

THERAPIST'S GUIDE

Software version: 2025.1



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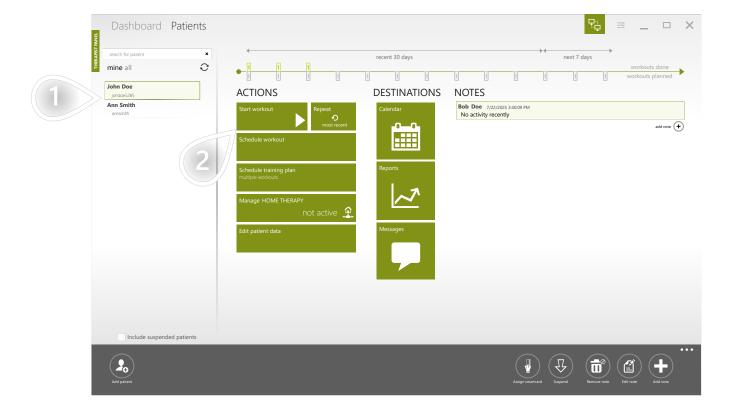
WHAT IS A RESEARCH AND WHEN TO USE IT?

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



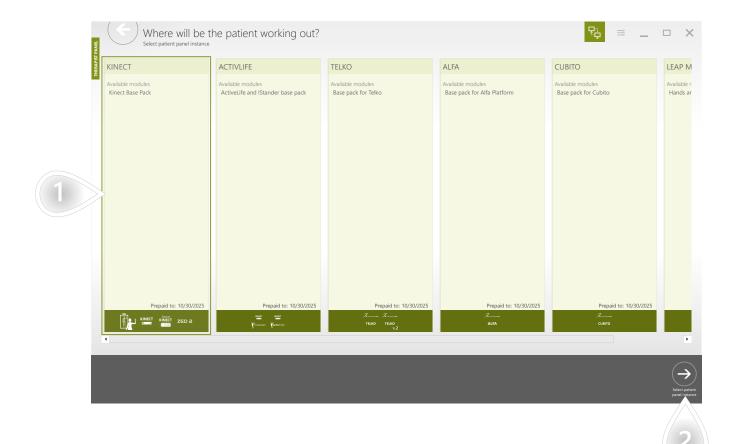
Starting a research workout in VAST.Rehab follows the same process as initiating a regular workout.



- 1 Select a patient
- 2 Click to proceed



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

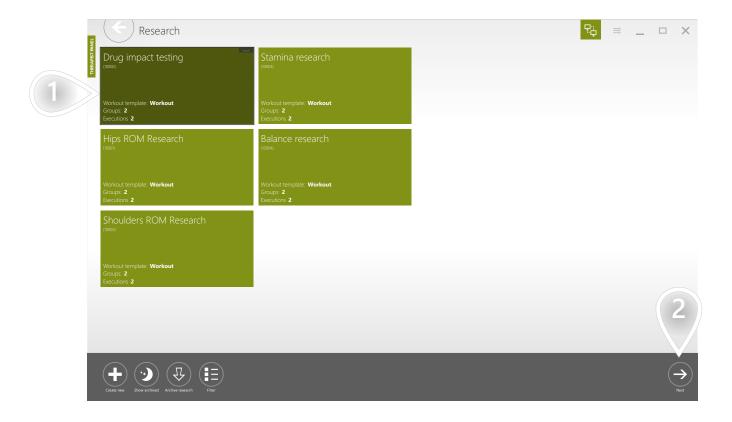


- 1 Select a patient station
- 2 Click to proceed





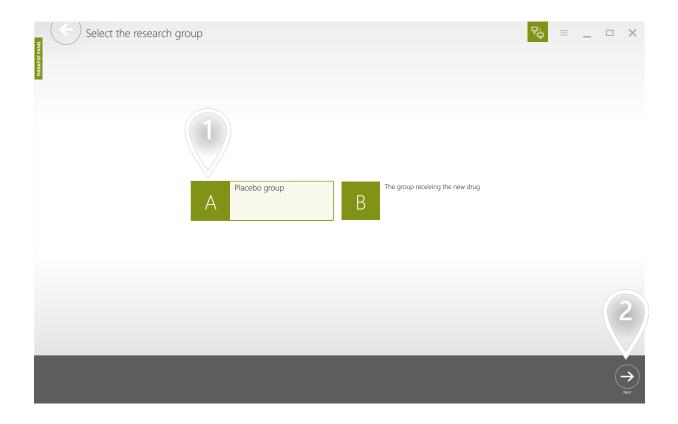




- 1 Select an element
- (2) Click to proceed



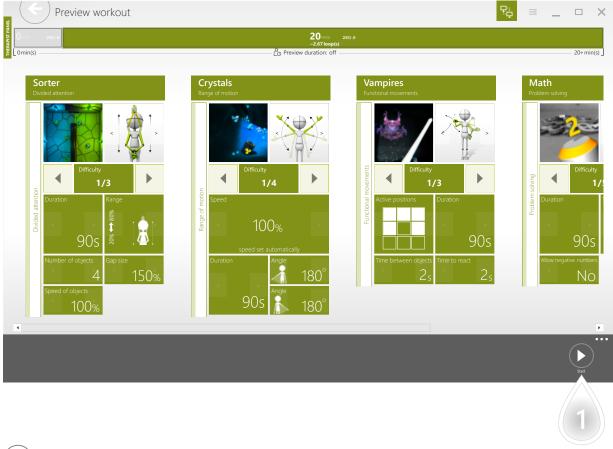
If the research you've selected involves only one research group, the system will automatically skip the group selection view.



- 1 Select one of the groups
- (2) Click to proceed

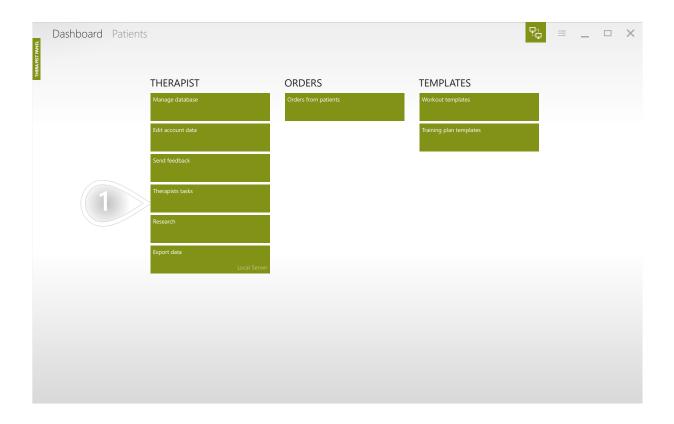


During a research workout, all editing capabilities are disabled to maintain consistent conditions for all patients. This ensures that every participant exercises under the same parameters, providing reliable and uniform data for the research. The editing functions remain blocked throughout the entire duration of the workout to preserve the integrity of the research conditions.

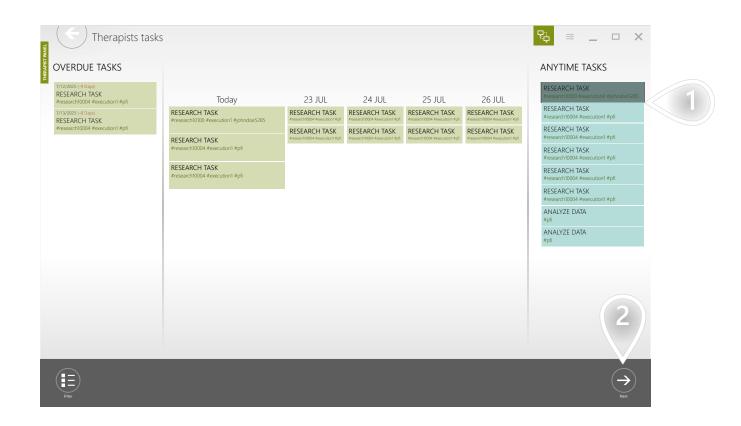




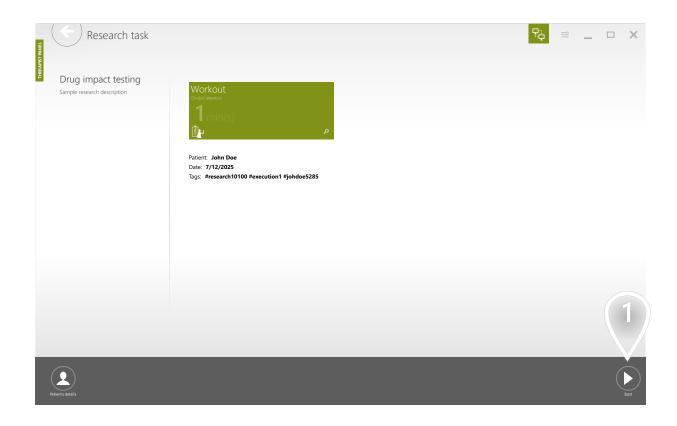
When you add a patient to one of the research groups there is an automatically generated task for you to do the first workout with your patient. The first task has no due date - it can be started at any time.







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



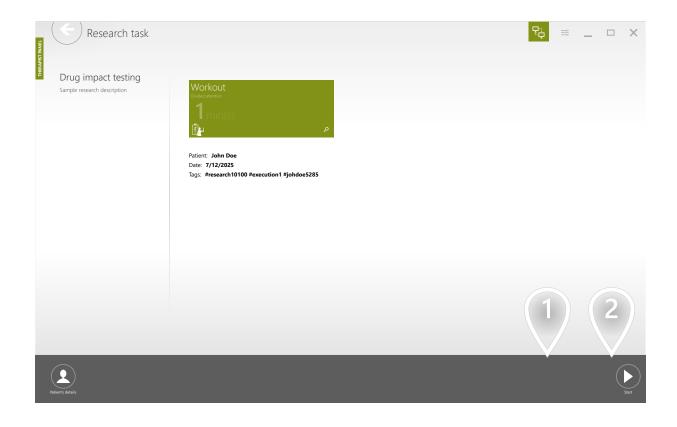


If you have only one patient station this view will not appear.



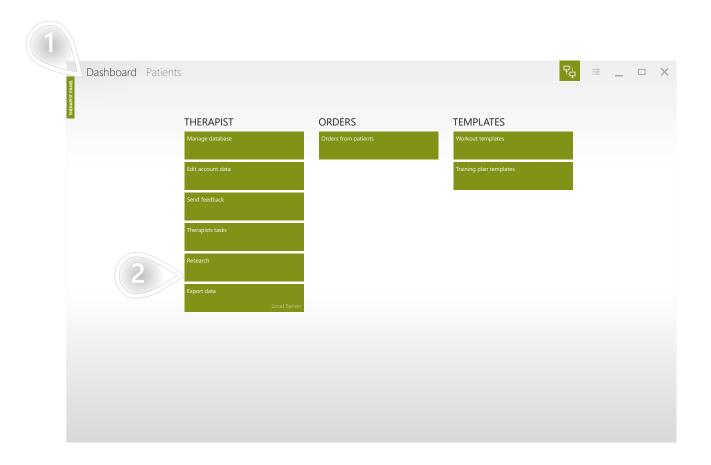
- 1 Select a patient station
- (2) Click and do the workout session with your patient as you normally do



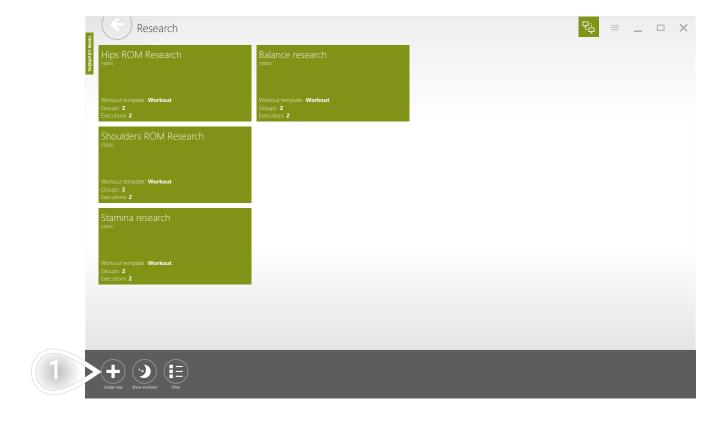


- 1 If you need you can repeat execution of this workout with your patient
- (2) Mark the task as completed when the workout is finished successfully

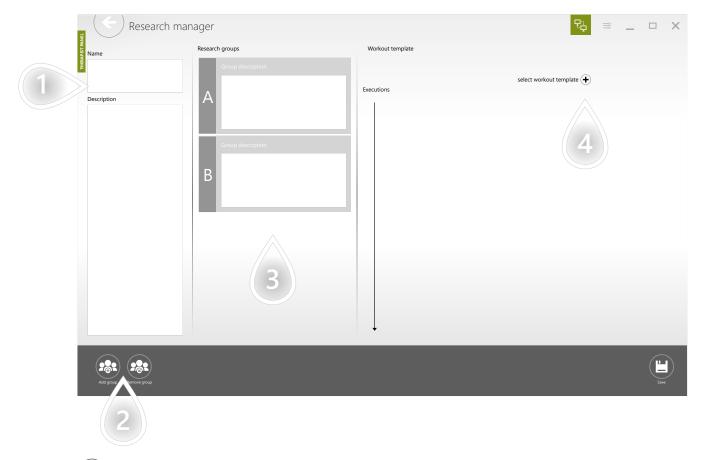




- 1 Make sure appropriate tab is selected
- 2 Click to proceed

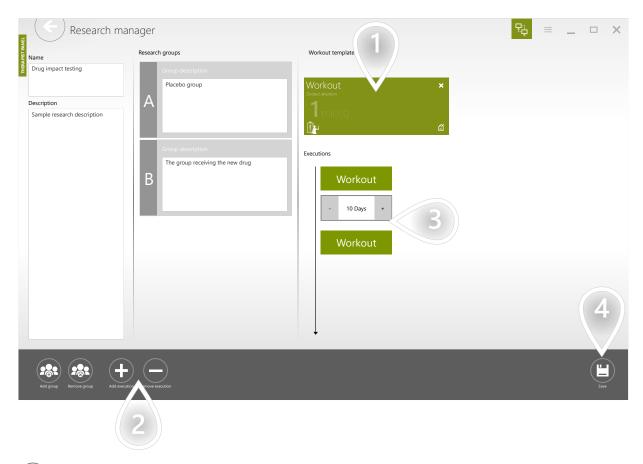






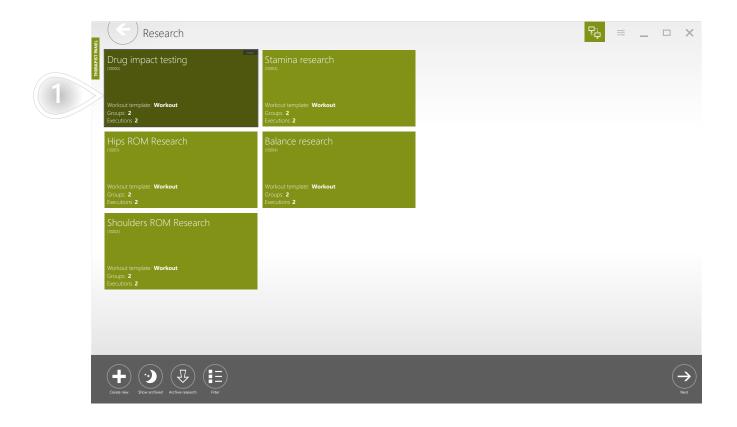
- 1) Fill the 'Name' and 'Description' fields
- 2 Add and remove research groups
- Here are the research groups. You can add some description for each of them. Patients will be added to groups later when you finish designing and save the research.
- ig(4ig) Click to set the workout template that will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





- 1 Selected workout template
- ig(2ig) 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

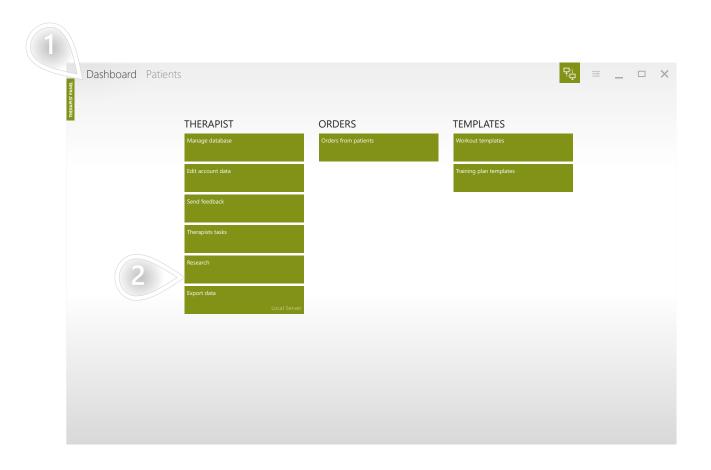




1 The created element

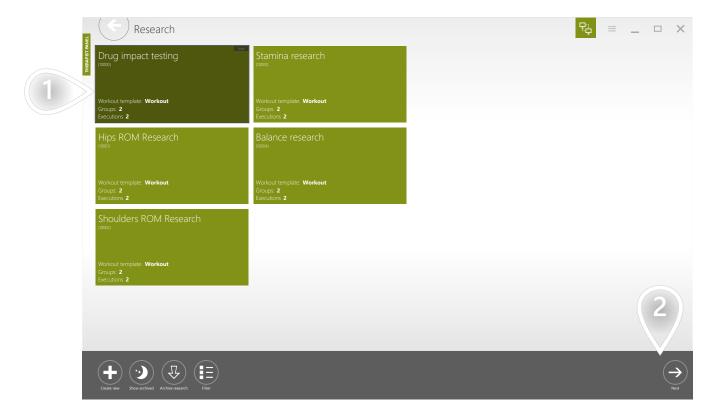


ADD A PATIENT TO YOUR RESEARCH'S GROUP



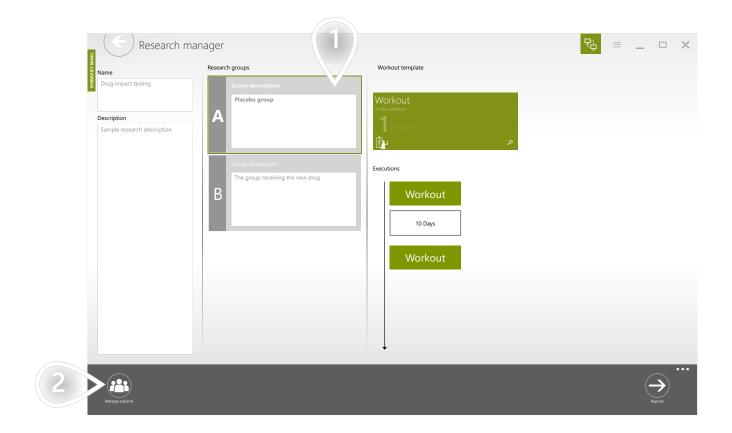
- 1 Make sure appropriate tab is selected
- 2 Click to proceed

ADD A PATIENT TO YOUR RESEARCH'S GROUP 2/5



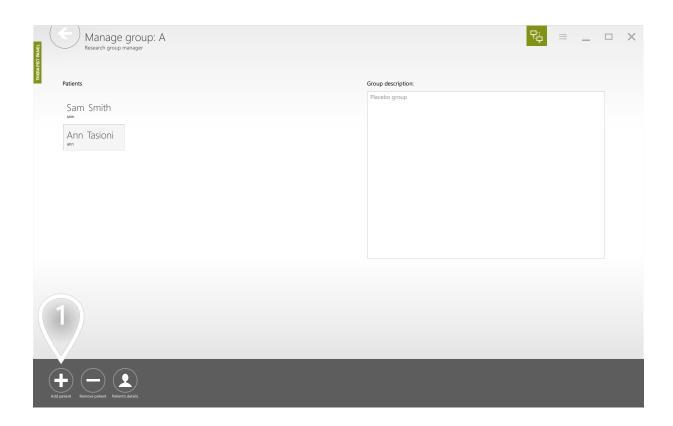
- Select an element
- 2 Click to proceed

ADD A PATIENT TO YOUR RESEARCH'S GROUP 3/5

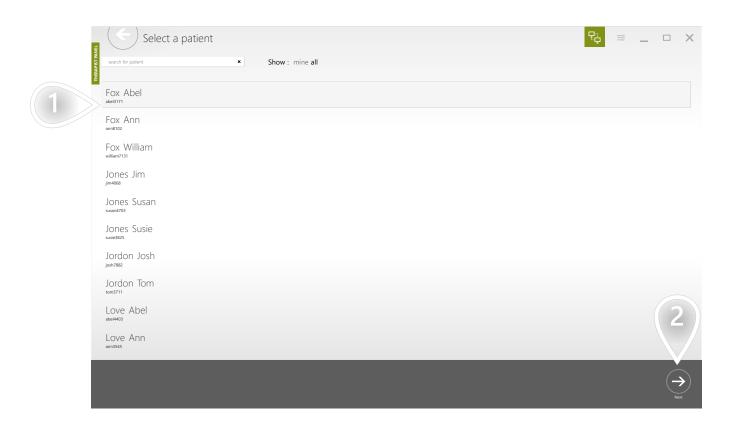


- Select one of the groups
- 2 Click to proceed

ADD A PATIENT TO YOUR RESEARCH'S GROUP

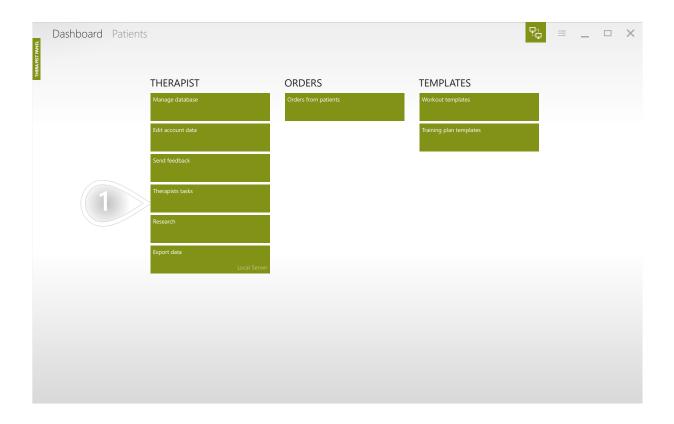




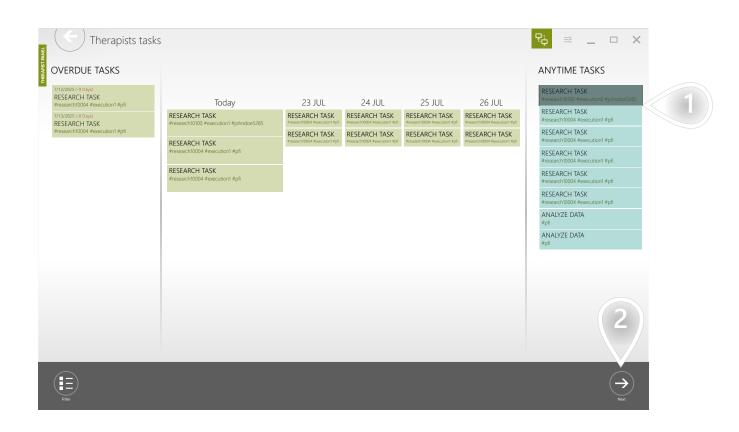


- 1 Select a patient
- 2 Click to proceed

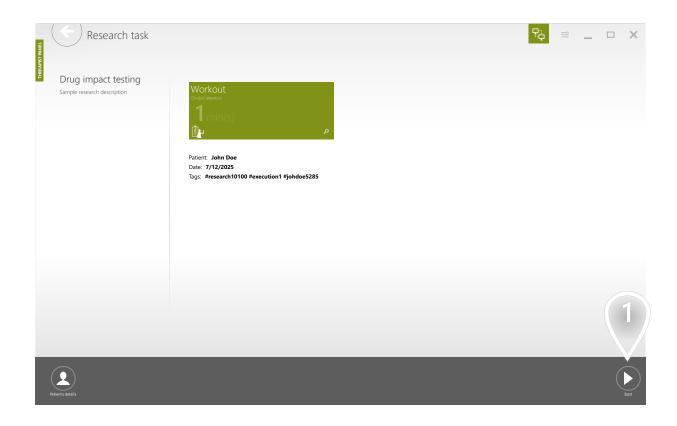
When you add a patient to one of the research groups there is an automatically generated task for you to do the first workout with your patient. The first task has no due date - it can be started at any time.







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



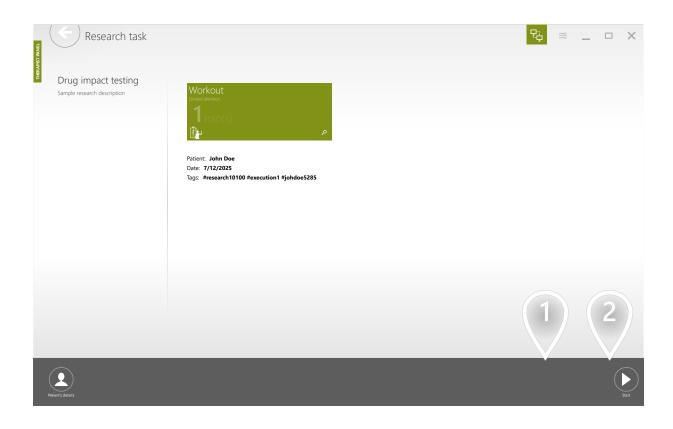


If you have only one patient station this view will not appear.



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



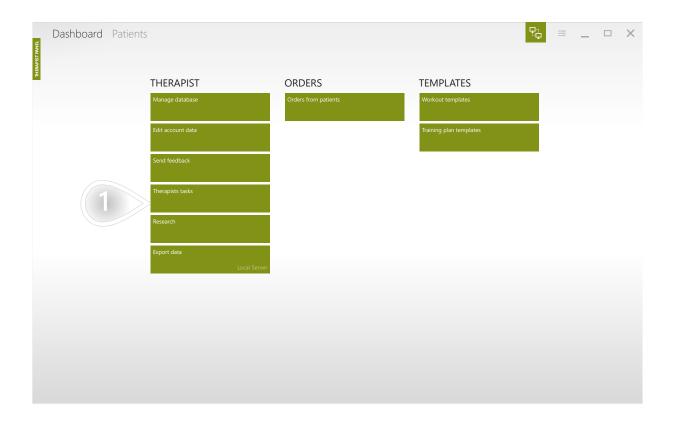


- 1 If you need you can repeat execution of this workout with your patient
- $oxed{2}$ Mark the task as completed when the workout is finished successfully



START FOLLOW UP RESEARCH WORKOUT FOR YOUR PATIENT

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.





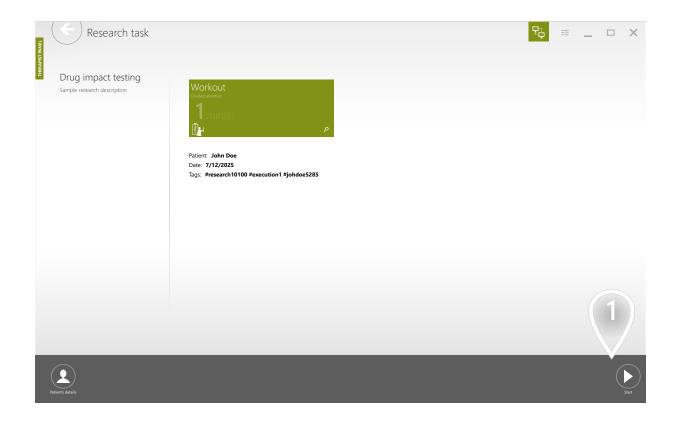
START FOLLOW UP RESEARCH WORKOUT FOR YOUR PATIENT



- $oxed{1}$ Select the scheduled for today research task tagged with your patient's login
- (2) Click to proceed



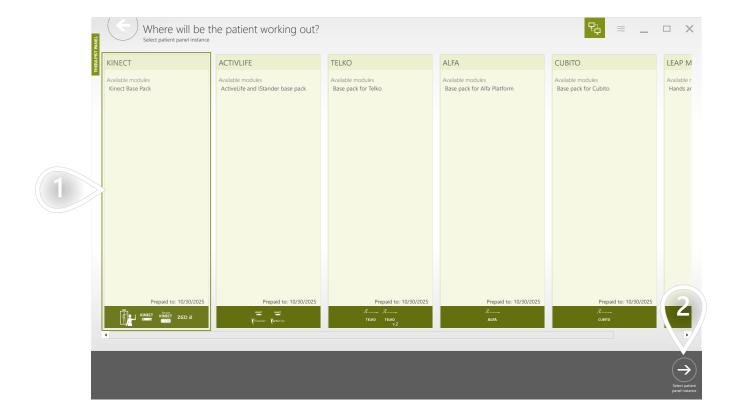
START FOLLOW UP RESEARCH WORKOUT FOR 3/4 YOUR PATIENT





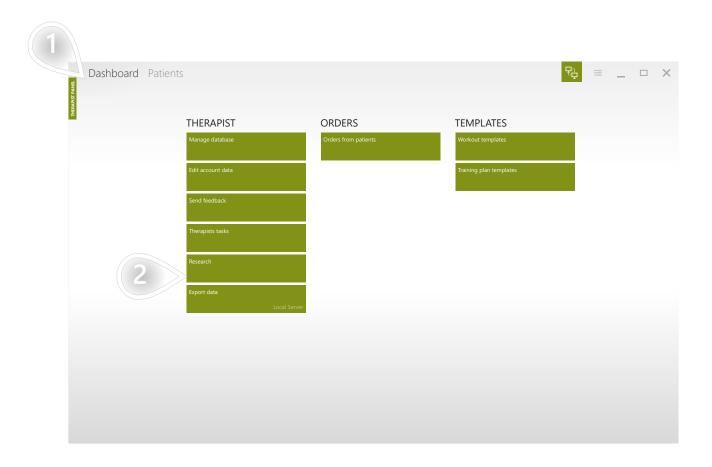
START FOLLOW UP RESEARCH WORKOUT FOR YOUR PATIENT

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



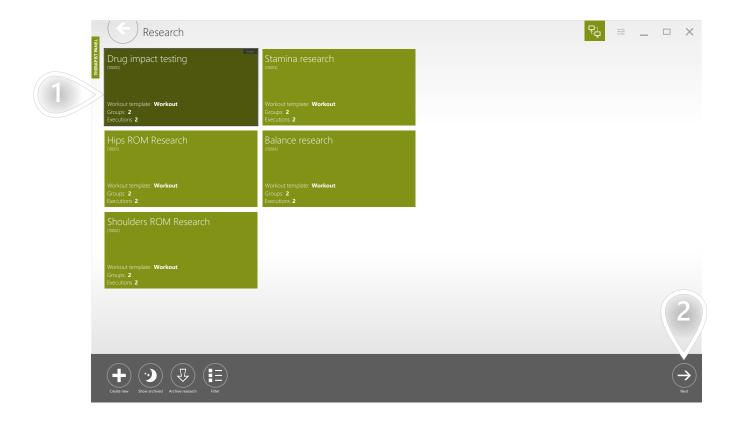
- 1 Select a patient station
- (2) Click and do the workout session with your patient as you normally do

GENERATE RESEARCH REPORTS



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

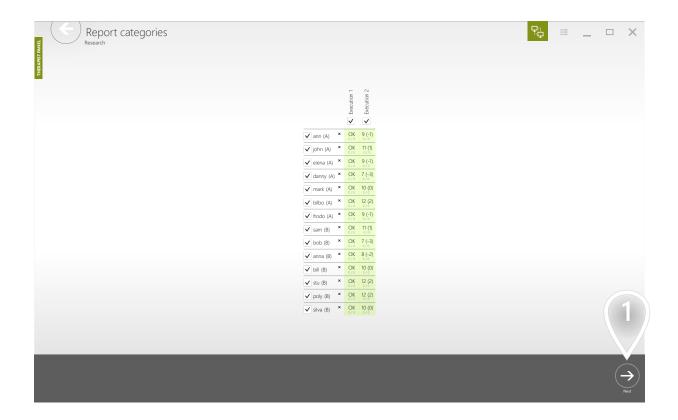
GENERATE RESEARCH REPORTS



- 1 Select an element
- 2 Click to proceed



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



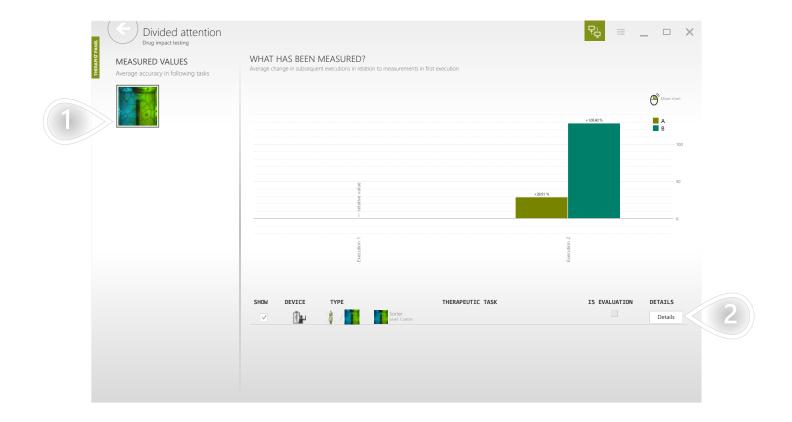
Select a category of data.



1 Click to proceed



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



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



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.



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

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'



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'



WHAT IS SANDBOX MODE?

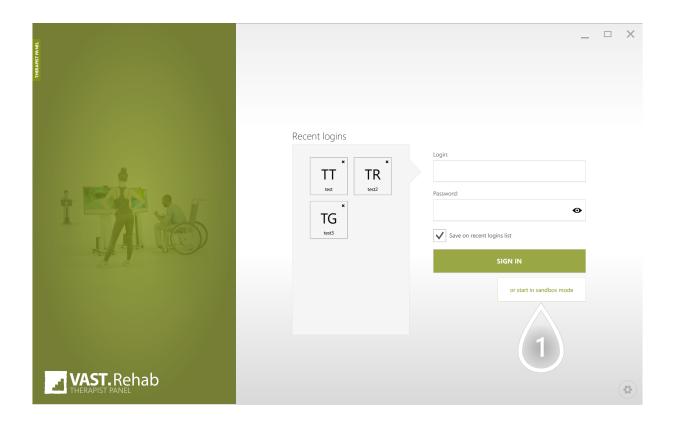
The Sandbox Mode in VAST.Rehab serves as a practical tool for testing and exploration. In this mode, users can freely navigate and utilize the system's features without the data being saved to the main database. Any accounts set up or workout results generated during a session in Sandbox Mode are temporary and will be deleted once the application is closed. This mode is particularly useful for training, demonstrations, or any scenario where temporary access to the system is needed without leaving a permanent data footprint.

REPORTING CAPABILITIES

The Sandbox Mode in VAST.Rehab is particularly valuable for understanding the system's reporting capabilities. It includes a fake patient with an extensive workout history, providing a clear view of long-term report structures in VAST.Rehab. This feature allows users to explore in-depth data analysis and gain insights into patient progress tracking, all without impacting the real database or requiring actual patient data.

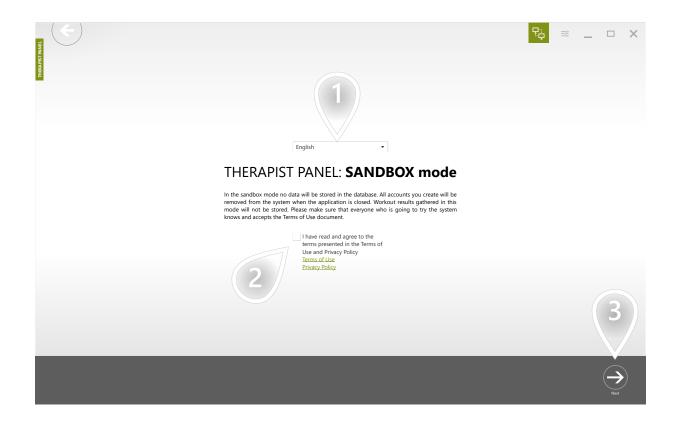


On the login screen, there is a dedicated button to start the system in Sandbox Mode.



1 Click to proceed





- (1) Choose the account's language from the dropdown list.
- (2) Terms of Use & Privacy Policy need to be accepted
- (3) Click to proceed

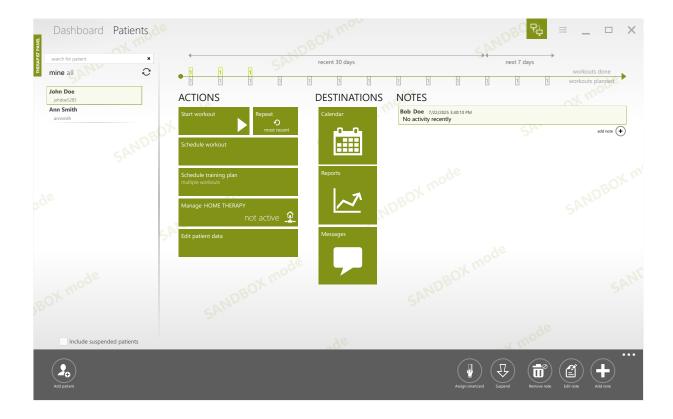


For the first-time launch of Sandbox Mode on a new computer, you'll need to log in with the VAST.Rehab Administrator's credentials. This process configures the sandbox to reflect your system's setup, including the number of patient stations and available devices, ensuring an accurate and relevant testing environment.



- 1 Please provide your admin credentials
- (2) Click to proceed

In VAST.Rehab, recognizing Sandbox Mode is straightforward thanks to the distinct labels on the window's background, instantly alerting users that they are in a test environment.





WHAT IS A SUBSCRITPTION?

The VAST.Rehab system offers a subscription option as a flexible licensing method, which involves periodic payments. This approach allows users to access the system continuously, with payments made at regular intervals.

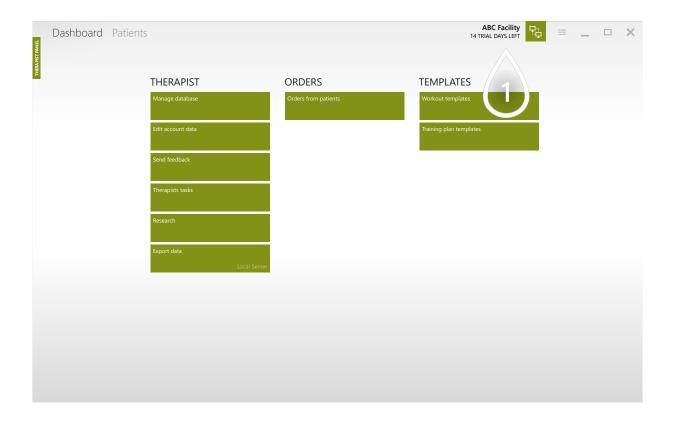
IS A SUBSCRIPTION THE ONLY AVAILABLE OPTION?

If your facility either lacks Internet access or restricts its use, and you can only make a single payment instead of ongoing ones, you can keep the system data on your own computer. For this situation, an offline license offer can be requested from your distributor.



UPGRADING FROM FREE TRIAL TO A PAID SUBSCRIPTION

The remaining days of your free trial are displayed at the top of the application window. Click on this information to access the subscription configuration view.

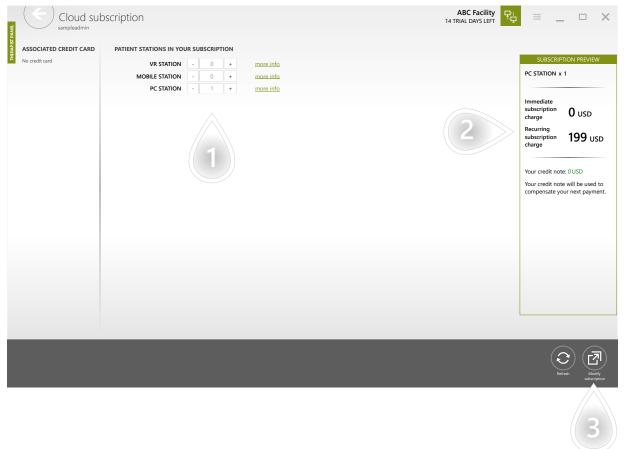


1 Access the subscription configuration view



UPGRADING FROM FREE TRIAL TO A PAID SUBSCRIPTION

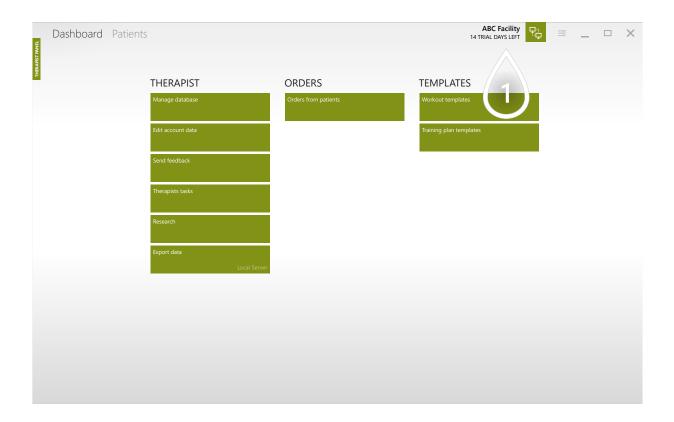
You can obtain a free trial anytime from the VAST.Rehab website at https://vast.rehab. If you find the system suitable for your needs, simply enter your credit card information to seamlessly continue using it.



- 1 Adjust the number of stations to suit your needs
- 2 Ensure the subscription is set up according to your preferences
- (3) Visit the secure web form to confirm your subscription and enter your credit card details

HOW TO MODIFY YOUR SUBSCRIPTION?

You can adjust your subscription at any time to increase or decrease the number of patient stations. If you need to work with multiple patients simultaneously, simply change the number of patient stations accordingly.



1 Access the subscription configuration view



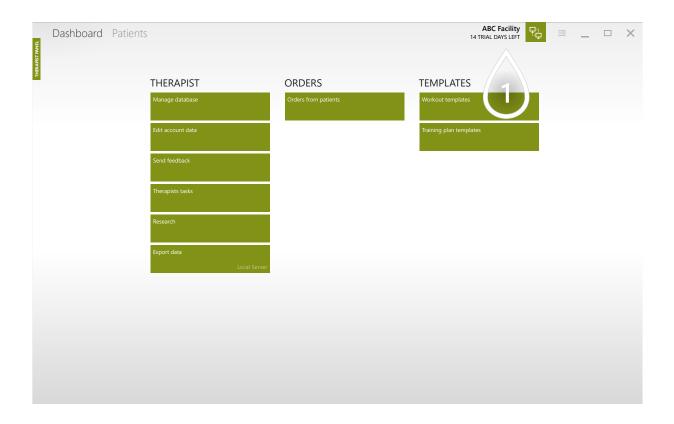
HOW TO MODIFY YOUR SUBSCRIPTION?



- 1 Adjust the number of stations to suit your needs
- (2) Ensure the subscription is set up according to your preferences
- ig(3ig) Visit the secure web form to confirm your subscription

HOW TO CANCEL YOUR SUBSCRIPTION?

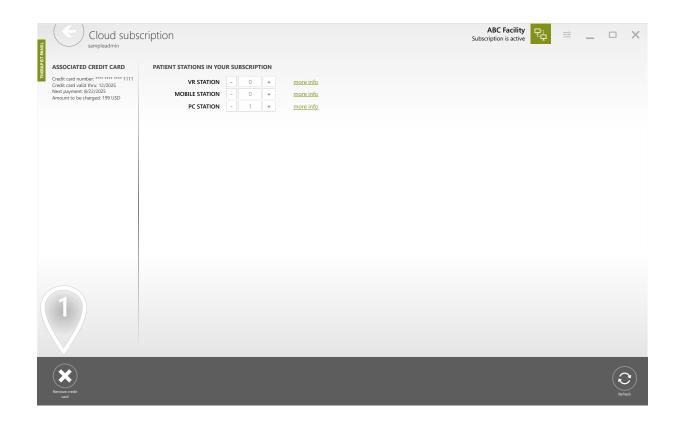
If you need to temporarily or permanently cancel your subscription, you can simply remove your credit card information from your account.



1 Access the subscription configuration view



HOW TO CANCEL YOUR SUBSCRIPTION?



1 Click to proceed



VAST.Rehab is intended for use as a supplementary tool by healthcare professionals such as physical therapists, occupational therapists, and rehabilitation specialists in clinical, hospital, or outpatient settings. Its primary purpose is to enhance the patient's rehabilitation experience and support healthcare professionals in monitoring and adjusting therapy programs. VAST.Rehab is designed as a non-invasive, low-risk software solution that complements traditional rehabilitation methods, rather than replacing or altering them.

SPECIFIC PURPOSE

- Support and enhance the rehabilitation process by providing a virtual reality platform that complements traditional rehabilitation methods.
- Facilitate the creation of personalized, engaging, and interactive virtual rehabilitation exercises tailored to individual patient needs.
- Enable healthcare professionals to monitor patient progress effectively and provide real-time feedback during therapy sessions.
- Provide a tool for healthcare professionals to remotely track and adjust patient rehabilitation programs as required.

TARGET AUDIENCE

- Physical therapists
- Occupational therapists
- Rehabilitation specialists
- Healthcare professionals in clinical, hospital, or outpatient settings



INDICATIONS FOR USE

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 Extrapyramidal 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

DISCLAIMERS

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.



DISCLAIMERS

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)

DISCLAIMERS

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

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.



WHAT IS THERAPIST PANEL USED FOR?

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?

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

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.

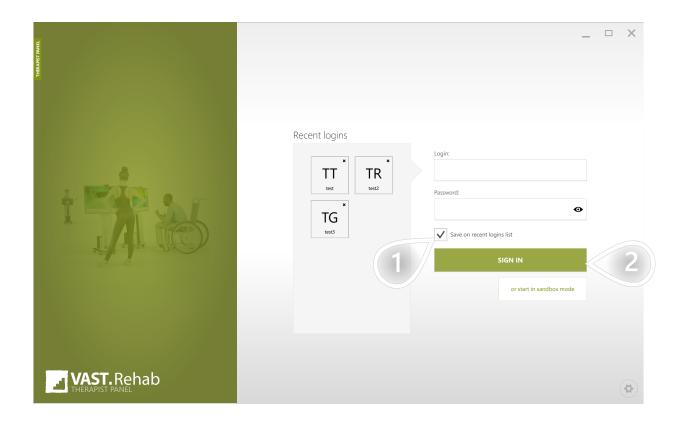
WHAT IS NEEDED?

- Windows 10 or 11
- Intel i3 CPU 8th generation or better
- 8 GB RAM
- Touch screen is recommended



HOW TO LOG IN TO THE THERAPIST PANEL?

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

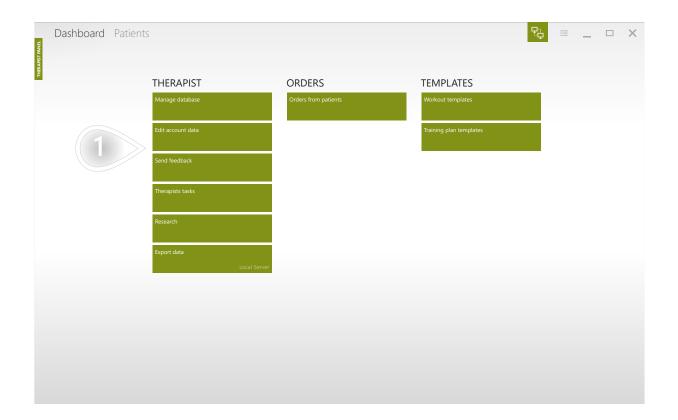


- $oxed{1}$ Check the box to save your login in the recent logins section
- (2) Click to proceed



EDIT THERAPIST'S ACCOUNT

To update any details in your therapist account (such as name, language, email, etc.), please follow the steps outlined below.



1 Click to proceed



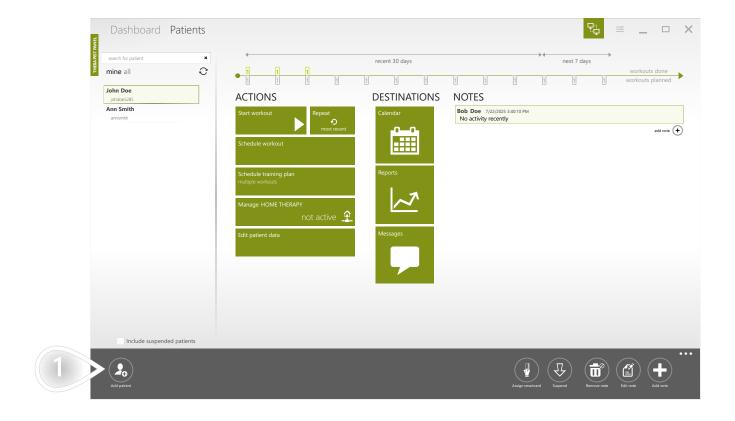
EDIT THERAPIST'S ACCOUNT



- (1) Click the button to change your password
- 2 Click to proceed

CREATE PATIENT'S ACCOUNT

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.

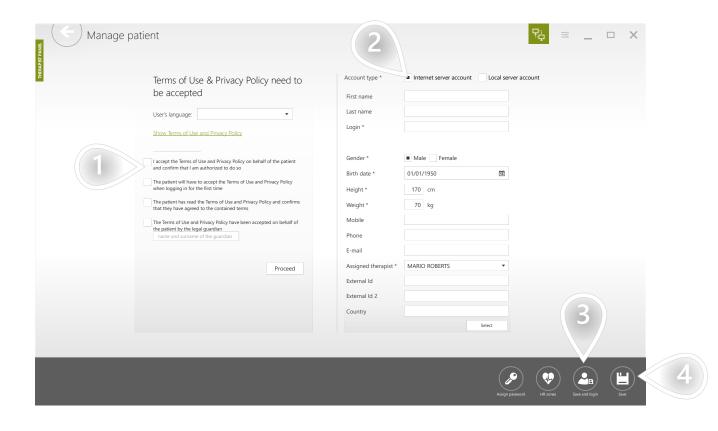


1 Click to proceed



CREATE PATIENT'S ACCOUNT

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

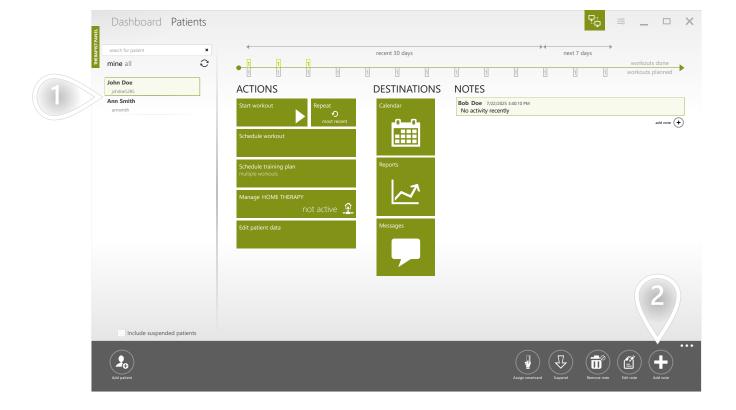


- 1 Please specify how the patient will consent to the Privacy Policy and Terms of Use in the software settings.
- 2 In case you are using 'Local Server' and at the same time you are connected to the Internet you need to decide on which server you want the account to be created. The default option is '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.
- (3) If you have information about the patient's HR zones, you can add and manage them here.
- **4**) Click to proceed



CREATING NOTES

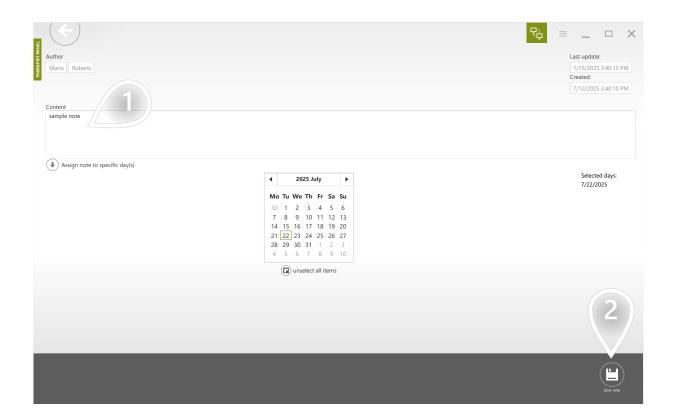
You can use VAST.Rehab Therapist Panel as a simple CRM system. Use it to note information about patient's preferences or reports you need to talk about. Use it also to keep in touch with your patient. For example, you can track phone calls. How? If you call the patient to ask why he or she skipped some 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 Select a patient
- (2) Click to proceed



CREATING NOTES

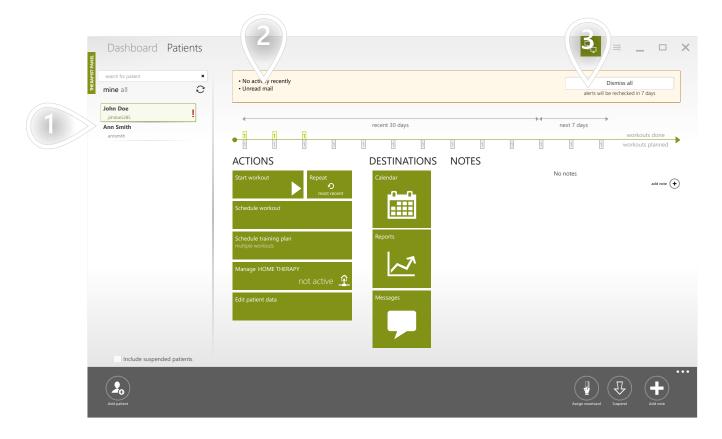


- 1 Here you can enter your note
- 2 Click to proceed

FIND PATIENTS WHO NEED YOUR ATTENTION

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.

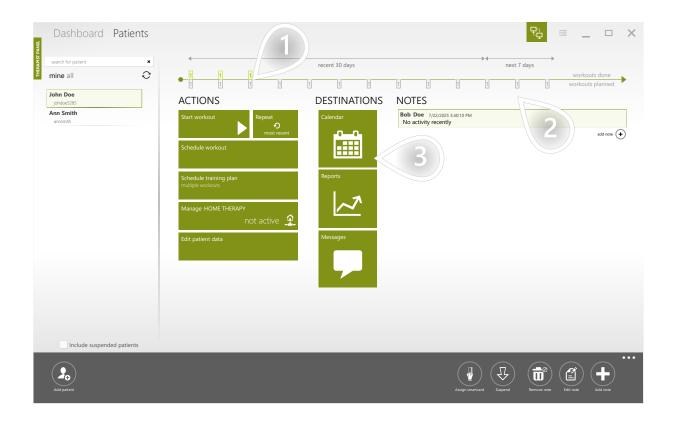
It's easy to spot patients with an exclamation mark because they are always shown on the top of the list.



- 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



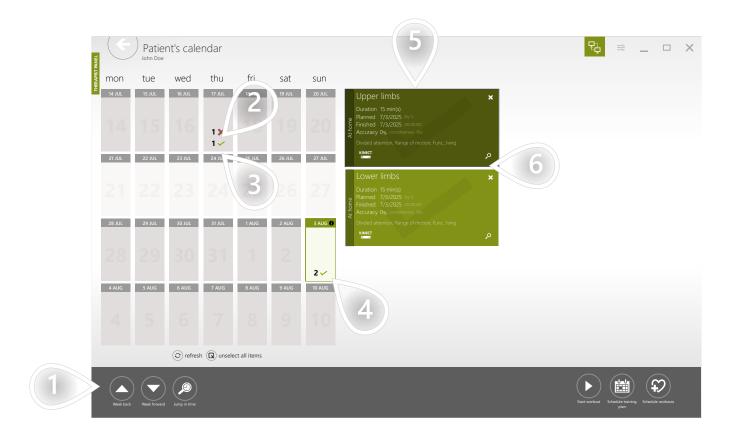
CHECK WHETHER PATIENT WORKS ACCORDING TO THE SCHEDULE



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



CHECK WHETHER PATIENT WORKS ACCORDING TO THE SCHEDULE

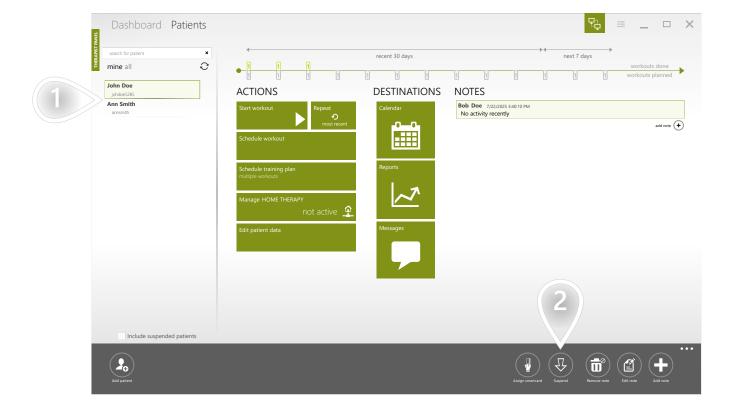


- 1 The buttons help you navigate through the calendar
- 2 Skipped workout
- (3) Completed workout
- (4) Select one or more days
- 5 List of workouts scheduled for the selected days
- **6** Show report



SUSPEND PATIENT'S ACCOUNT

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.

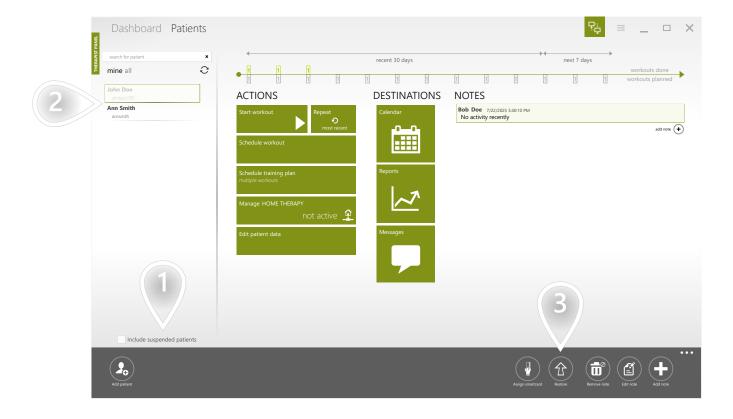


- 1 Select a patient
- (2) Click to proceed



SUSPEND PATIENT'S ACCOUNT

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 Select the patient you want to restore
- (3) Restore a suspended account to be active again

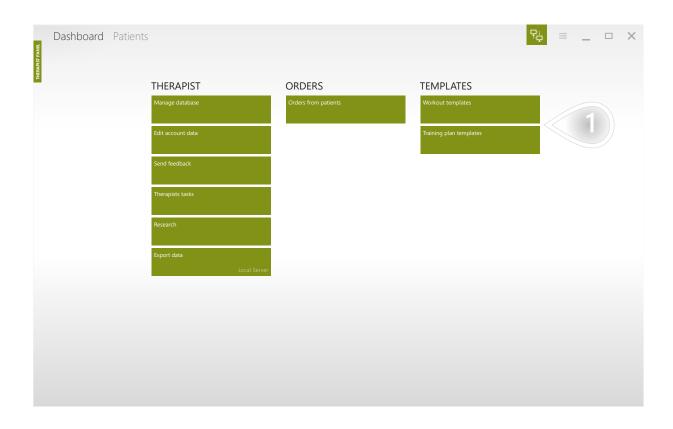


WHAT IS A WORKOUT TEMPLATE AND WHEN TO USE IT?

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.



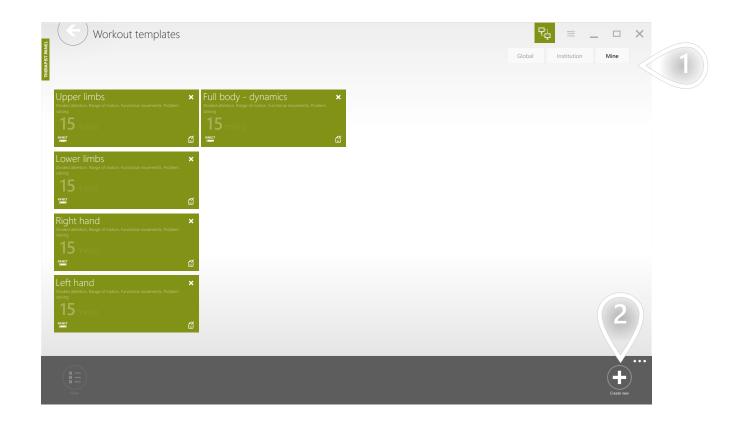
CREATE TEMPLATE USING GENERATOR



1 Click to proceed



CREATE TEMPLATE USING GENERATOR



- 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



CREATE TEMPLATE USING GENERATOR



- 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.
- $oldsymbol{(9)}$ Click to proceed



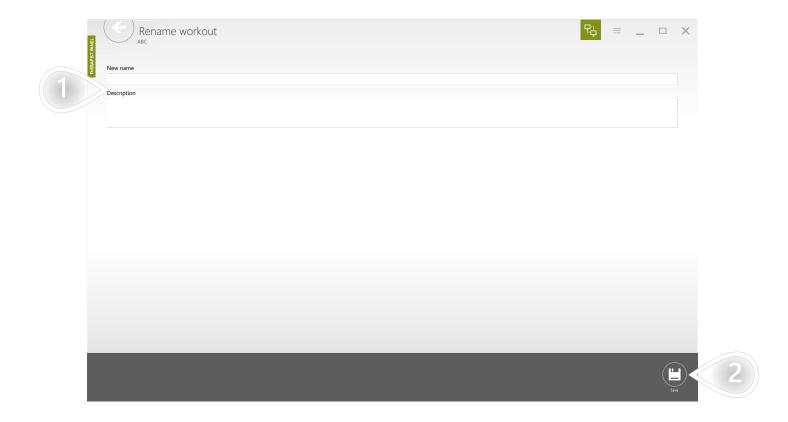


- 1 Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2 The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- Move the task 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
- Decide whether fullscreen instruction shall be visible for the patient before each therapeutic task
- (12) Set workout's duration
- (13) Click to proceed



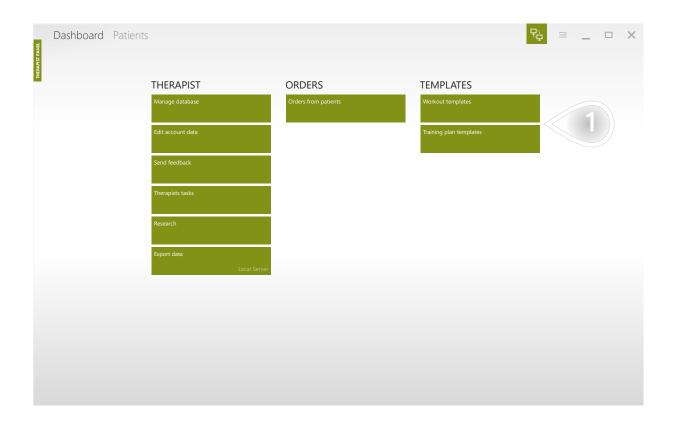
5/5

CREATE TEMPLATE USING GENERATOR



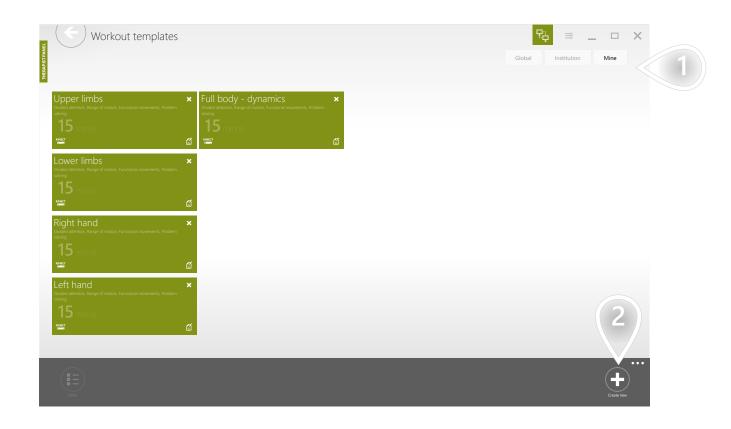
- 1 Assign name and description
- (2) Click to proceed





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





1 Click to proceed





- 1 Select device
- 2 Click to proceed





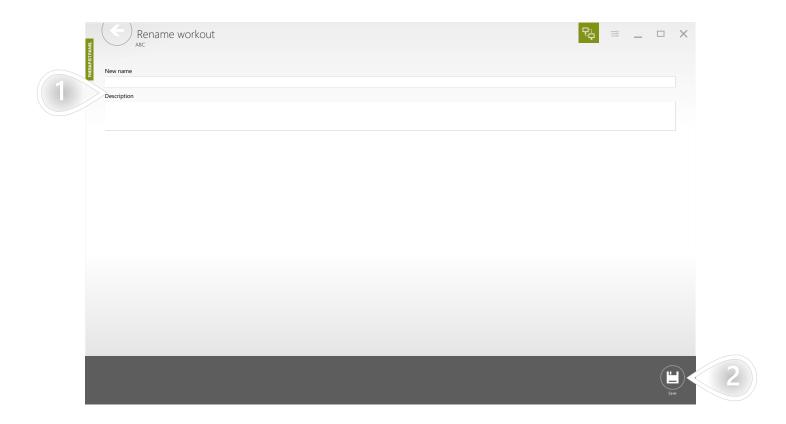
- 1 Open filter options to find therapeutic tasks easier
- (2) Select a task
- (3) Adjust settings
- (4) Add the therapeutic task to the segment
- **5**) Click to proceed





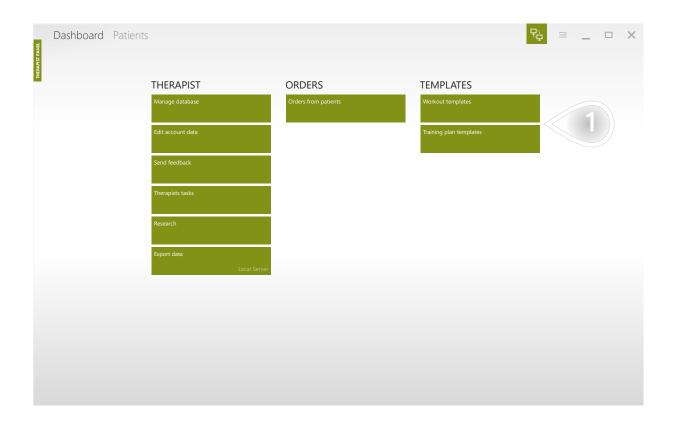
- 1 Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2 The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- (3) Move the 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



1 Click to proceed



EDIT/REMOVE WORKOUT TEMPLATES



- 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



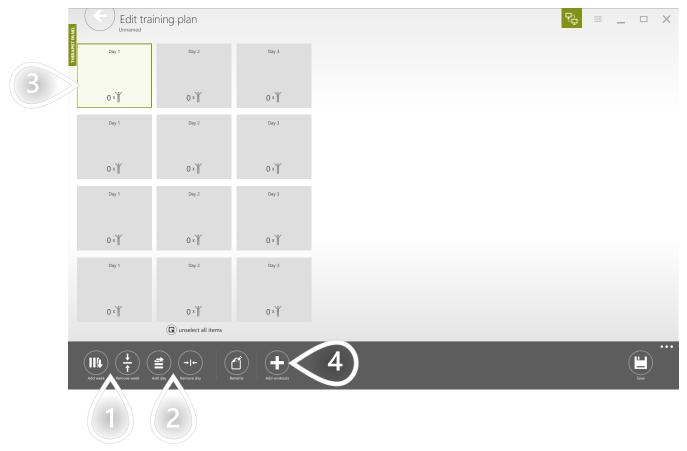
WHAT IS A TRAINING PLAN AND WHEN TO USE IT?

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.



CREATING TRAINING PLAN

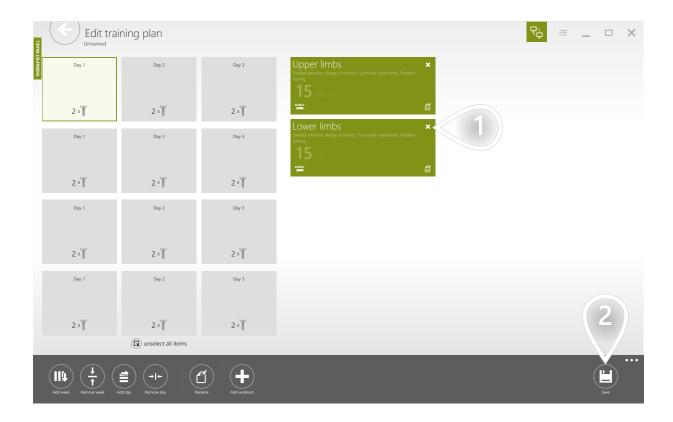
The picture below presents a training plan template planned for 4 weeks. It has 3 working days per week.



- 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



CREATING TRAINING PLAN

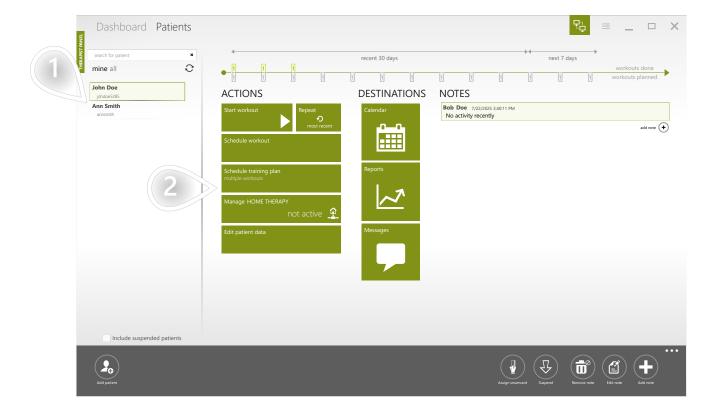


- 1 Workouts planned for selected working days
- 2 Click to proceed



ASSIGN A TRAINING PLAN TO YOUR PATIENT

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 Select a patient
- (2) Click to proceed



ASSIGN A TRAINING PLAN TO YOUR PATIENT

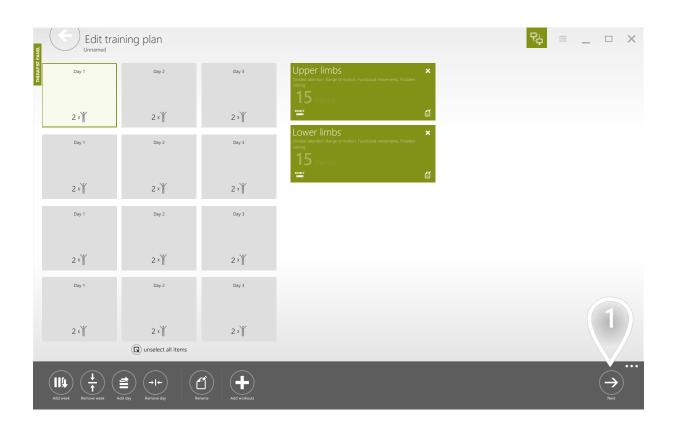


- The 'Mine' tab contains your elements that are not shared with other therapists. The other tab contains elements available for each therapist in your facility.
- 2 Select a training plan
- (3) Click to proceed



ASSIGN A TRAINING PLAN TO YOUR PATIENT 3/4

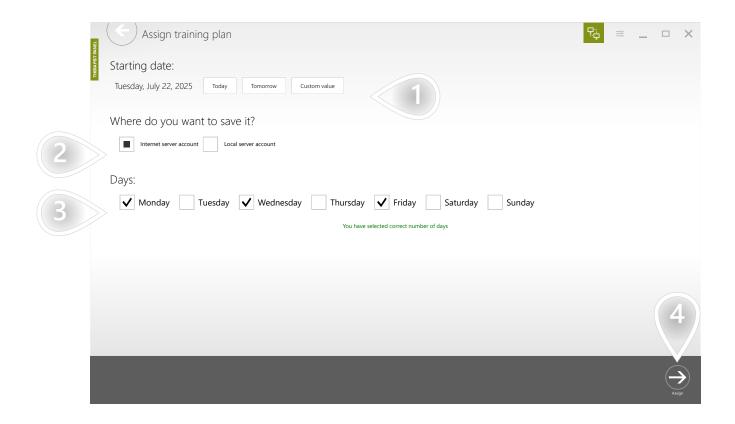
Here you can customize the training plan.



Click to proceed



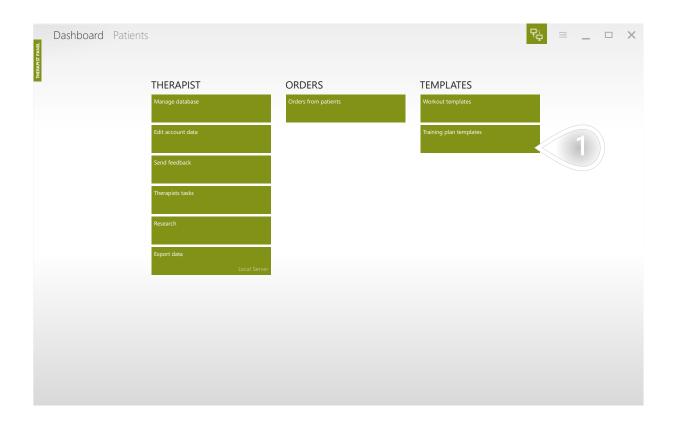
ASSIGN A TRAINING PLAN TO YOUR PATIENT



- 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



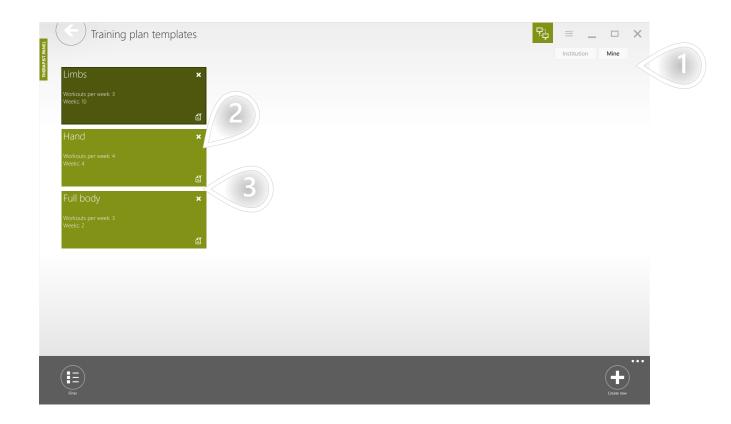
EDIT/REMOVE TRAINING PLANS



1 Click to proceed



EDIT/REMOVE TRAINING PLANS



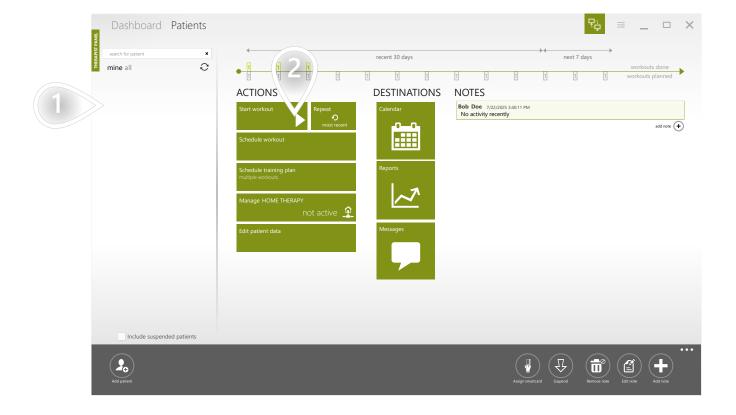
- 1 The 'Mine' tab contains your elements that are not shared with other therapists. The other tab contains elements available for each therapist in your facility.
- (2) Remove element
- (3) Edit element



WHAT IS A WORKOUT?

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.

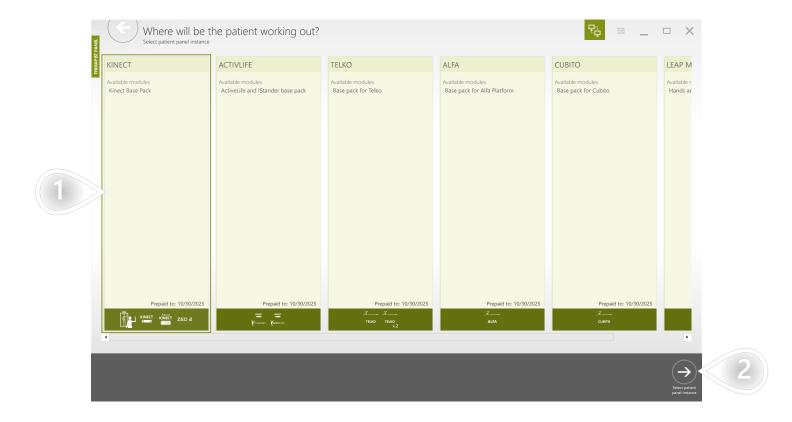




- 1 Select a patient
- (2) Click to proceed



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



- 1 Select a patient station
- (2) Click to proceed





- 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.
- $oldsymbol{9}$ Click to proceed

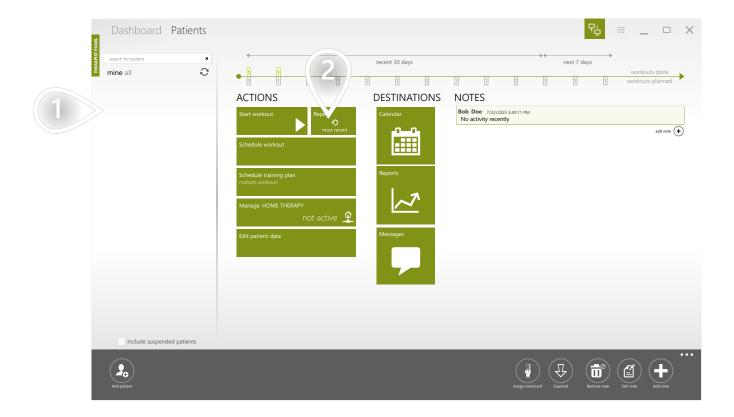




- 1 Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2 The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- (3) Move the 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
- $(\mathbf{9})$ 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

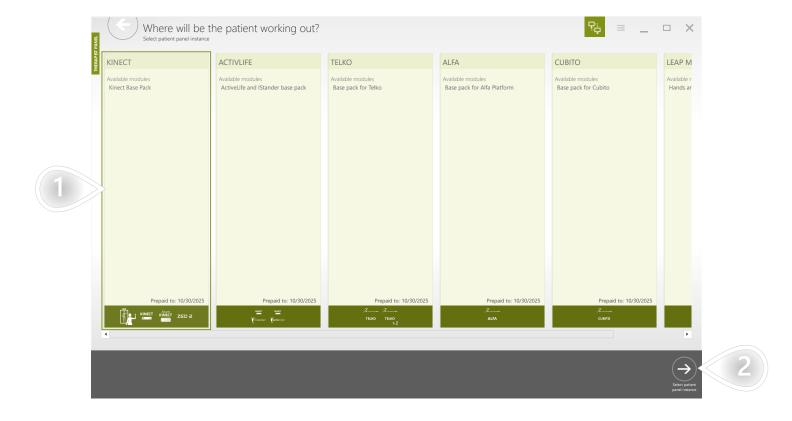


START COPY OF THE MOST RECENT WORKOUT 1/3



- 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



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

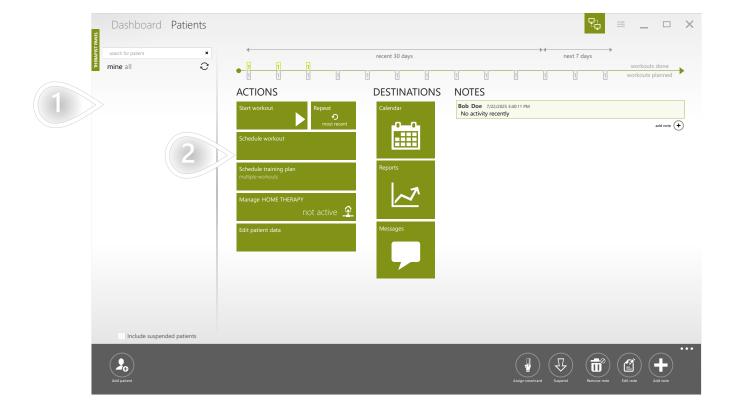


- Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2) The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- Move the task to another position 3
- 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



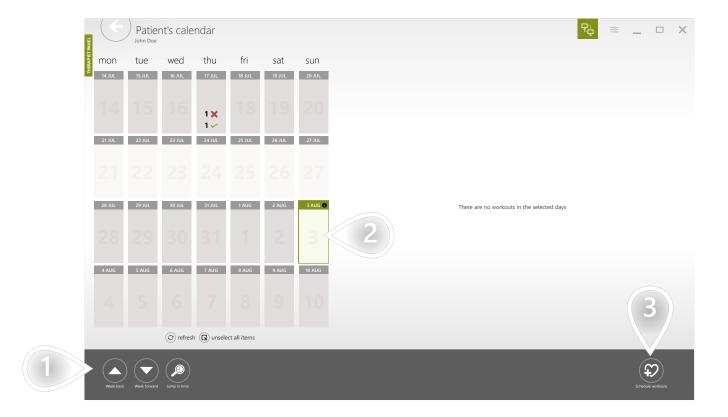
SCHEDULE WORKOUT

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.



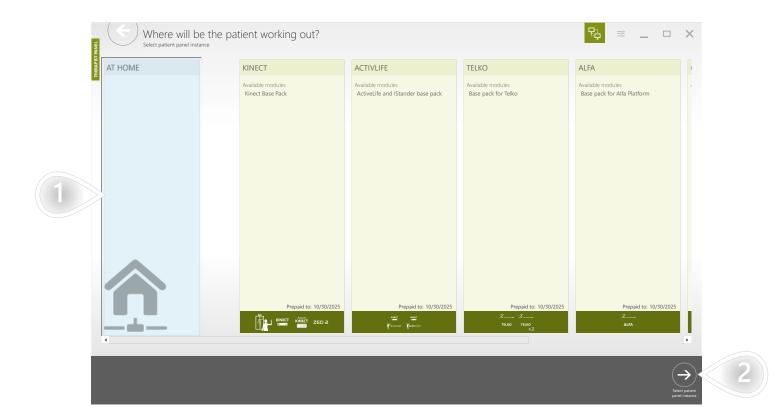
- 1 Select a patient
- (2) Click to proceed

SCHEDULE WORKOUT



- 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

SCHEDULE WORKOUT



- 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.
- $(\mathbf{9})$ Click to proceed



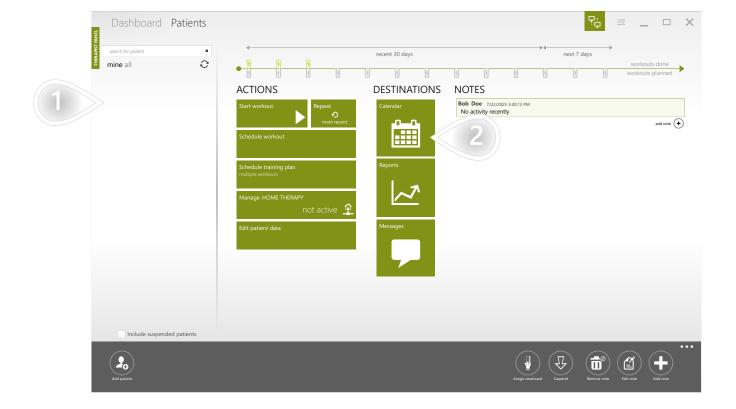


- 1 Therapeutic tasks in the workout are grouped by their type. All evaluations are placed in a separate evaluation segment where all tasks are executed only once.
- 2 The normal segment has duration assigned and the tasks it contains are executed one after another till the time is over.
- 3 Move the 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



START PREVIOUSLY SCHEDULED WORKOUT

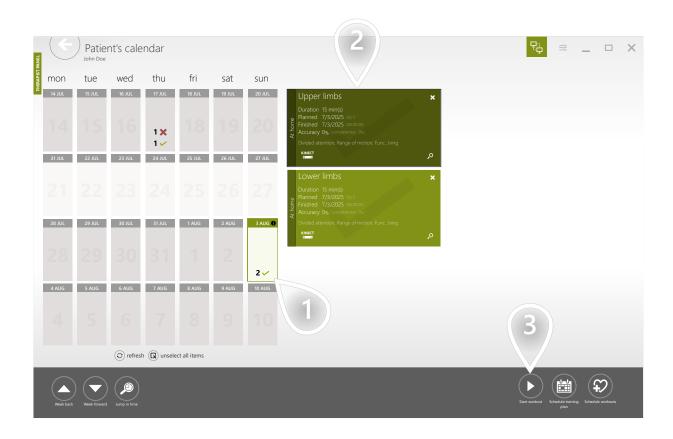
The scheduling function is normally used to prepare workouts that your patient will start manually in the patient panel without having you around. It is, however, possible to start a previously scheduled workout directly from the therapist panel.



- 1 Select a patient
- (2) Click to proceed



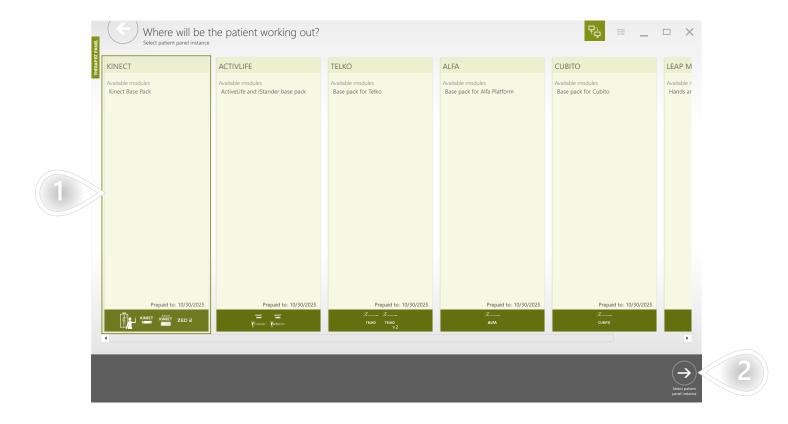
START PREVIOUSLY SCHEDULED WORKOUT



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

START PREVIOUSLY SCHEDULED WORKOUT

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?

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

Below is a representation of each computer running the VAST.Rehab Patient Panel. This overview allows you to monitor your patients' results over the past 30 minutes, providing valuable insights even when you are away from the room.

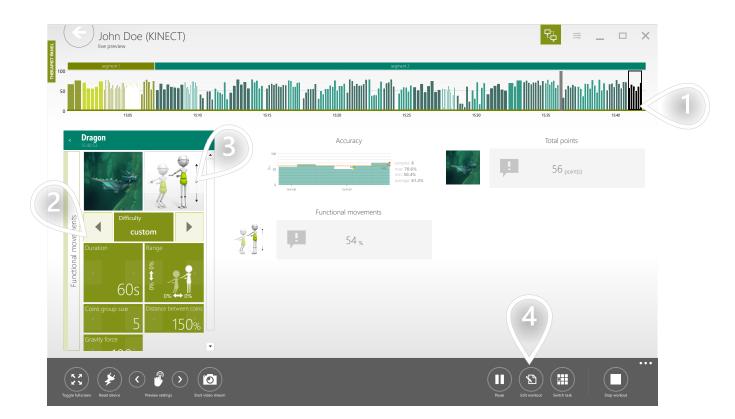


- 1 Click here to access the view presented below
- 2 This patient is doing quite well. We see average accuracy around 70% what means that the therapy is well-tailored.
- 3 Here we can see average accuracy less than 25% what means that the parameters are too difficult for the patient
- 4 This patient station is waiting for a patient nobody is logged in currently
- ${f 5}$ This patient station is currently offline





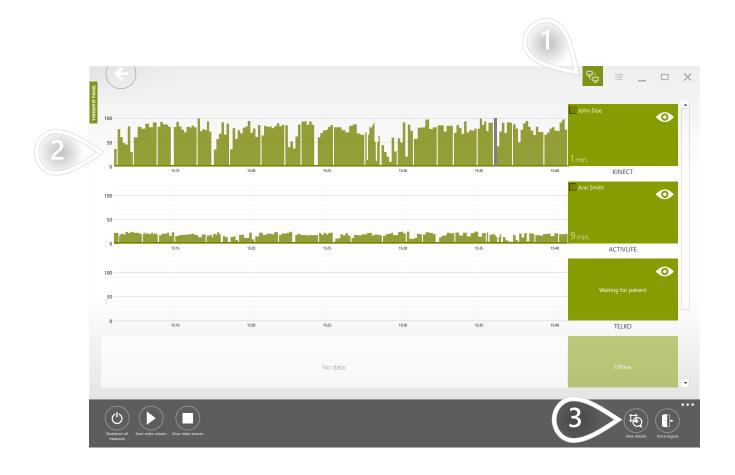
- Click here to access the view presented below
- Select the patient station where the patient is exercising
- Click to proceed



- 1 Make sure the currenlty 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.

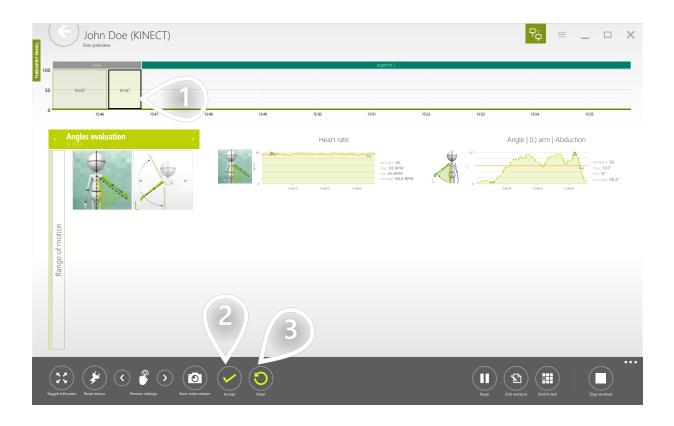


ACCEPT OR REJECT RESULT FROM CURRENTLY RUNNING EVALUATION TASK



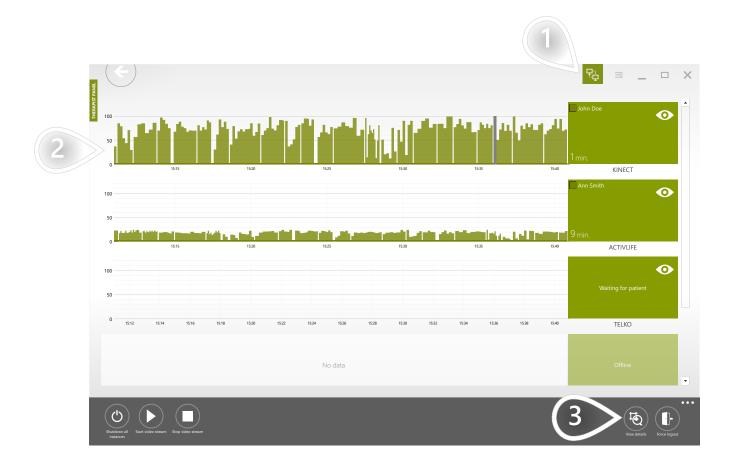
- 1 Click here to access the view presented below
- (2) Select the patient station where the patient is exercising
- (3) Click to proceed

ACCEPT OR REJECT RESULT FROM CURRENTLY 2/2 RUNNING EVALUATION TASK



- Make sure the currenlty running therapeutic task is selected
- 2) If the evaluation has been performed properly you can accept the result
- 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.

CHANGE CURRENTLY RUNNING THERAPEUTIC TASK ON A GIVEN PATIENT STATION



- 1 Click here to access the view presented below
- (2) Select the patient station where the patient is exercising
- (3) Click to proceed

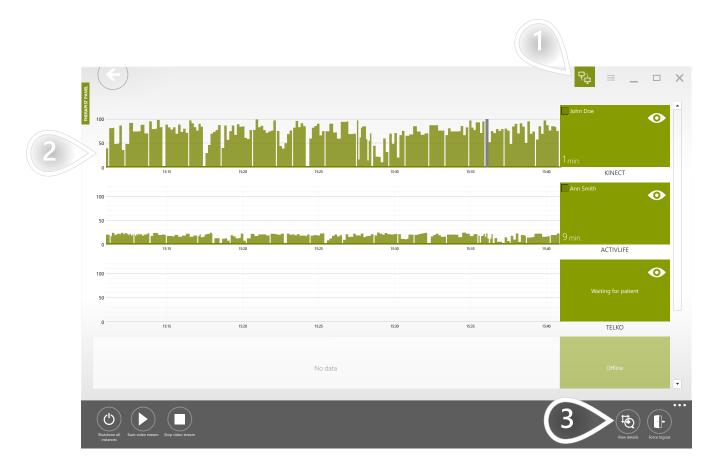
CHANGE CURRENTLY RUNNING THERAPEUTIC TASK ON A GIVEN PATIENT STATION



- 1 Open list of available therapeutic tasks
- $\overline{\mathbf{2}}$ Click to jump to the next therapeutic task in the segment



EXTEND WORKOUT'S DURATION



- 1 Click here to access the view presented below
- $oxed{2}$ Select the patient station where the patient is exercising
- 3 Click to proceed



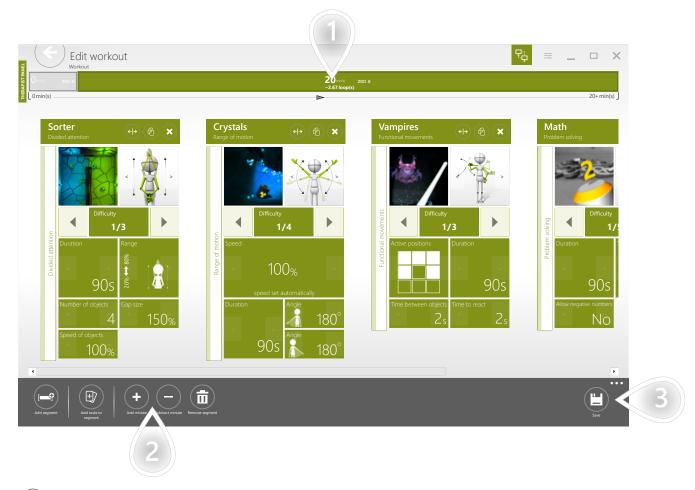
EXTEND WORKOUT'S DURATION



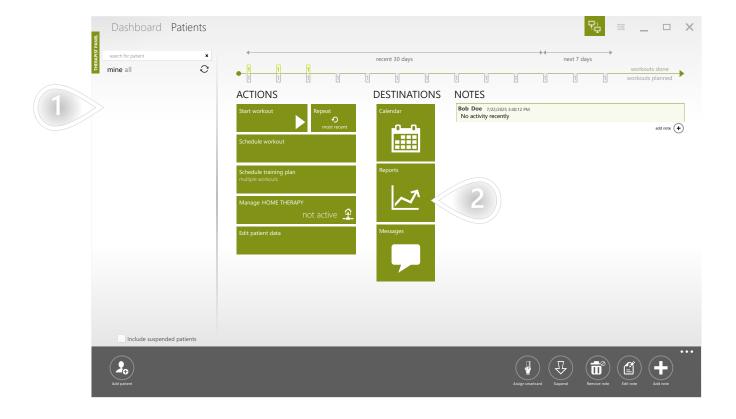
1 Click to proceed



EXTEND WORKOUT'S DURATION

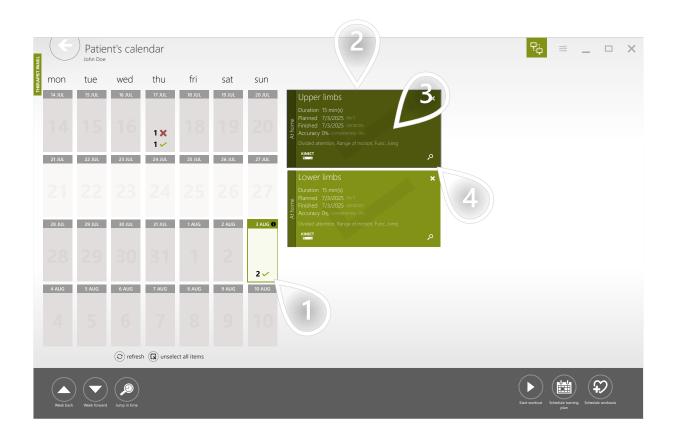


- (1) Actual duration of the workout segment
- 2 Adjust the duration
- (3) Click to proceed



- 1 Select a patient
- (2) Click to proceed





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

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.

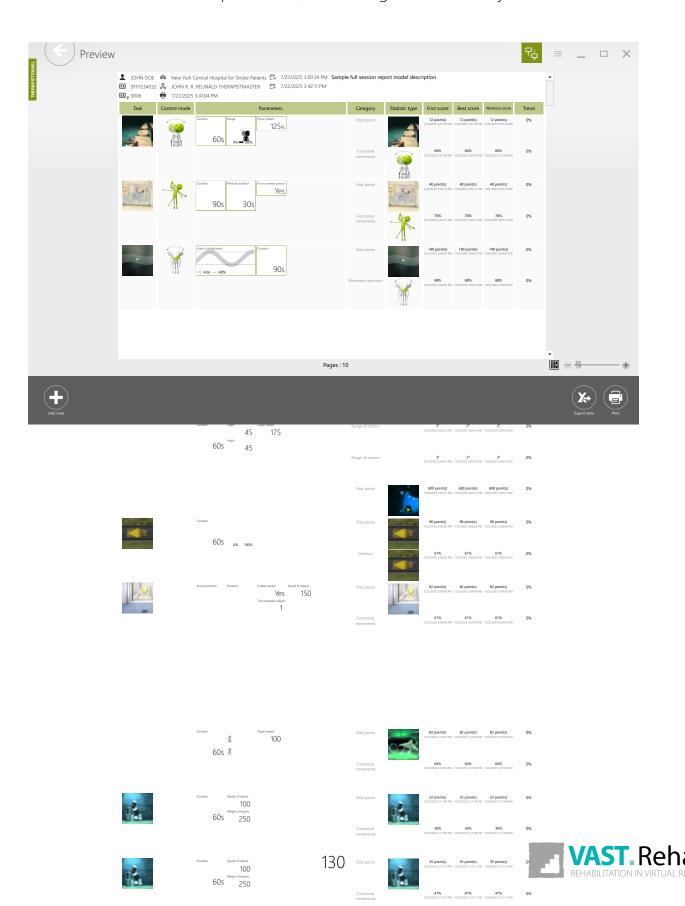
You can print a report presenting a single therapeutic task on a single page or the whole workout report on several pages.



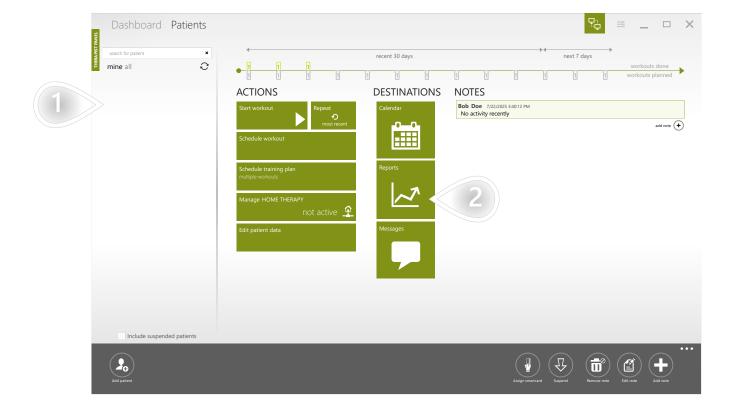
- 1 Go to previous task
- (2) Go to next task
- (3) Print report for selected therapeutic task
- 4 Print report for the whole workout session



This multi-page report provides an overview of the entire Workout session. While it does not contain detailed information from each Therapeutic Task, it offers a general summary of the session.



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



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 Select any green tile to continue





- 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



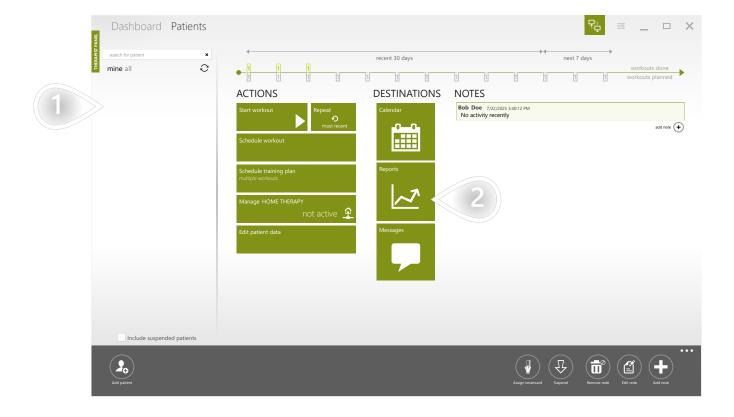
The chart below compares the results achieved using the left and the right hand.



- 1 The parameters that were used while collecting the data
- $oxed{2}$ 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



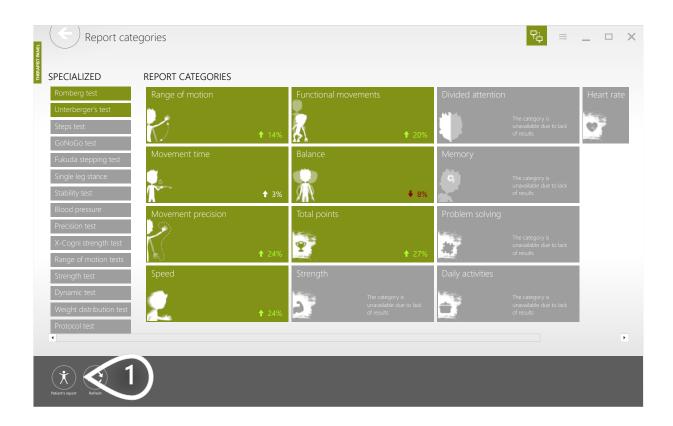
SHOW SIMPLE REPORT READY TO DISCUSS WITH YOUR PATIENT



- 1 Select a patient
- (2) Click to proceed



SHOW SIMPLE REPORT READY TO DISCUSS WITH YOUR PATIENT



1 Click to proceed



SHOW SIMPLE REPORT READY TO DISCUSS WITH YOUR PATIENT



- 1 Select time frame
- 2 Select progress treshold. 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 IT'S WORTH OFFERING HOME THERAPY?

EXTENDED PATIENT ENGAGEMENT

Home therapy enables you to maintain longer-term connections with your patients. You can track whether they are following the exercise schedules you've set.

ADDITIONAL REVENUE STREAM

Home therapy serves as an extra source of income. Purchase a bulk package of home therapy days (e.g., 1000 days) from your distributor and then resell these days to your patients in smaller increments, such as 30 days for patient "A", 90 days for patient "B", and so on.

PATIENT EMPOWERMENT

Once you allocate therapy days, patients will have access to the home therapy service. They will compensate you for the oversight you provide, which includes creating personalized workout sessions, analyzing results, and offering motivation.

EASE OF ACCESS

Patients can download and install the VAST.Rehab Patient Panel on their home computers, iPads or Android devices, allowing them to log in and access their personalized workouts anytime.



WHAT HARDWARE IS NEEDED FOR HOME THERAPY?

The hardware requirements for home therapy with VAST.Rehab are flexible and depend on the specific needs and conditions of your patients. Here are the improved options:

FULL-BODY THERAPY

For comprehensive tracking, patients can invest in a powerful computer with a 3D camera. More economical choices include traditional webcams or the built-in front-facing camera of modern Android tablets or iPads.

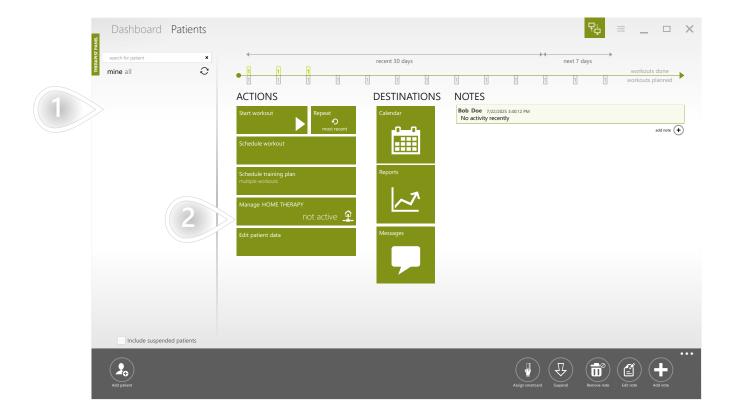
HAND THERAPY

A specialized 3D camera is ideal for hand tracking. Alternatively, simpler webcams, such as an iPad's front-facing camera, or dedicated devices like Capri by Technomex, can be used.

OTHER EXERCISES

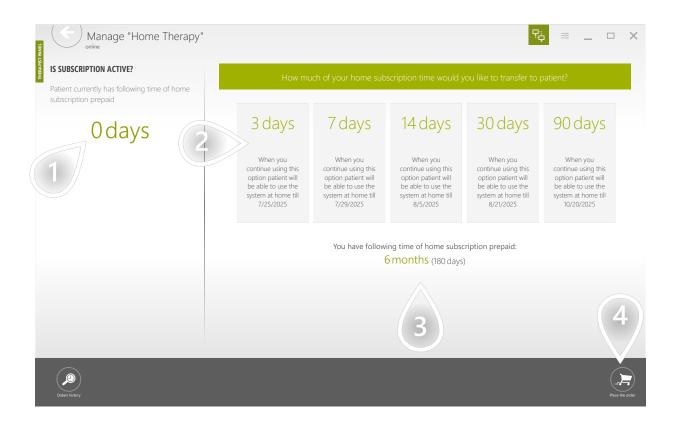
VAST.Rehab is compatible with a wide range of devices suited for various exercises including breathing, walking, jumping, and relaxation. The best choice should be based on the patient's specific requirements and budget.





- Select a patient
- Click to proceed

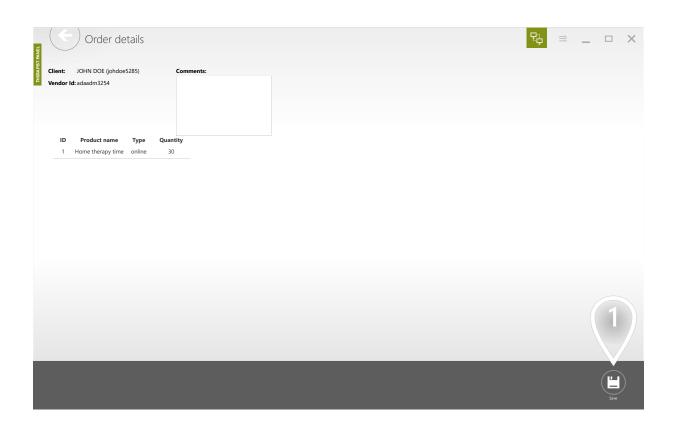
ACTIVATE HOME THERAPY FOR YOUR PATIENT



- 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

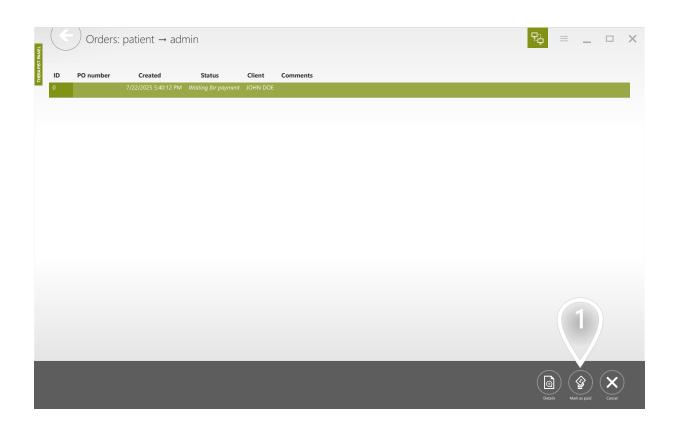


ACTIVATE HOME THERAPY FOR YOUR PATIENT 3/4



1) Click to proceed



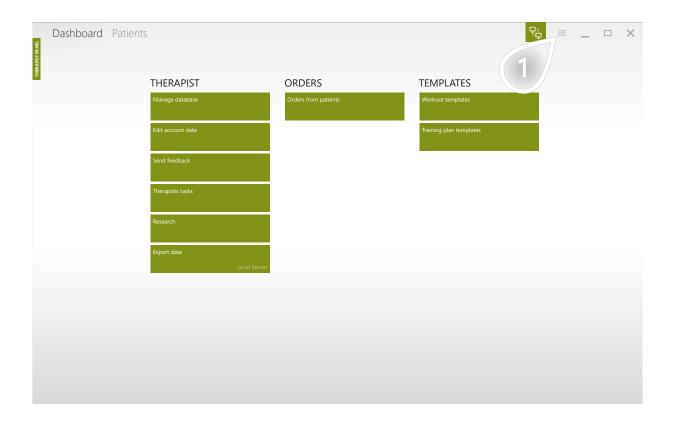


1 Click to proceed



ADAPT USER INTERFACE

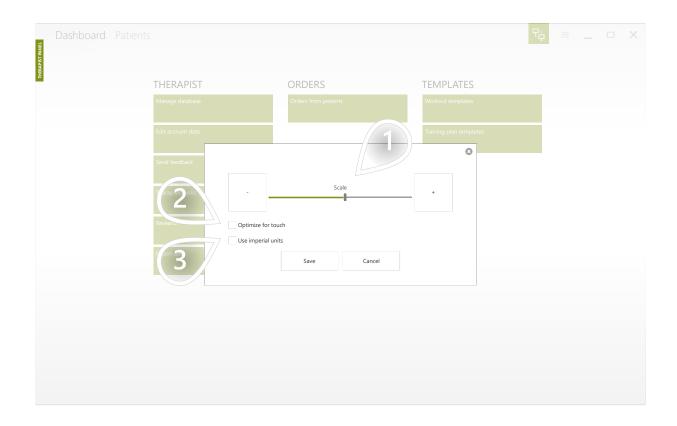
You can scale UI items to match your personal needs and to take advantage of your screen size.



1 Click to open settings



ADAPT USER INTERFACE



- 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

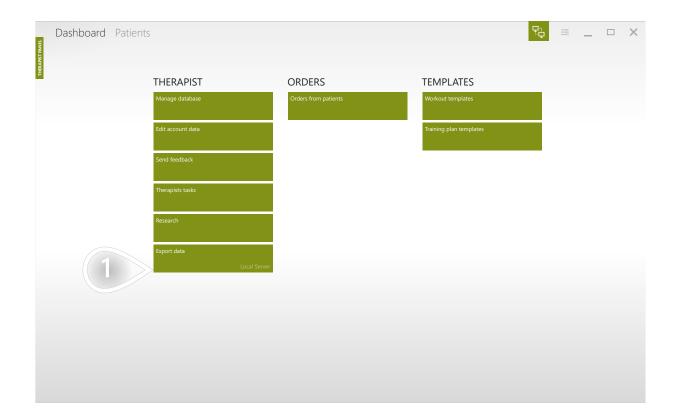


1 Click to turn off all computers running VAST.Rehab Patient Panel in your network



DATA EXPORT

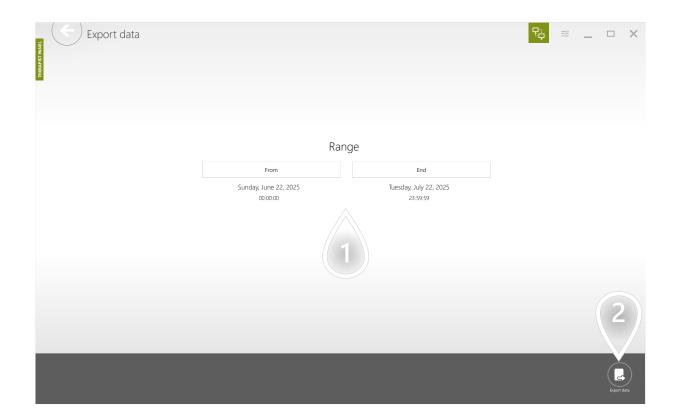
Data export described below is useful when you need to process the VAST.Rehab data in external software. You'll receive an XML file with the results from all the Workout sessions performed within the chosen time frame.



1 Click to proceed



DATA EXPORT



- 1 Select the timeframe
- (2) Click to proceed

DISPLAY FULLSCREEN INSTRUCTIONS FOR YOUR PATIENT

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.

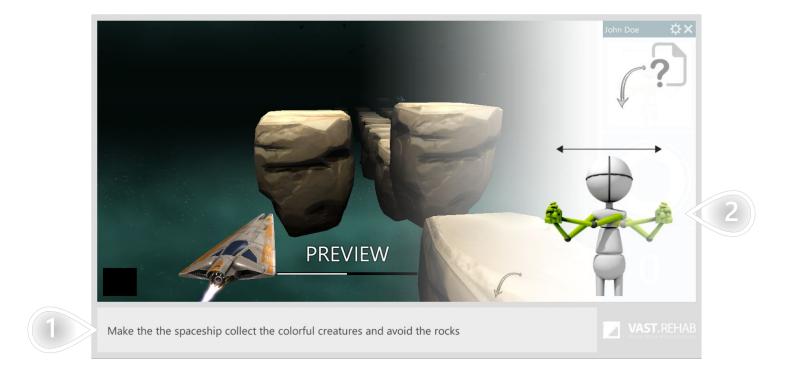


- 1 Switch to the previous option
- 2 Switch to the next option. Available options: 1. 20s of fullscreen instructions before each therapeutic task 2. Fullscreen instructions last until manually dismissed by the therapist 3. Fullscreen instructions won't appear.



DISPLAY FULLSCREEN INSTRUCTIONS FOR YOUR PATIENT

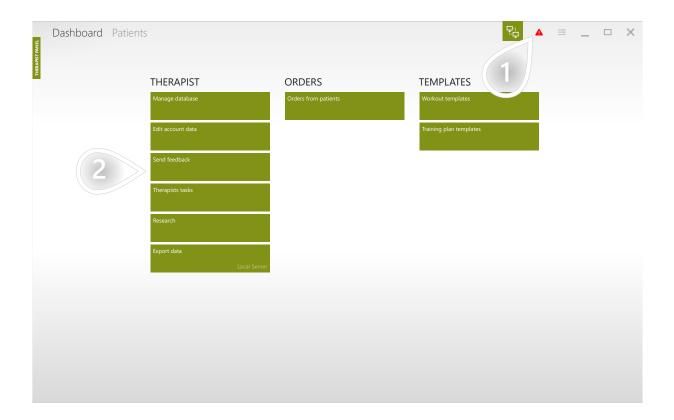
When fullscreen instruction is turned on - patients will see the following screen.



- 1 Text instruction
- 2 Required movement pattern

ERROR LOGS

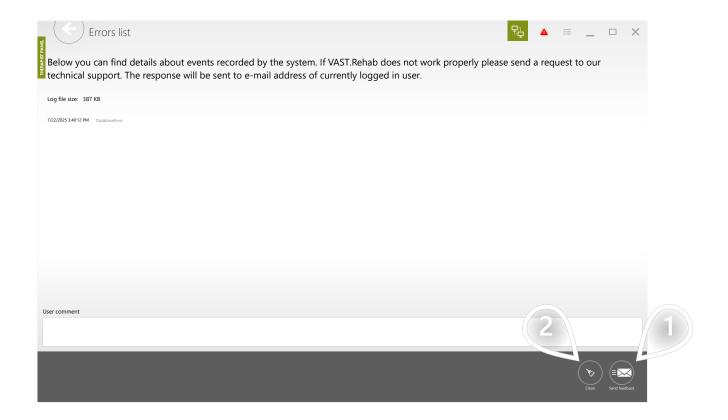
Sometimes software may encounter a situation in which it can't proceed with its regular flow. Such a situation might happen when there is a problem with WI-FI or internet connection, a connection between devices or some other unexpected conditions occurred.



- 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.

ERROR LOGS

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



- $oxed{1}$ 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.