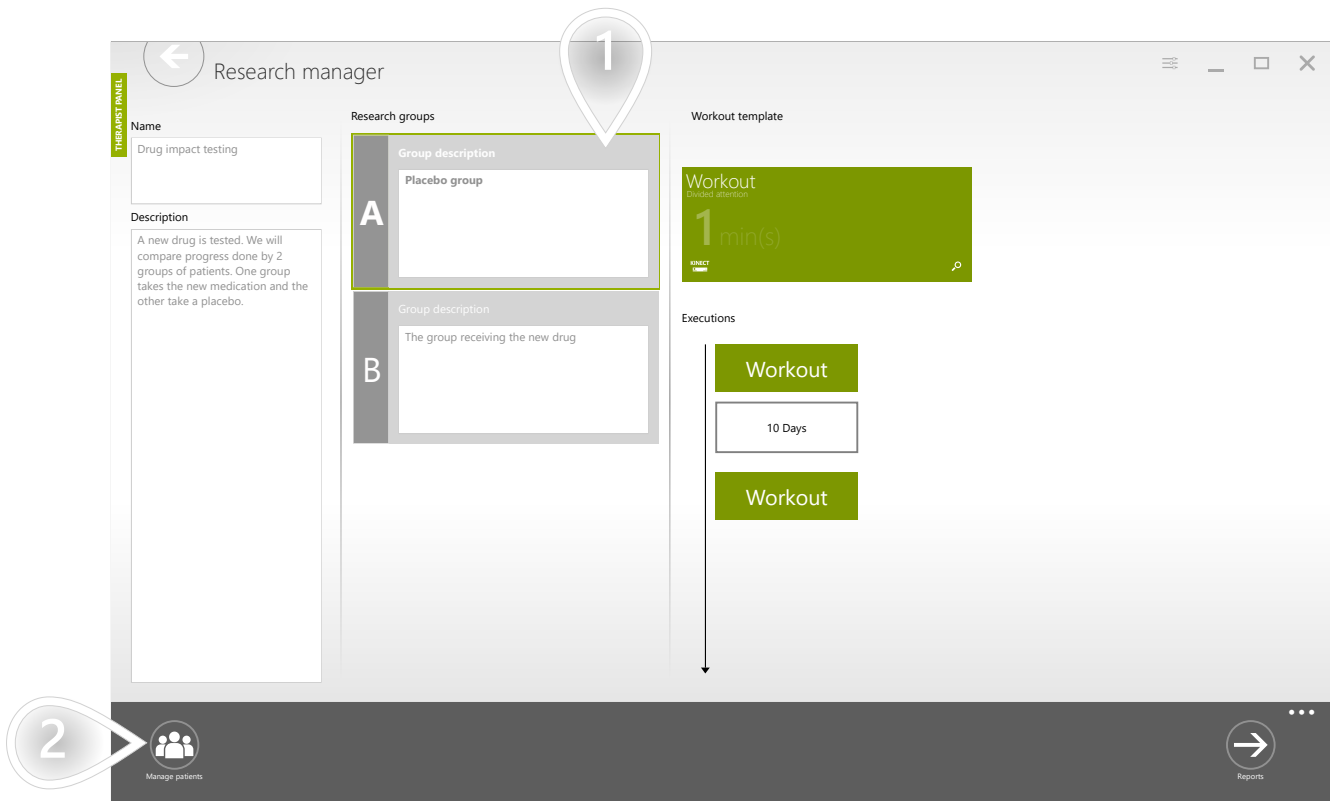
## SCENARIOS: RESEARCH



1 Select an element

2 Click to proceed

## SCENARIOS: RESEARCH



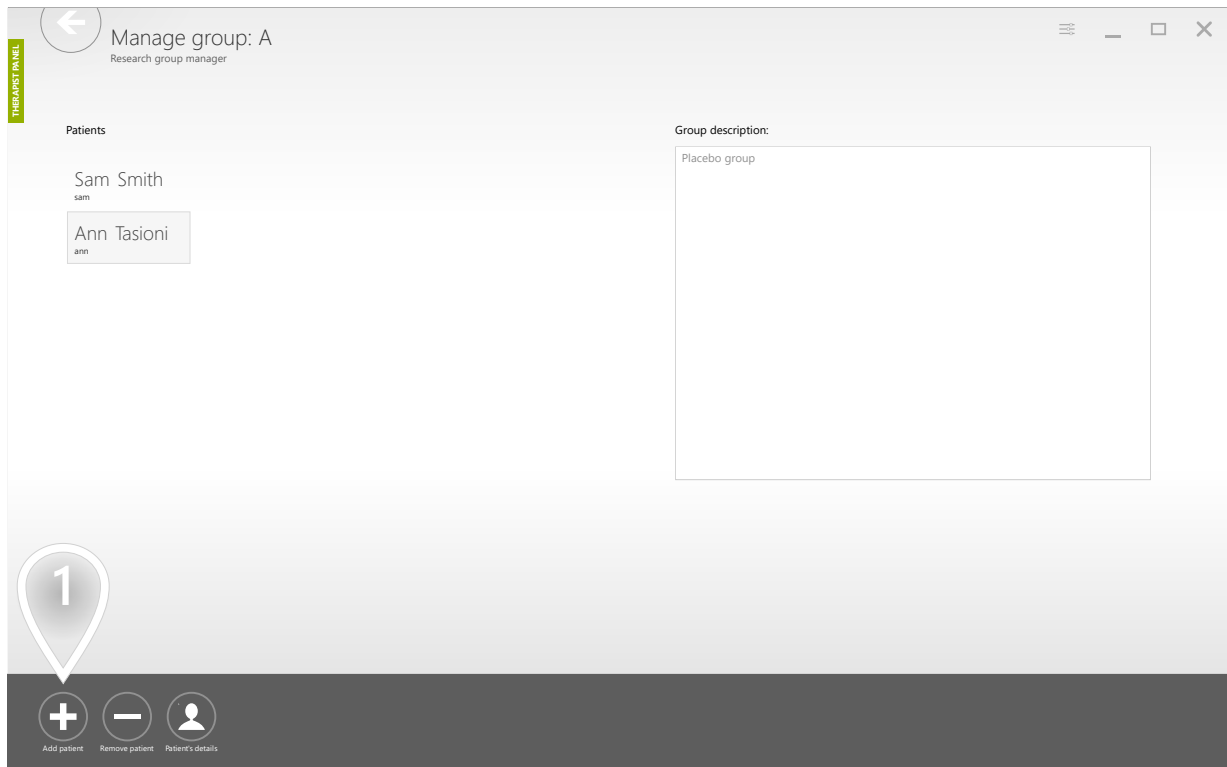
1 Select one of the groups

2 Click to proceed

# ADD A PATIENT TO YOUR RESEARCH'S GROUP

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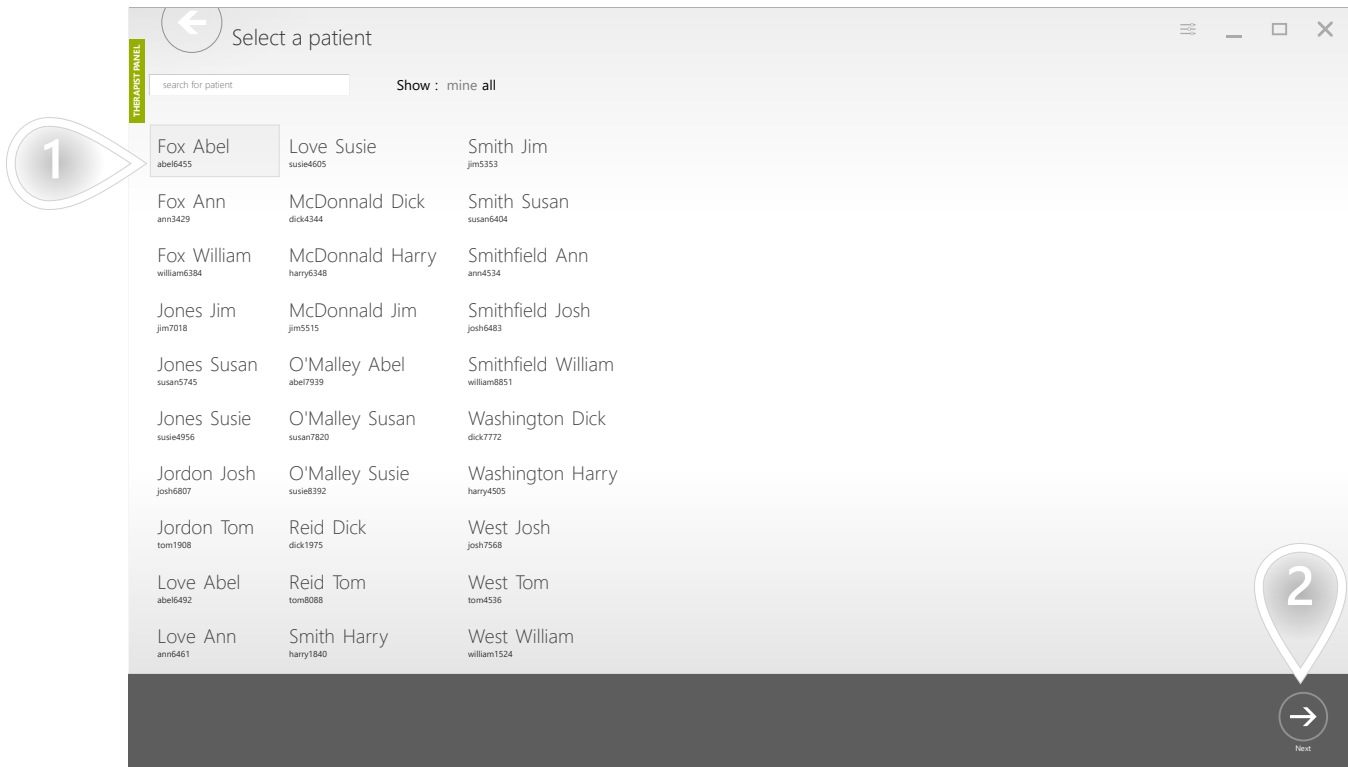
## SCENARIOS: RESEARCH



1 Click to proceed



## SCENARIOS: RESEARCH



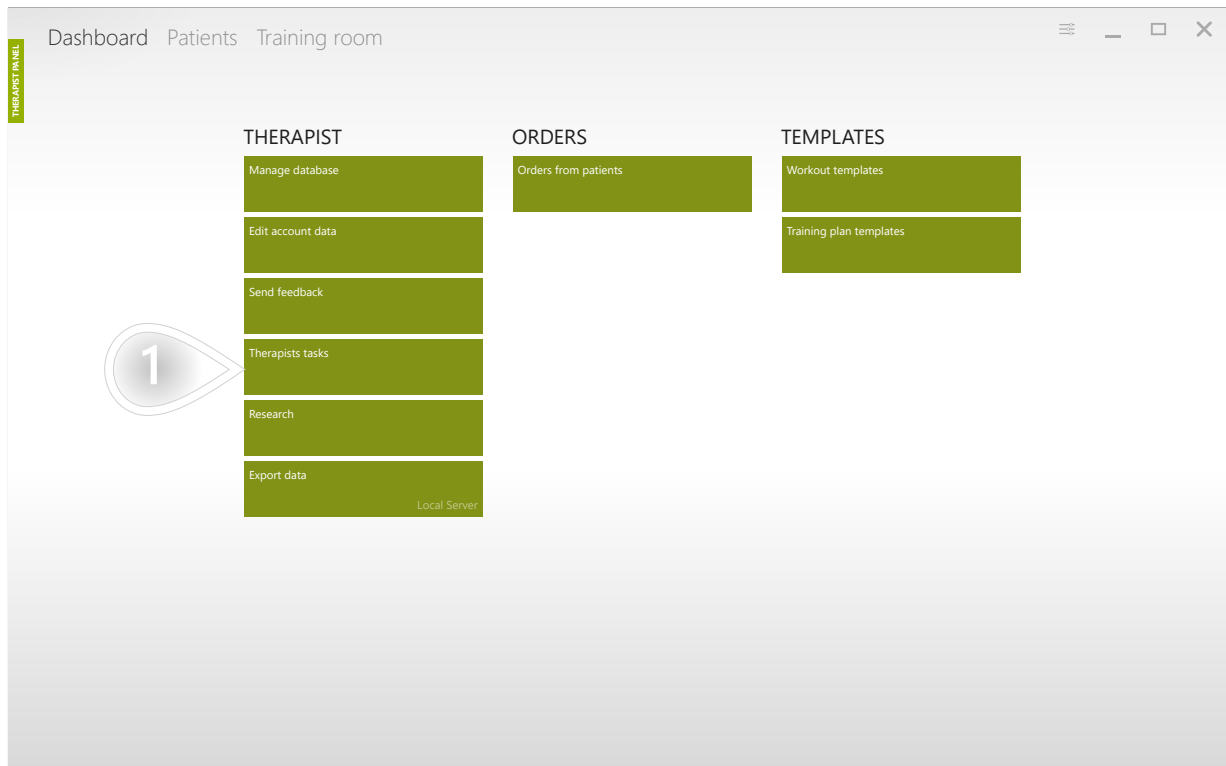
1 Select a patient

2 Click to proceed

# START FIRST RESEARCH WORKOUT FOR YOUR PATIENT 1/5

## SCENARIOS: RESEARCH

When you add a patient to one of the research groups there is an automatically generated task for you to do the first workout with your patient. The first task has no due date - it can be started at any time.

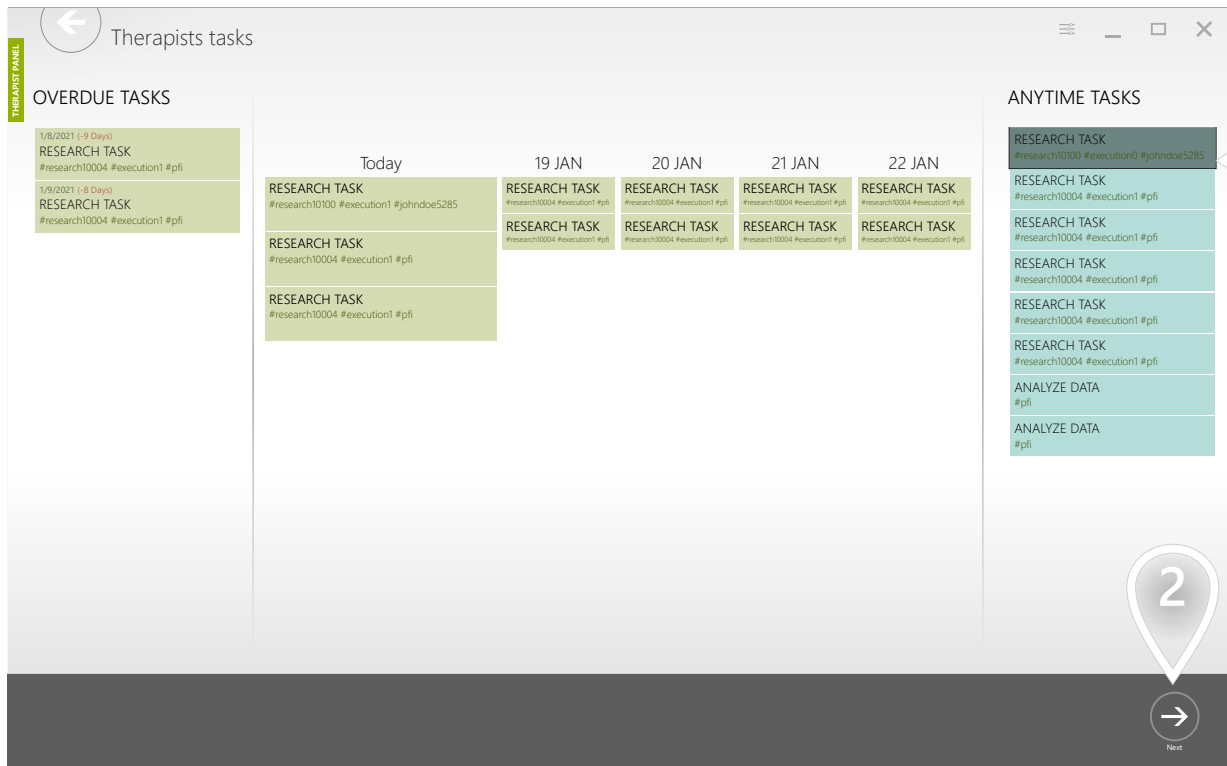


1 Click to proceed

# START FIRST RESEARCH WORKOUT FOR YOUR PATIENT

2/5

## SCENARIOS: RESEARCH

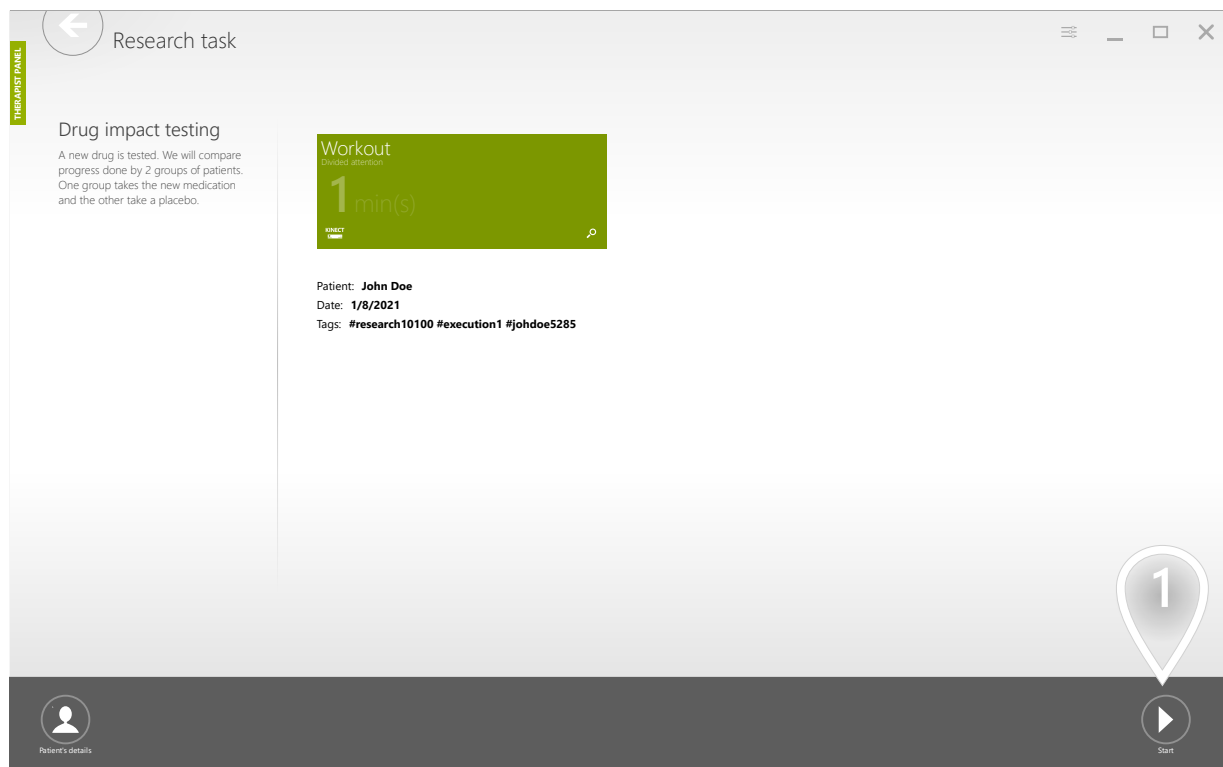


- 1 Select the research task tagged with your patient's login.
- 2 Click to proceed

# START FIRST RESEARCH WORKOUT FOR YOUR PATIENT

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SCENARIOS: RESEARCH



1 Click to proceed

# START FIRST RESEARCH WORKOUT FOR YOUR PATIENT

4/5

## SCENARIOS: RESEARCH

If you have only one patient station this view will not appear.

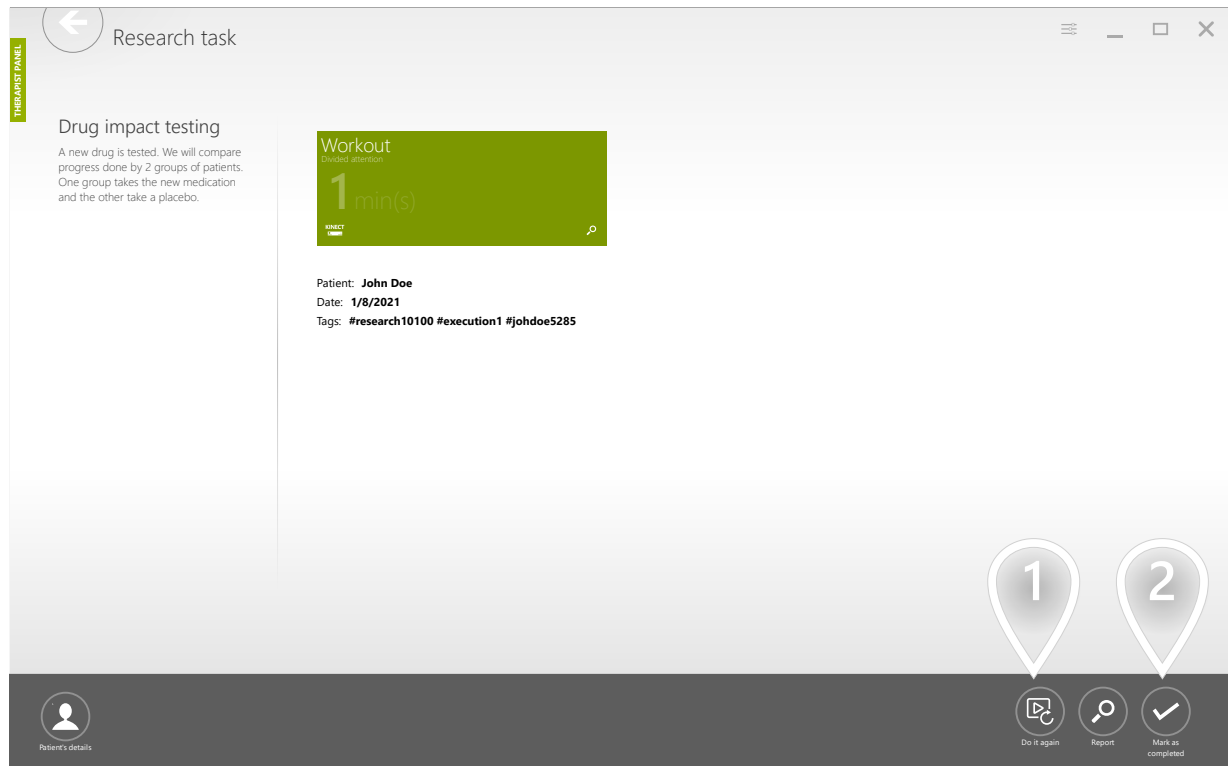


- 1 Select a patient station
- 2 Click and do the workout session with your patient as you normally do

# START FIRST RESEARCH WORKOUT FOR YOUR PATIENT

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## SCENARIOS: RESEARCH

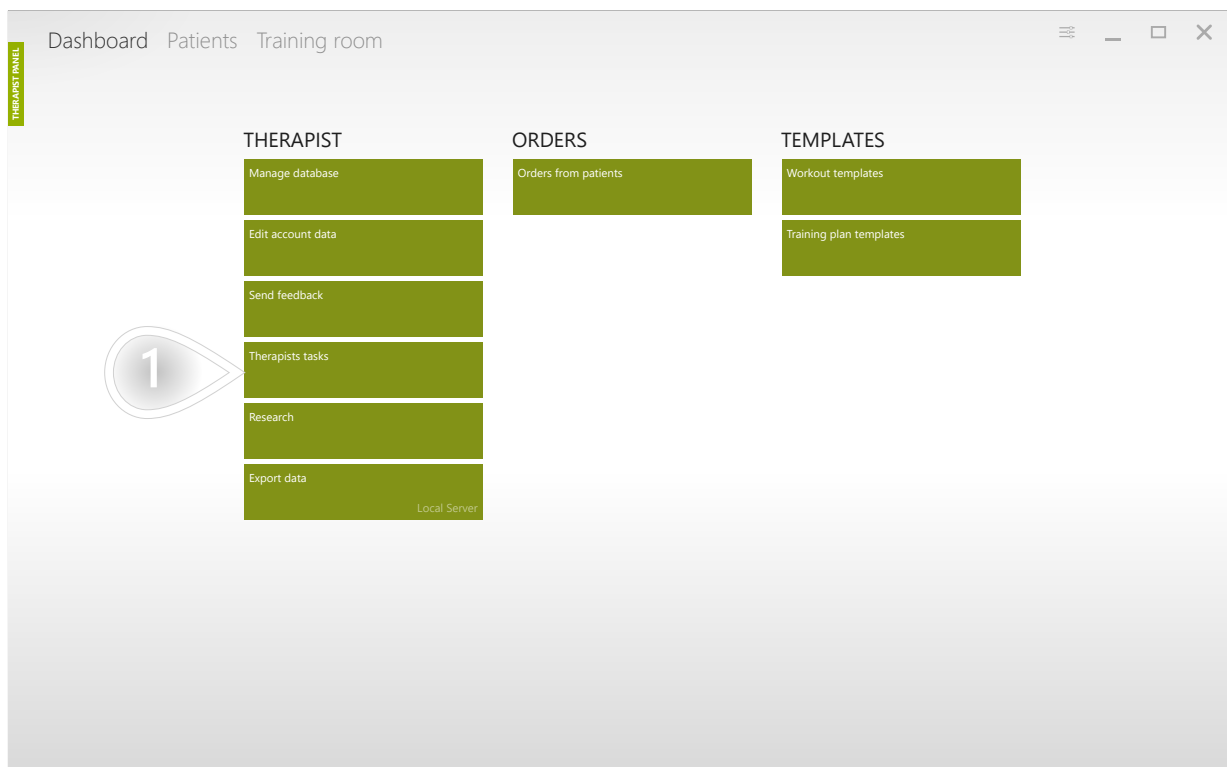


- 1 If you need you can repeat execution of this workout with your patient
- 2 Mark the task as completed when the workout is finished successfully

# START FOLLOW UP RESEARCH WORKOUT FOR YOUR PATIENT 1/5

## SCENARIOS: RESEARCH

When your research contains more than one execution - you need to decide how many days shall pass between those executions. When the first execution is done - the system automatically schedules a task for you to perform the follow-up execution at the correct date.



1 Click to proceed

# START FOLLOW UP RESEARCH WORKOUT FOR YOUR PATIENT

SCENARIOS: RESEARCH

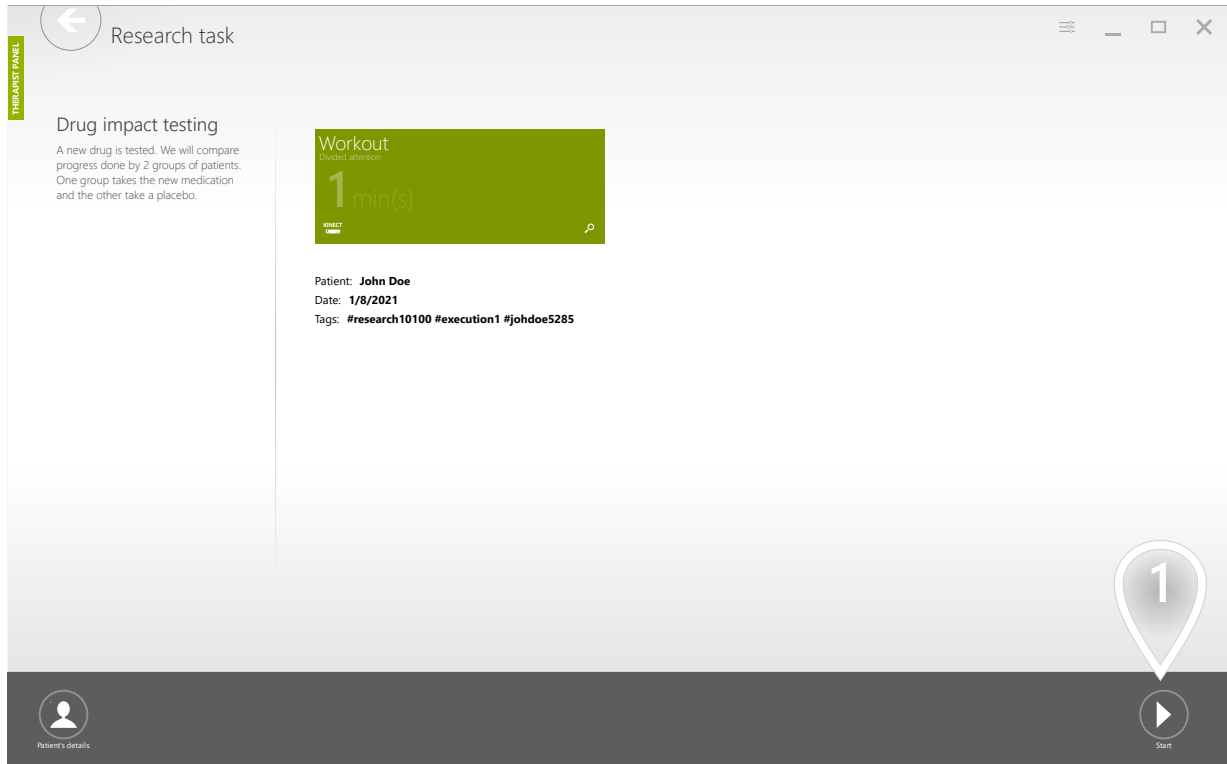


- 1 Select the scheduled for today research task tagged with your patient's login
- 2 Click to proceed



# START FOLLOW UP RESEARCH WORKOUT FOR YOUR PATIENT

SCENARIOS: RESEARCH 3/5



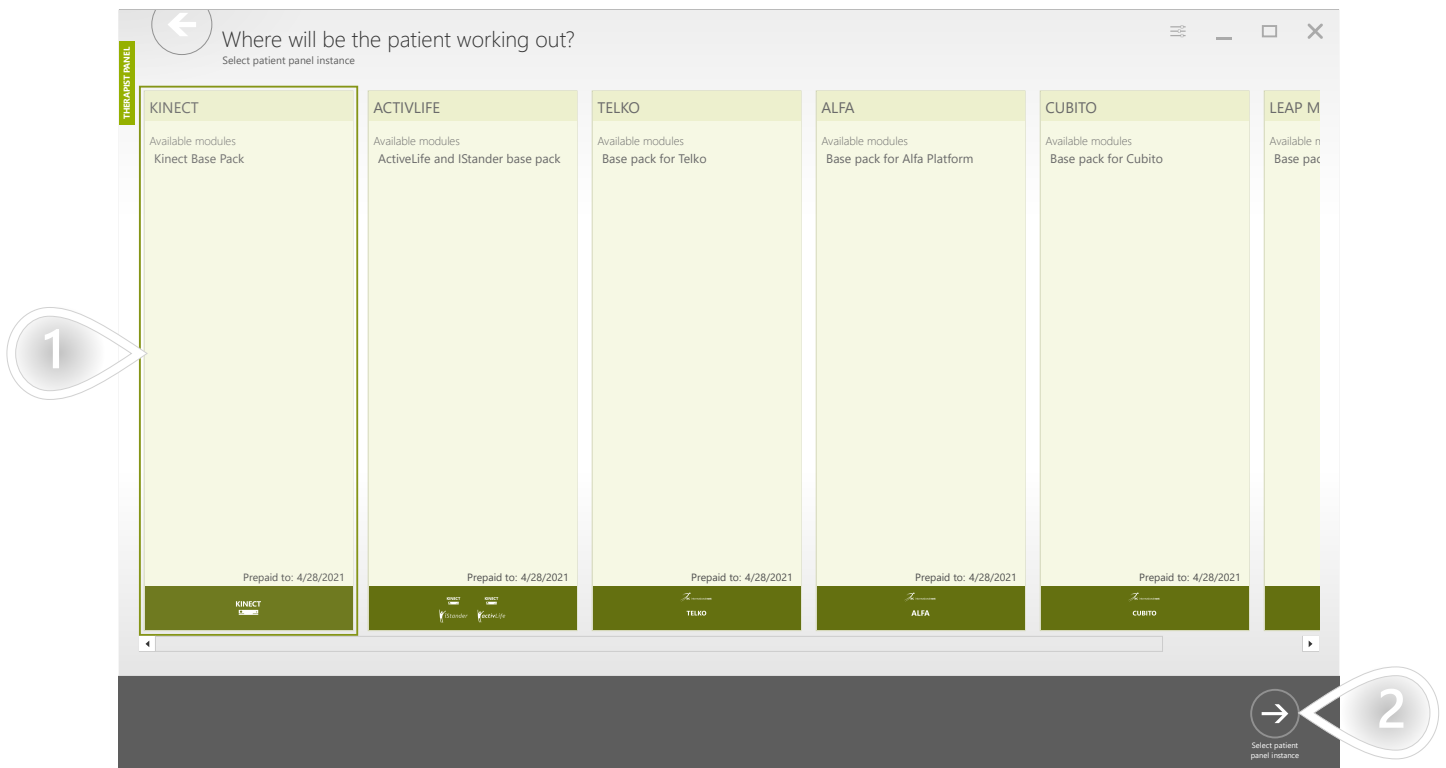
1 Click to proceed

# START FOLLOW UP RESEARCH WORKOUT FOR YOUR PATIENT

4/5

## SCENARIOS: RESEARCH

If you have only one patient station this view will not appear.

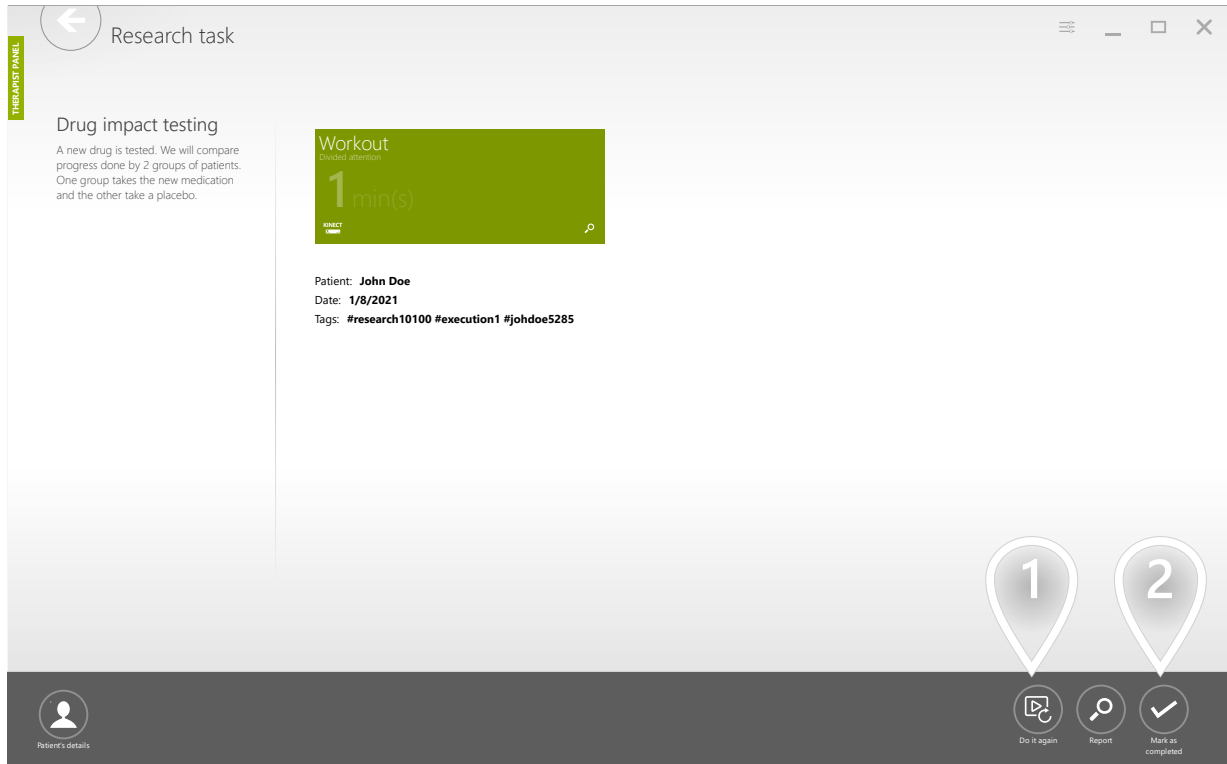


- 1 Select a patient station
- 2 Click and do the workout session with your patient as you normally do

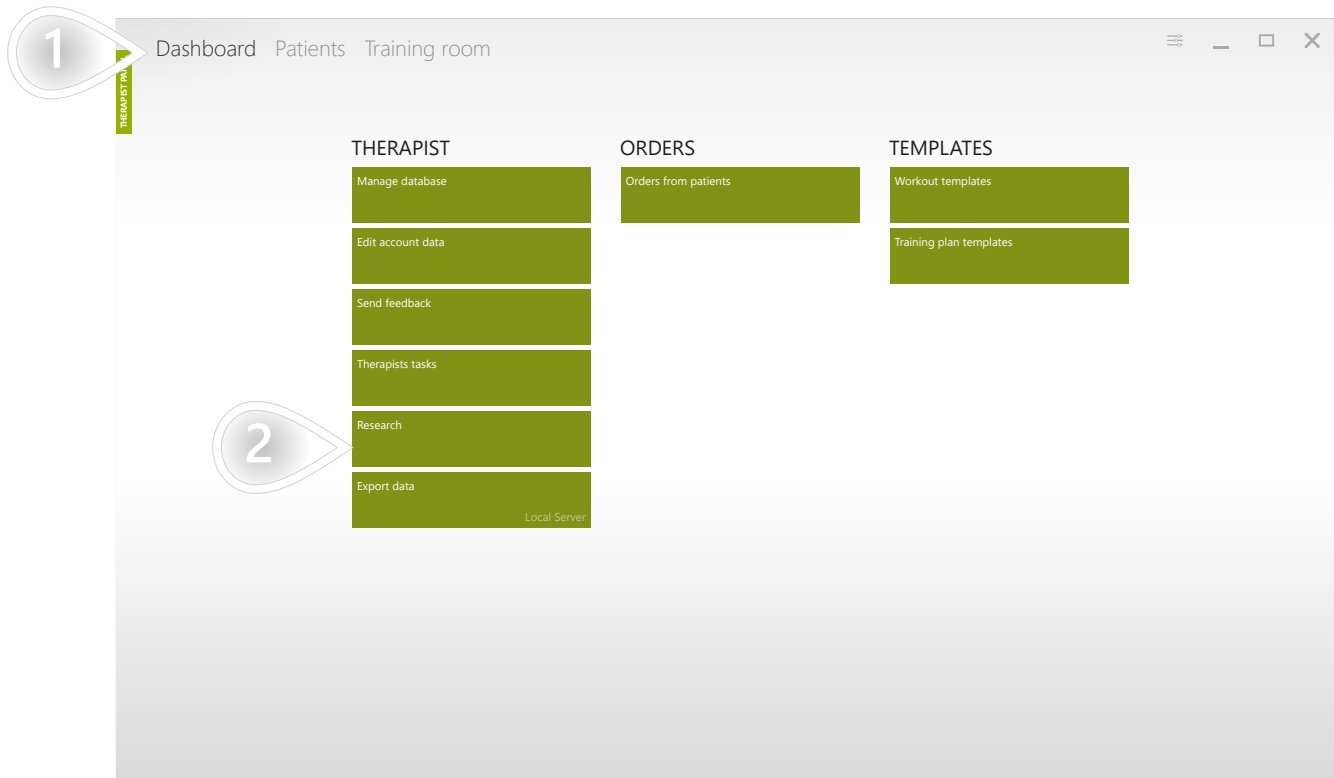
# START FOLLOW UP RESEARCH WORKOUT FOR YOUR PATIENT

SCENARIOS: RESEARCH

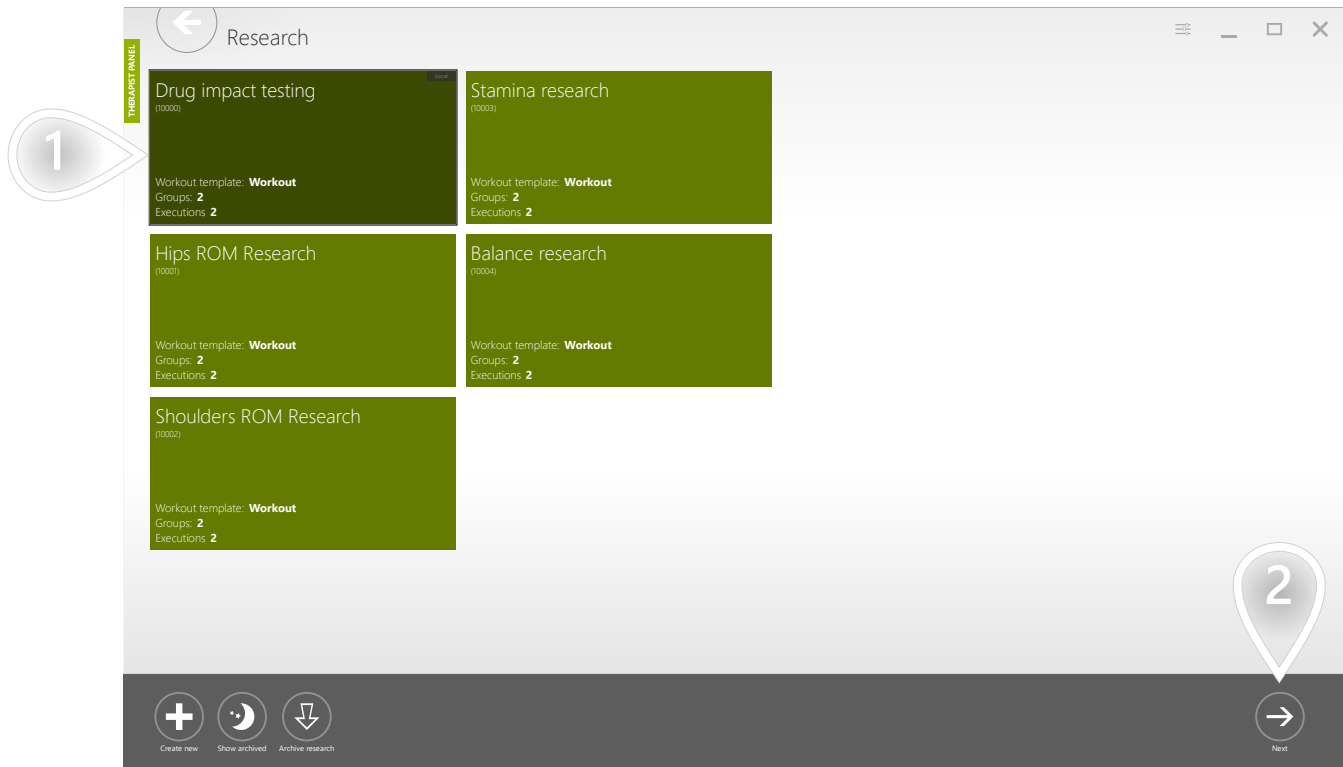
5/5



- 1 If you need you can repeat execution of this workout with your patient
- 2 Mark the task as completed when the workout is finished successfully



- 1 Make sure appropriate tab is selected
- 2 Click to proceed

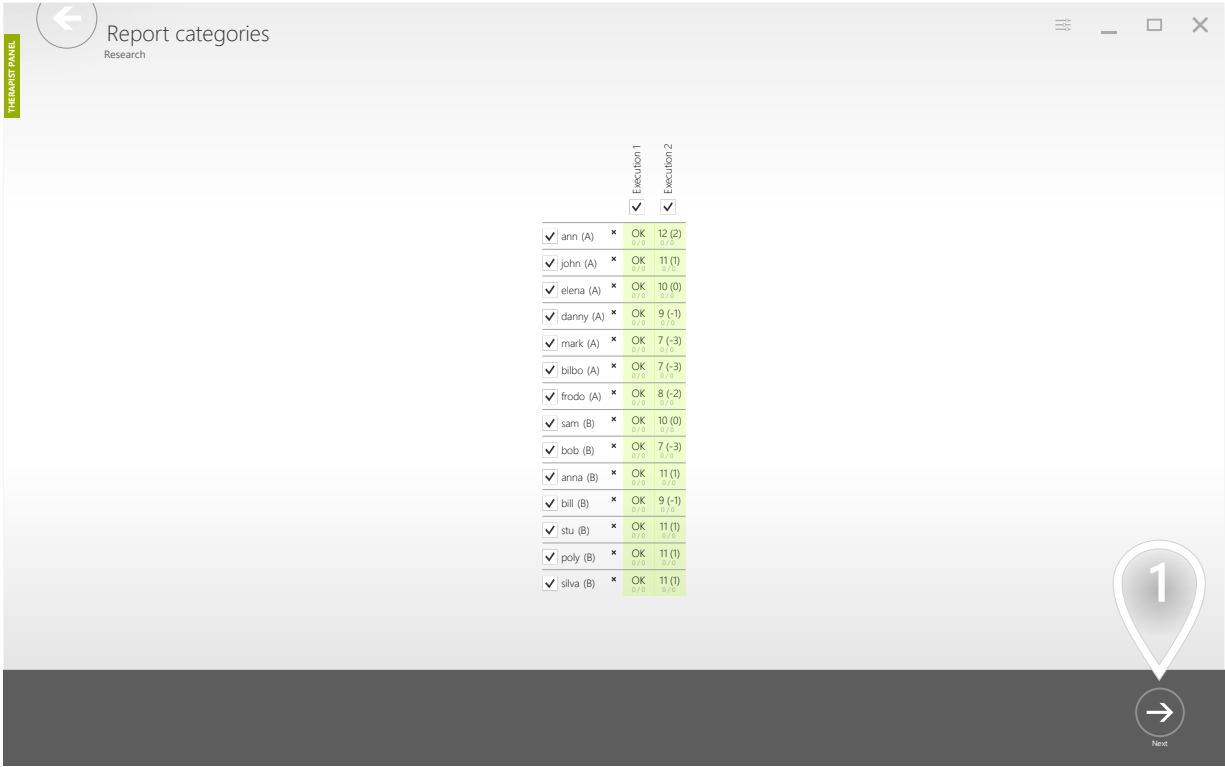


1 Select an element

2 Click to proceed

## SCENARIOS: RESEARCH

The data provided below will help you decide which patients shall be taken under consideration while generating the report. This sample research is designed to have 2 executions. The second execution shall be performed 10 days after the first. The first execution is marked as OK for all patients because it can be performed at any time, so it can't be performed too early nor too late. When it comes to the column describing the second execution you can see the number of days passed between those executions.



1 Click to proceed

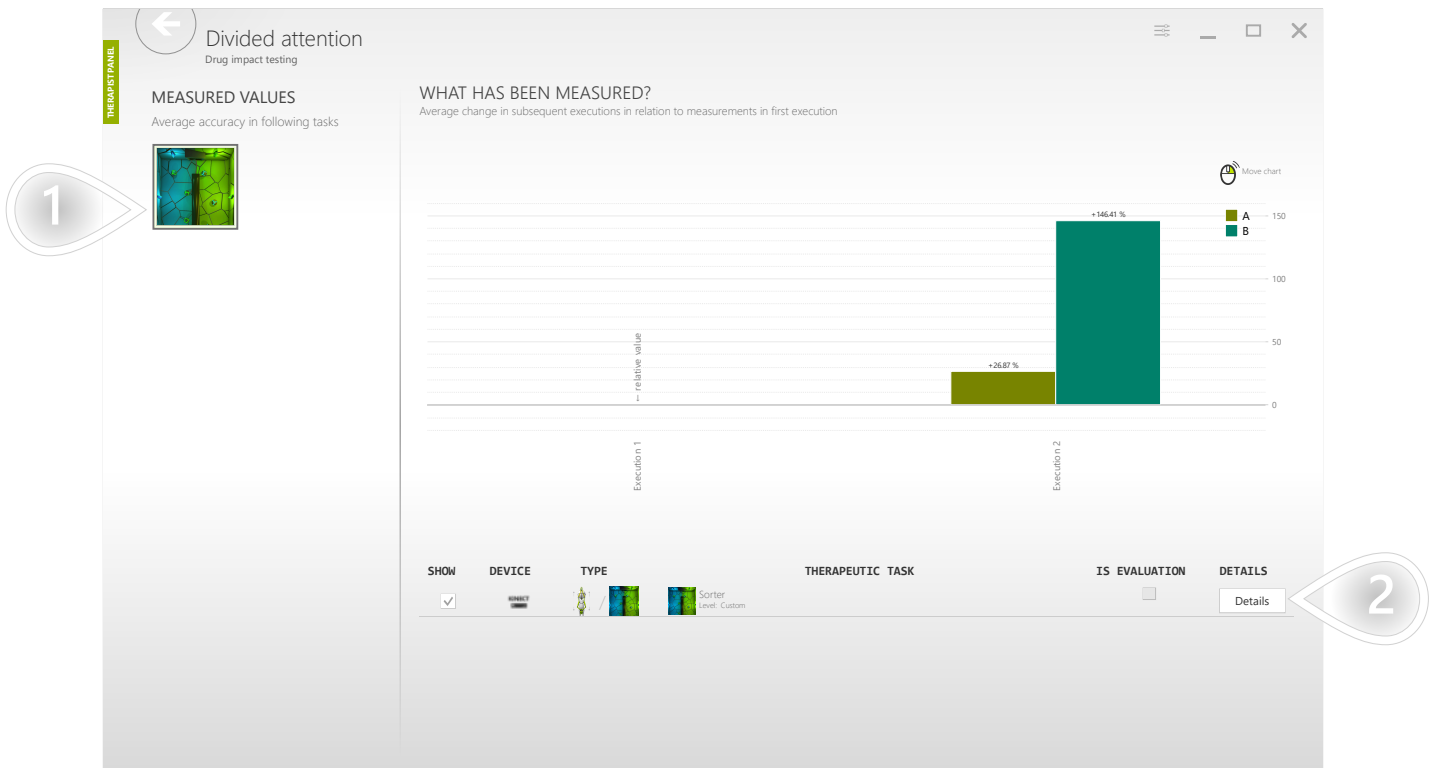
Select a category of data.



1 Click to proceed

## SCENARIOS: RESEARCH

The progress achieved by group "B" (taking the new drug) is much higher than progress achieved by group "A" (taking a placebo).



- 1 Therapeutic task used to collect the data.
- 2 Click to go deeper into details



## SCENARIOS: RESEARCH

Use the 'relative mode' to see the percent of improvement in the subsequent executions relatively to the first execution. It's the average value achieved by patients in the given research group.



- 1 Click to switch to 'raw mode'
- 2 Click to go deeper into details

Use the 'raw mode' to display real values (with units) achieved in the given research groups in the selected executions.

Divided attention  
Drug impact testing

SETTINGS  
Sorter (Kinect)

Difficulty: 1/3

Duration: 60s

Range: 20% - 80%

Number of objects: 4

Gap size: 150%

Speed of objects: 100%

WHAT HAS BEEN MEASURED?  
Divided attention

raw mode relative mode

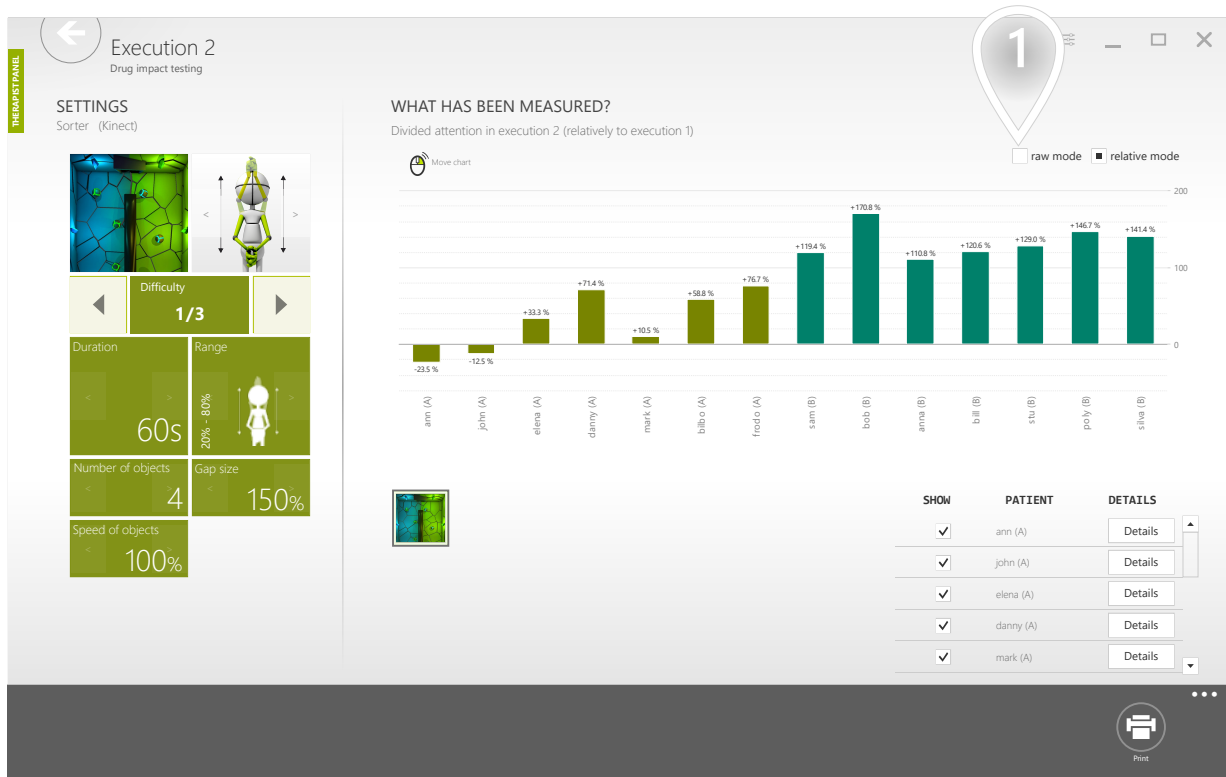
EXECUTION	A	B
Execution 1	28.57 %	32.57 %
Execution 2	38.71 %	72.71 %

SHOW	EXECUTION	DETAILS
<input checked="" type="checkbox"/>	1	Details
<input checked="" type="checkbox"/>	2	Details

- 1 Click to switch to 'relative mode'
- 2 Click to go deeper into details

## SCENARIOS: RESEARCH

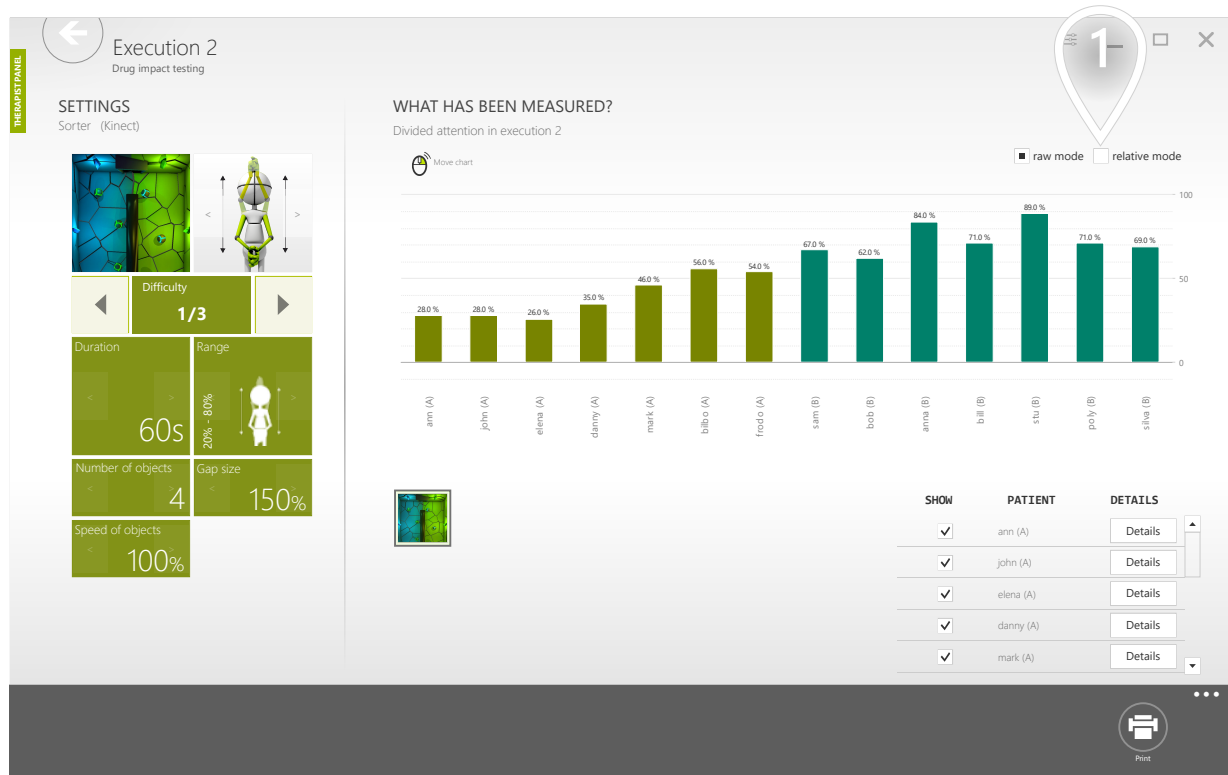
The screen below presents the results achieved by each patient in the second execution of the research workout template relatively to the first execution.



1 Click to switch to 'raw mode'

## SCENARIOS: RESEARCH

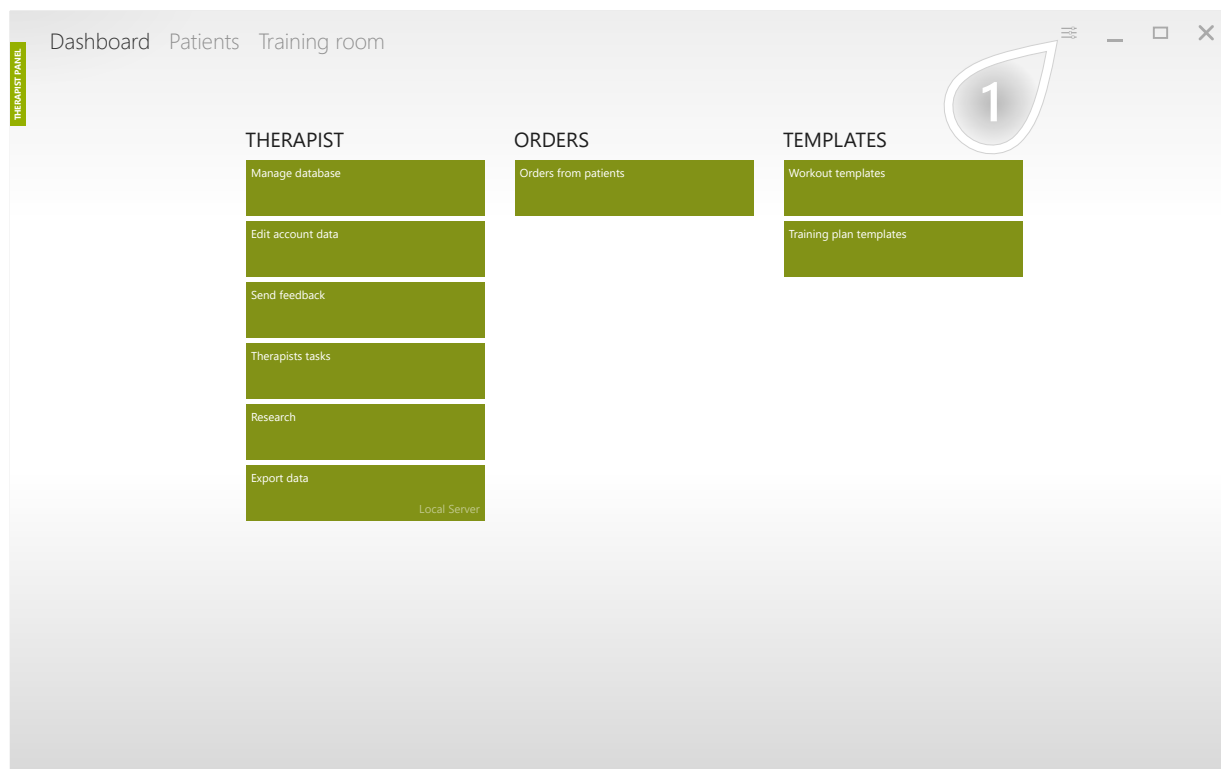
The screen below presents the results achieved by each patient in the second execution of the research workout template. It is raw data with the given unit.



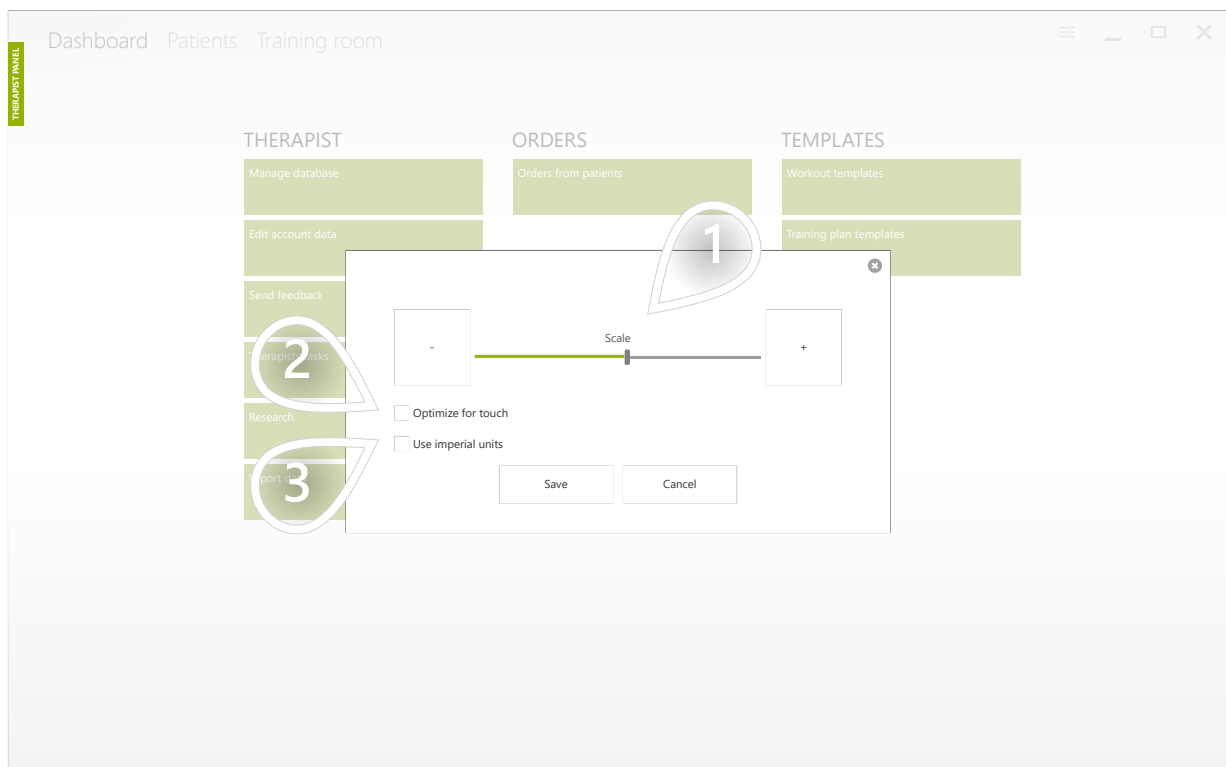
1 Click to switch to 'relative mode'

## TIPS

You can scale UI items to match your personal needs and to take advantage of your screen size.



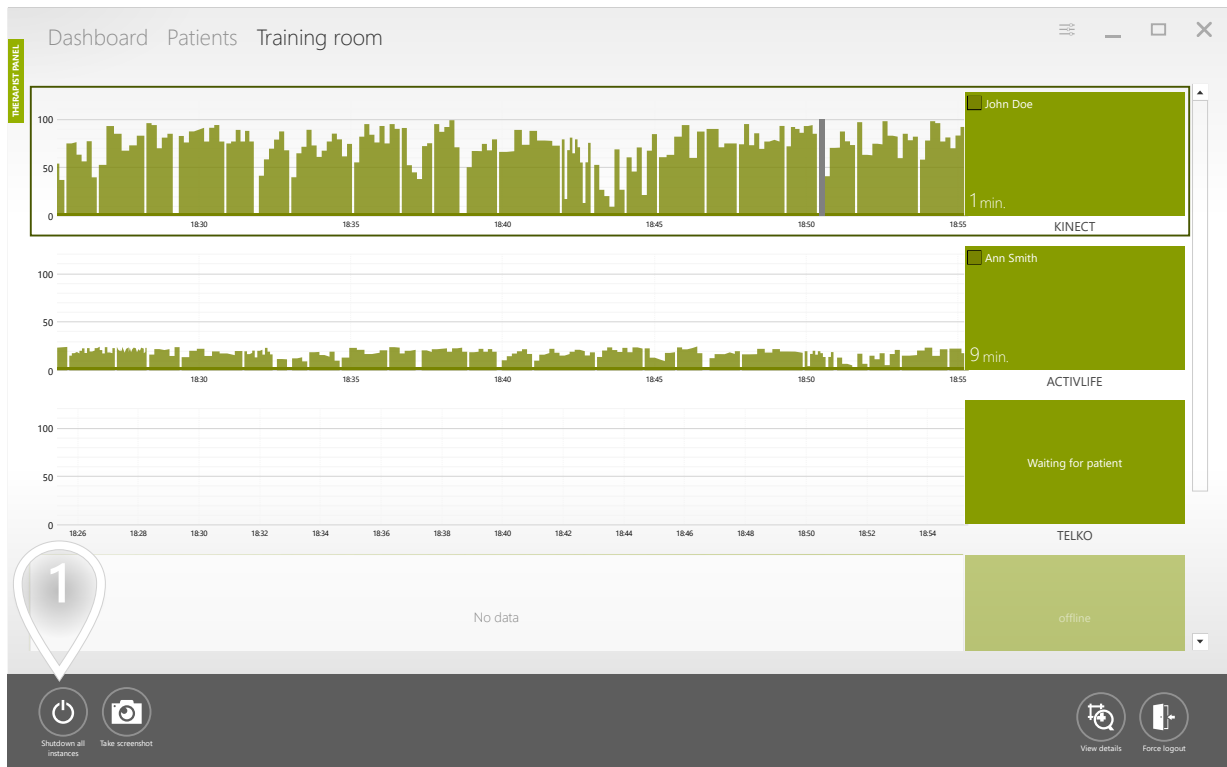
- 1 Click to open settings



- 1 Adjust UI scale
- 2 If you're using a touch screen, checking this box makes using Therapist Panel more comfortable
- 3 If you want to use imperial units, check this box. If you want to use the metric system, leave it unchecked.

# TURN OFF ALL AVAILABLE DEVICES

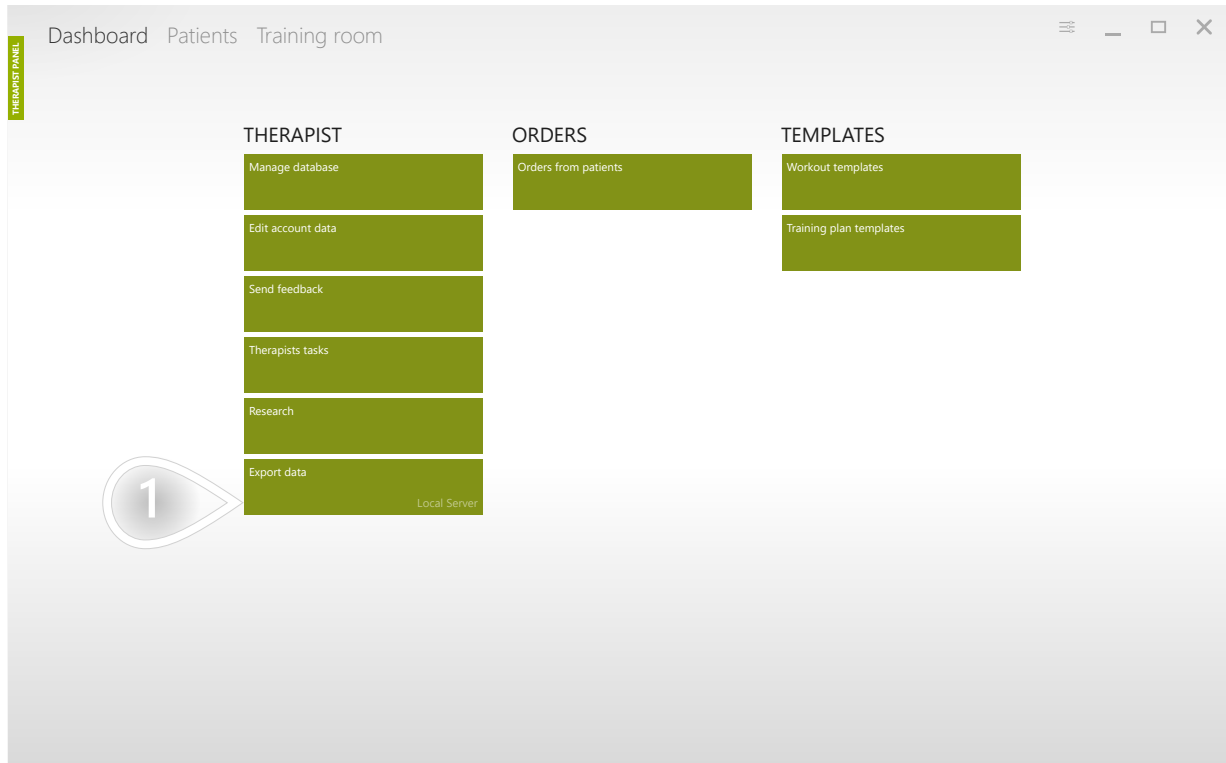
## TIPS



- 1 Click to turn off all computers running VAST.Rehab Patient Panel in your network

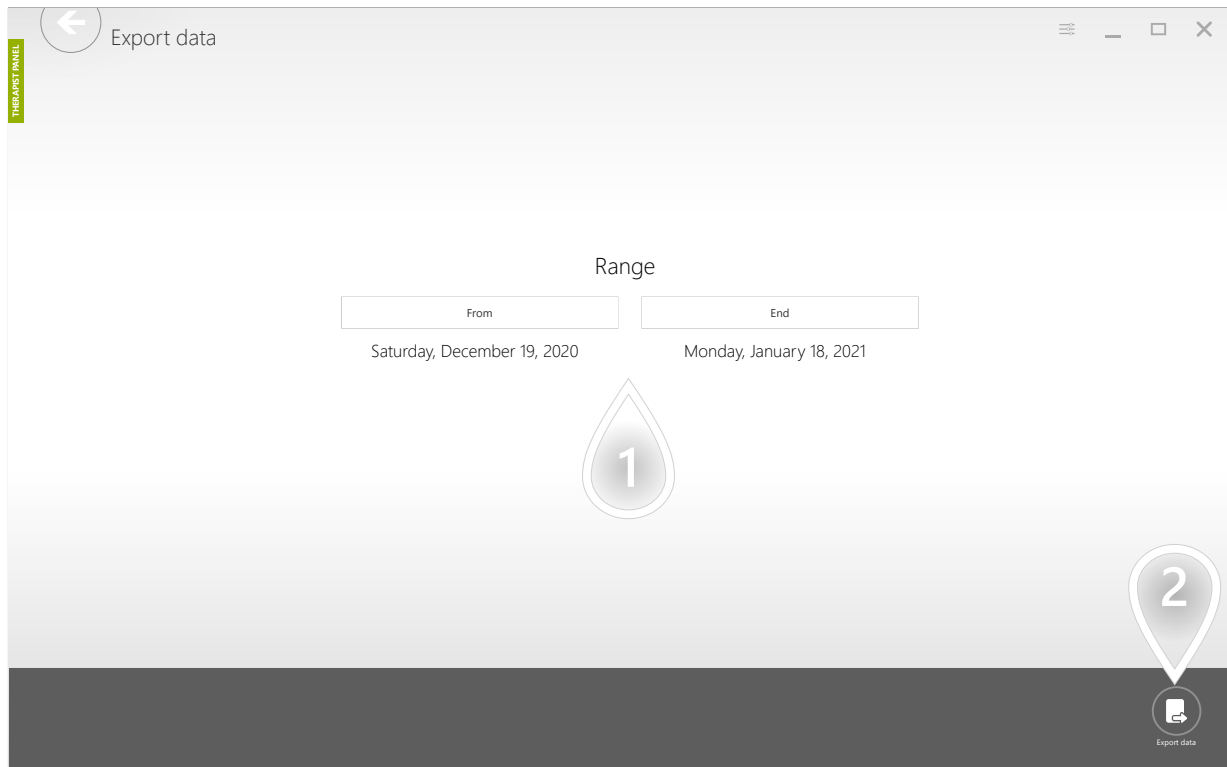
## TIPS

Data export described below is useful when you need to process the VAST.Rehab data in external software. You'll receive an XML file with the results from all the Workout sessions performed within the chosen time frame.



1 Click to proceed





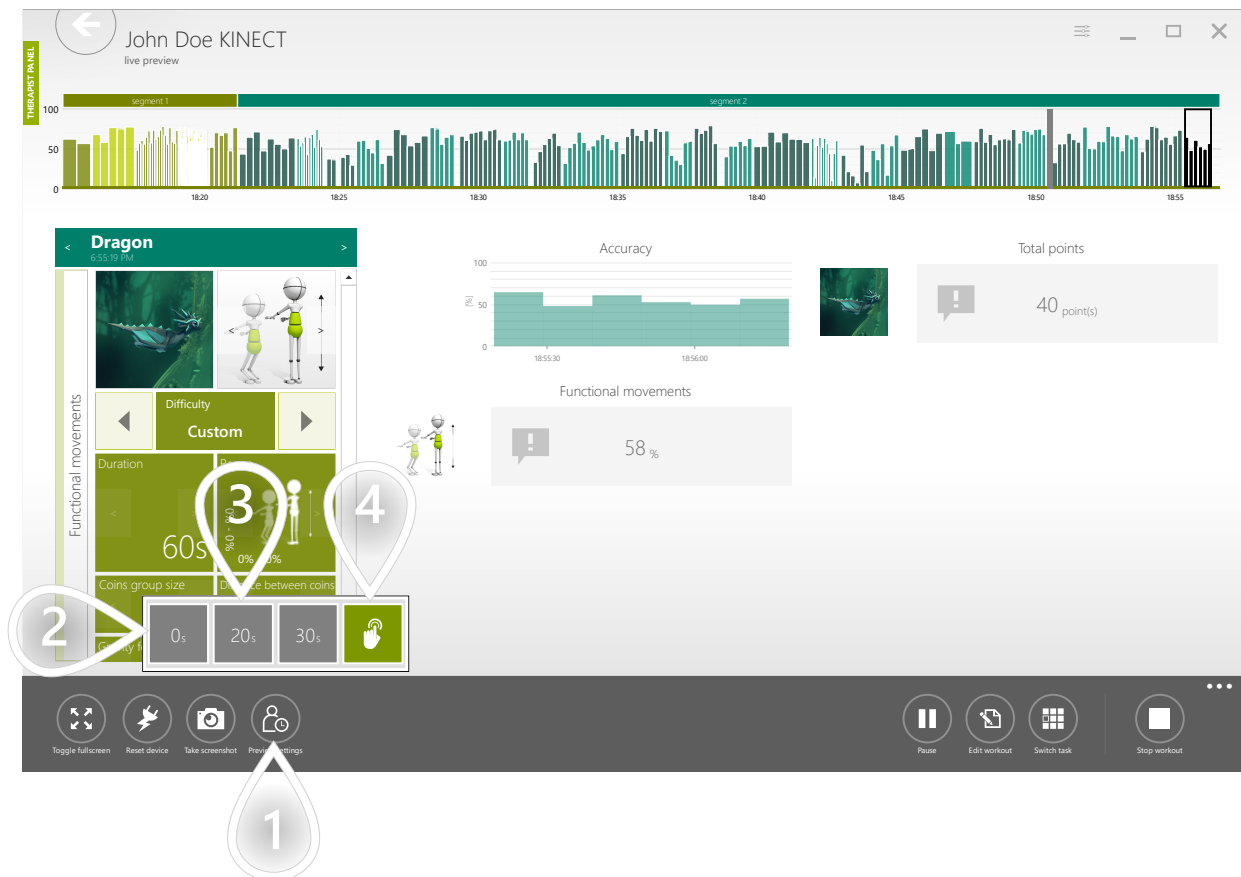
- 1 Select the timeframe
- 2 Click to proceed

# DISPLAY FULLSCREEN INSTRUCTIONS FOR YOUR PATIENT

1/2

## TIPS

The fullscreen instructions are useful when you start working with a new patient. It gives the patient a while to get familiarized with the prescribed movement pattern and to read the instruction carefully.



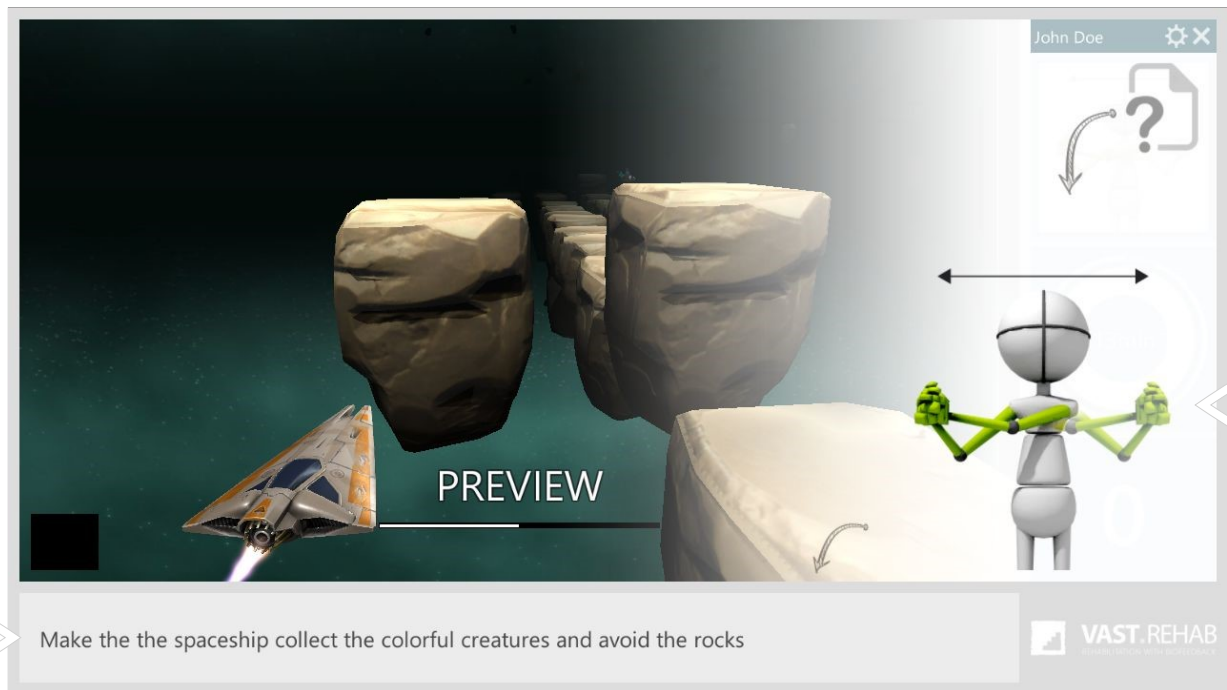
- 1 Open available options
- 2 Choose to have the fullscreen instructions turned off
- 3 Choose to have each Therapeutic Task preceded by 20 seconds of fullscreen instruction
- 4 Choose to have each Therapeutic Task preceded by fullscreen instruction that lasts till it is manually dismissed from Therapist Panel

# DISPLAY FULLSCREEN INSTRUCTIONS FOR YOUR PATIENT

2/2

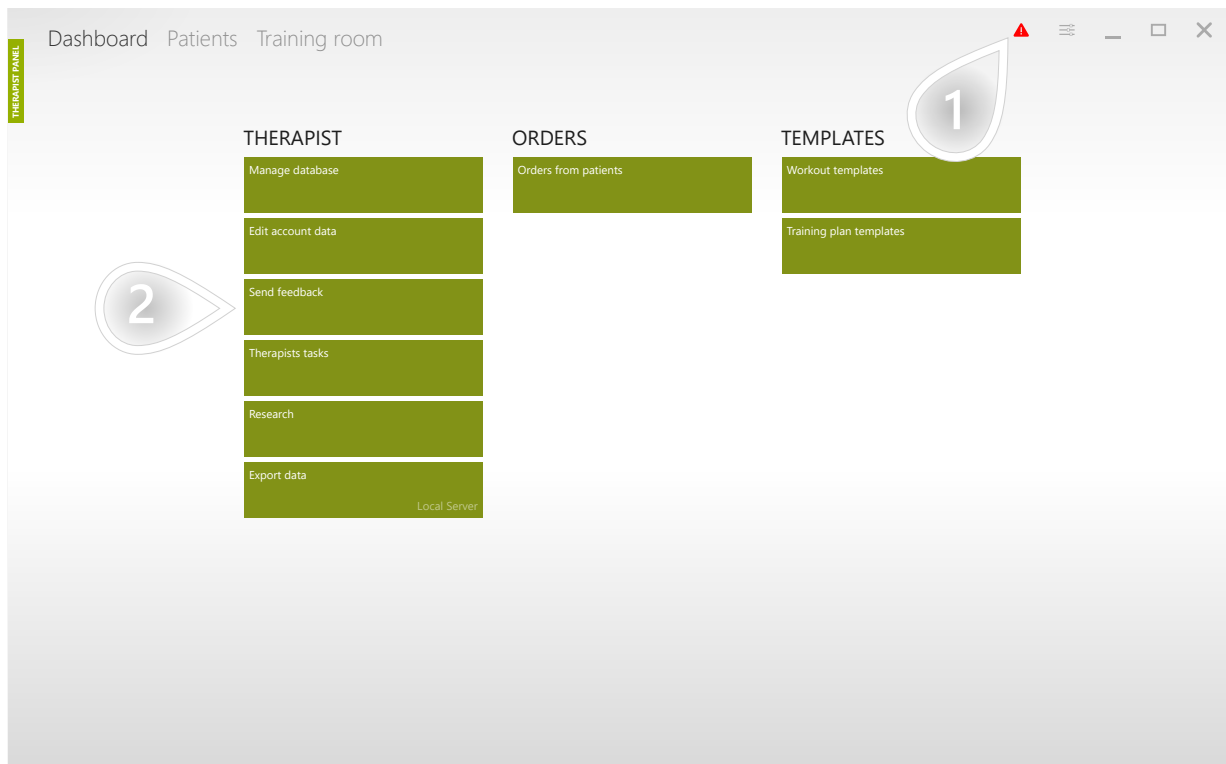
## TIPS

When fullscreen instruction is turned on - patients will see the following screen.



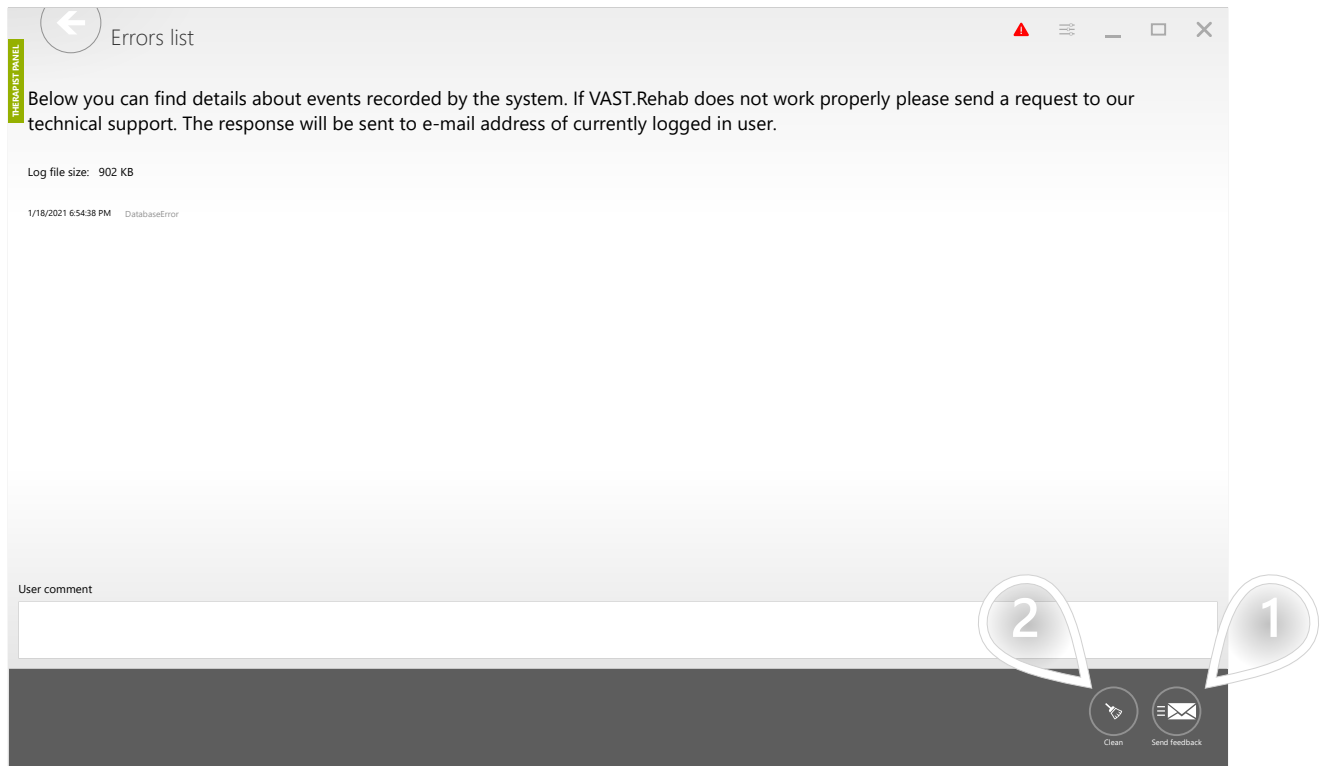
- 1 Text instruction
- 2 Required movement pattern

Sometimes software may encounter a situation in which it can't proceed with its regular flow. Such a situation might happen when there is a problem with WI-FI or internet connection, a connection between devices or some other unexpected conditions occurred.



- 1 If the system encounters an error this red triangle appears. By clicking it you can obtain more information.
- 2 You can also use the 'Send feedback' button to navigate to the page that allows you to send a log file to the technical support.

Here is detailed information about errors that have occurred since the application was launched.



- 1 With the 'Send feedback' button you can send a log file to the technical support.
- 2 After you send logs you can remove the red triangle from above using the 'Clean' button.