

BASE PACK FOR TELKO

2025.1

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WHAT IS NEEDED?

Please make sure the PC where you want this module to be active have VAST.Rehab Patient Panel installed and that the following hardware requirements are met:

- Windows 10/11
- Intel Core i5 (8th gen or newer). Important: Avoid ultra-low-power versions (e.g., i5-8250U), as they may not meet performance requirements. Prefer standard or high-performance CPUs.
- Minimum: 8 GB RAM (16 GB or more recommended for optimal performance).



RANGE OF MOTION

TELKO RANGE TEST

Measure and gently motivate to increase individual's range of motion in predefined movement patterns.

CONTROL MODES

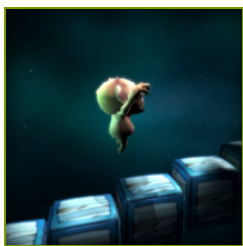


OBJECTIVES

- Ensure Angular Symmetry
- Improve Range of Motion
- Monitor Fatigue Onset

INSTRUCTION FOR PATIENT

Perform desired number of repetitions



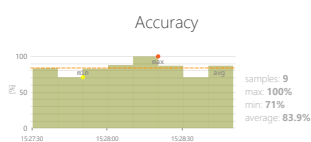
SPEED STAIRS

Measure number of repetitions of specific movement pattern an individual is able to perform within predefined time interval.

CONTROL MODES



RESULTS



Total points

20 point(s)

Speed

27 rep(s)/min

ADJUSTMENTS

- Individual's position
- Task duration
- Max time per floor
- Number of stairs
- Pause length
- Resistance

OBJECTIVES

- Dynamics of planned movements

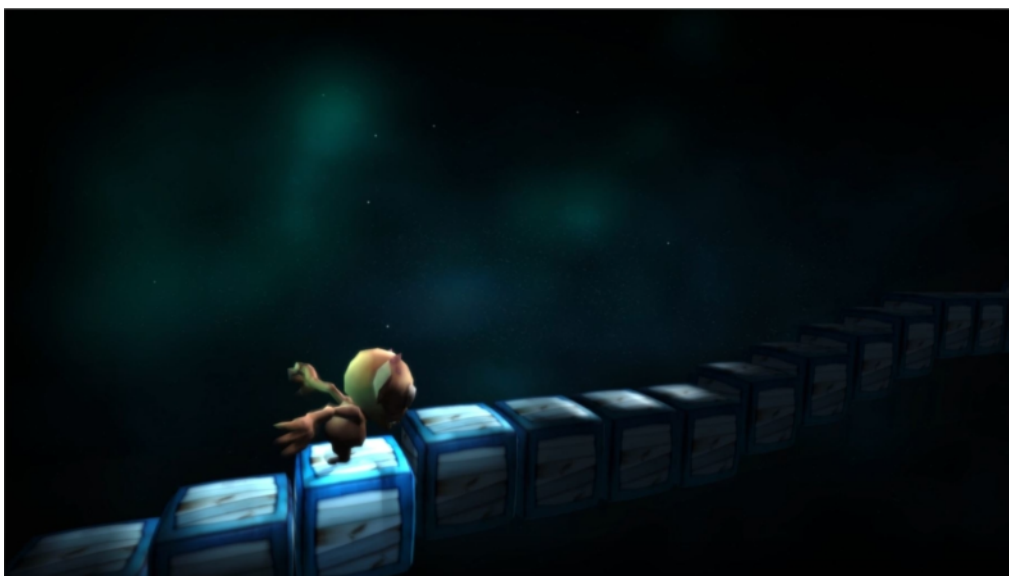
INSTRUCTION FOR PATIENT

Climb the stairs before they disappear.

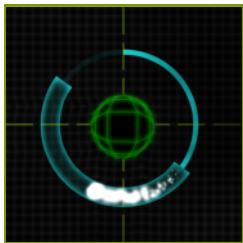


SPEED STAIRS

SAMPLE SETTINGS



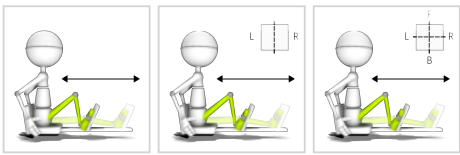
◀	Difficulty custom	▶
Telko configuration < > Set in runtime		
Duration < > 90s	Range adjustment 5% ↔ 95% ? ↔ ?	
Range < min ? > max ?	Max time per floor < 15s	Number of stairs < 5
Pause length < 3	Resistance rubber < 4	



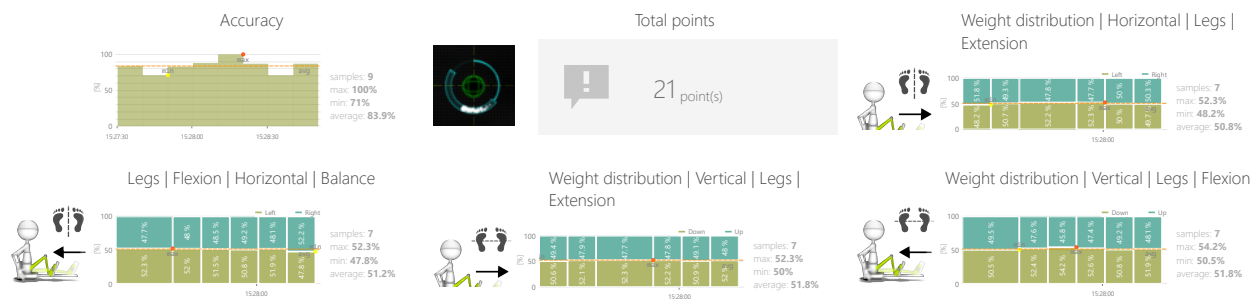
BALANCE GRID

Measure and train individual's skills to perform specific movement patterns while keeping predefined weight distribution.

CONTROL MODES



RESULTS



ADJUSTMENTS

- Individual's position
- Task duration
- Period
- Resistance

OBJECTIVES

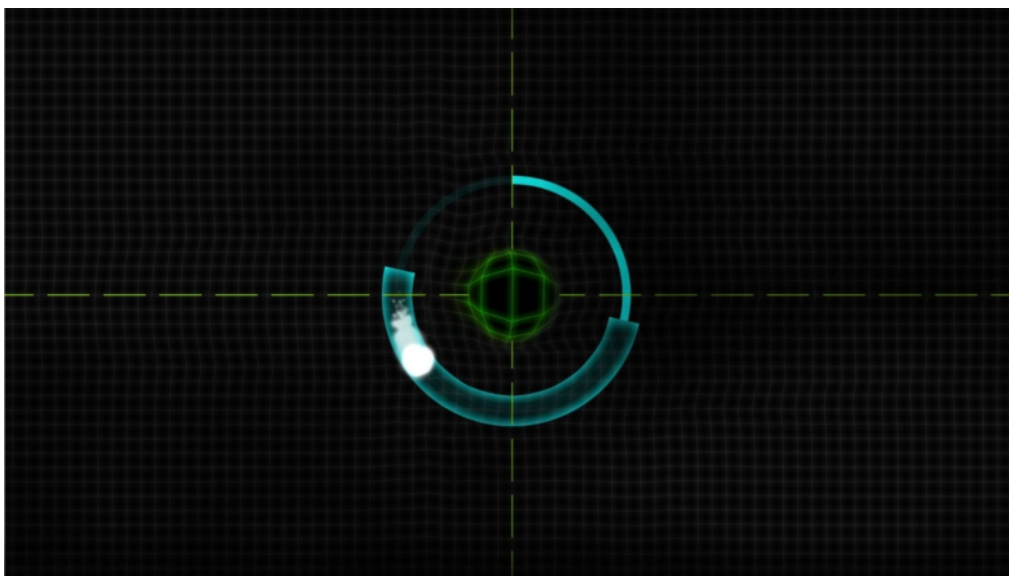
- Balance and equilibrium training
- 3D space movements reproduction
- Activity in a given rhythm


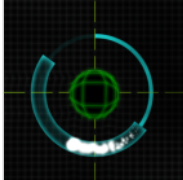
INSTRUCTION FOR PATIENT

Keep the white glowing point inside the blue area and make sure the emerging bump stays in the middle of the reticle.



SAMPLE SETTINGS





◀


Difficulty
1/3

▶

Telko configuration

< >

Set in runtime



Duration

< >

90s

Range adjustment

5% ↔ 95%

? ↔ ?

< >

Range

< min ? >

max ?

VR icon

Period

< >

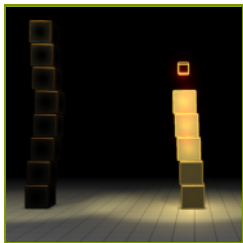
6s

Resistance rubber

< >

4

VR icon

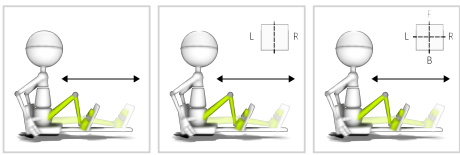


BALANCE

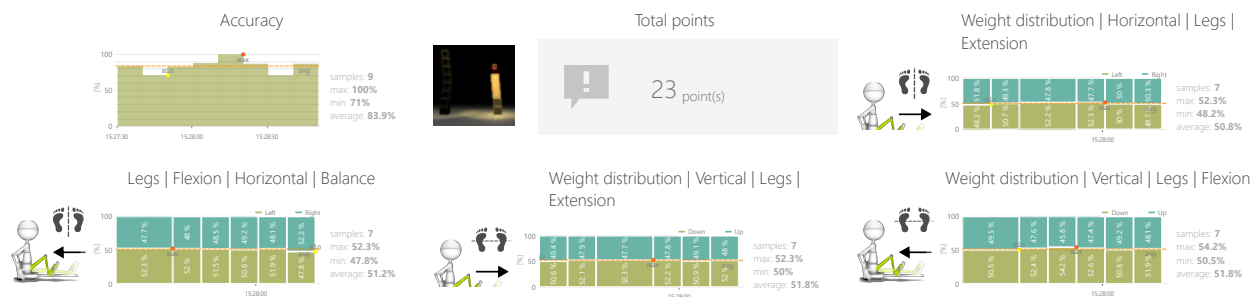
BLOCK BUILDER

Measure and train individual's skills to perform specific movement patterns while keeping predefined weight distribution.

CONTROL MODES



RESULTS



ADJUSTMENTS

- Individual's position
- Task duration
- Stack height
- Resistance

OBJECTIVES

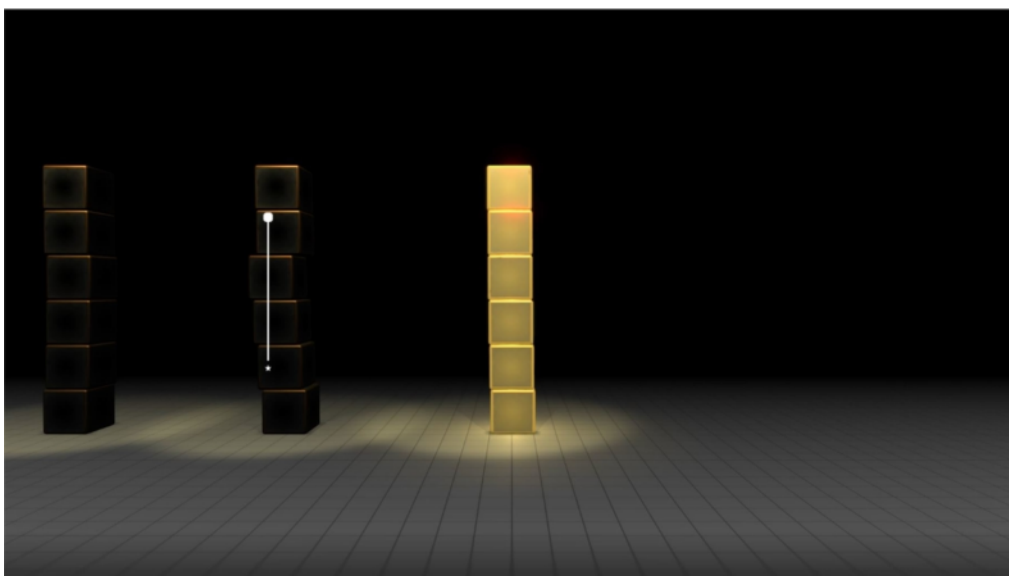
- Movement precision
- Muscle strengthening


INSTRUCTION FOR PATIENT

Build as many stacks as you can. Keep your body balanced.



SAMPLE SETTINGS





◀

Difficulty
1/3

▶

Telko configuration

< >

Set in runtime

⚙

Duration

< >

90s

Range adjustment

5% ↔ 95%

? ↔ ?

< >

Range

< min ? >

max ?

⚙

Stack height

< >

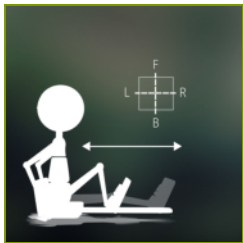
6

Resistance rubber

< >

4

⚙

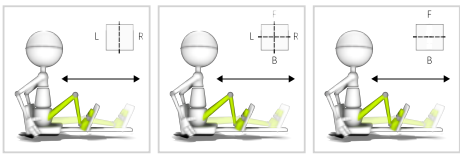


BALANCE

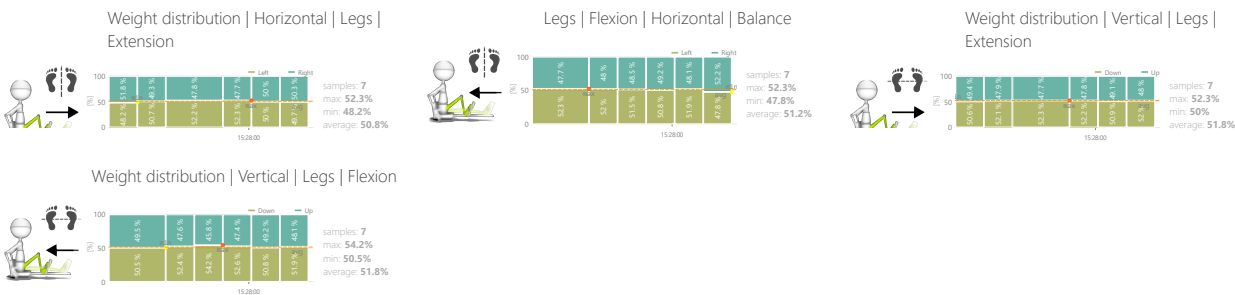
TELKO WEIGHT DISTRIBUTION TEST

Measure and train individual's skills to perform specific movement patterns while keeping predefined weight distribution.

CONTROL MODES



RESULTS

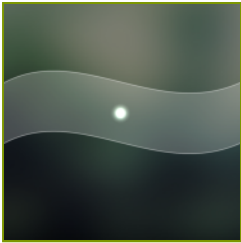


OBJECTIVES

- Movement Precision
- Balance and equilibrium training
- Control Dynamic Load Shifts
- Optimize Load Symmetry

INSTRUCTION FOR PATIENT

Perform desired number of repetitions



MOVEMENT PRECISION

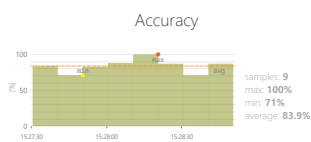
GRAPH

Measure and train individual's skills to perform specific movement patterns with predefined speed and range.

CONTROL MODES



RESULTS



Total points

28 point(s)



Movement precision

15 %

ADJUSTMENTS

- Graph shape (sinus or square, amplitude, border, etc.)
- Individual's position
- Task duration
- Resistance

OBJECTIVES

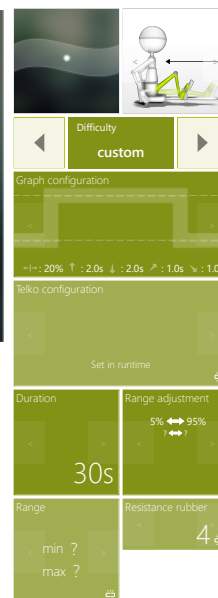
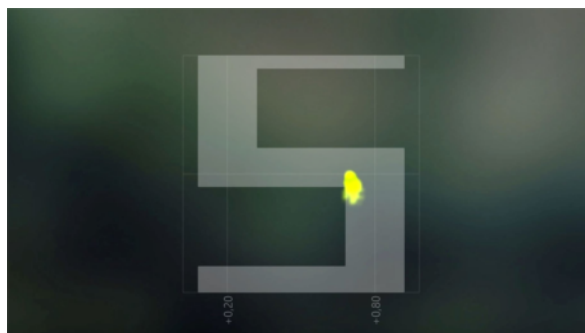
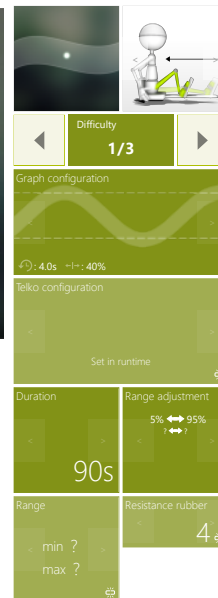
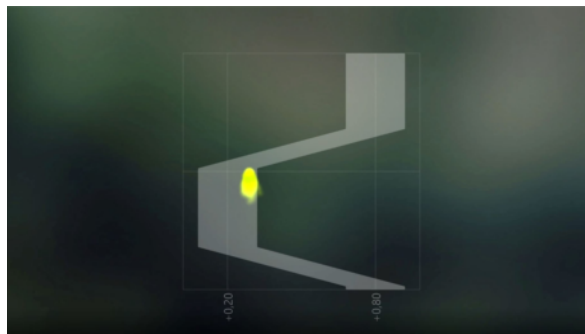
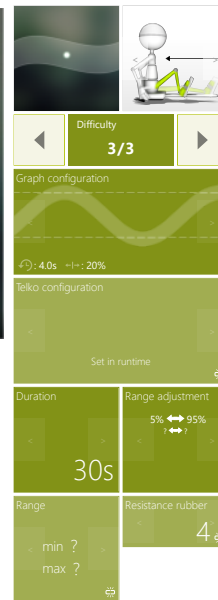
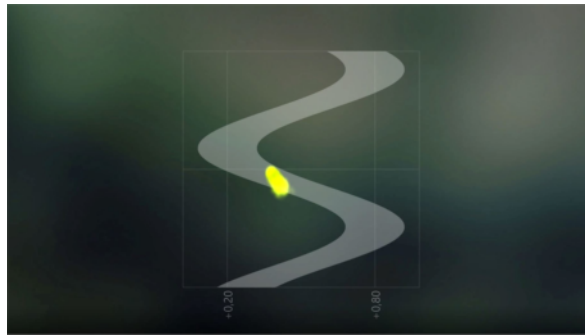
- Movement precision
- Activity in a given rhythm
- Repetitive movements

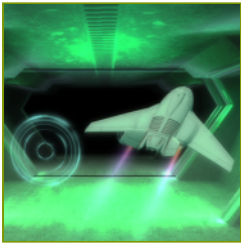
INSTRUCTION FOR PATIENT

Try to stay within the borders.



SAMPLE SETTINGS



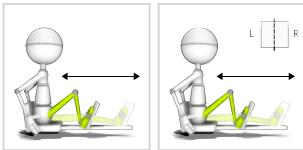


FUNCTIONAL MOVEMENTS

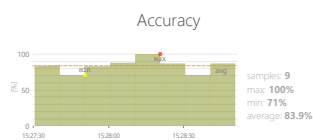
AIRPLANE

Measure and train individual's skills to perform movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

CONTROL MODES



RESULTS



Total points

15 point(s)

Functional movements



33 %

Functional movements



24 %

ADJUSTMENTS

- Speed
- Individual's position
- Task duration
- Resistance

OBJECTIVES

- Focusing
- Perceptivity
- Movement precision
- Predicting the trajectory of objects in 3D space

INSTRUCTION FOR PATIENT

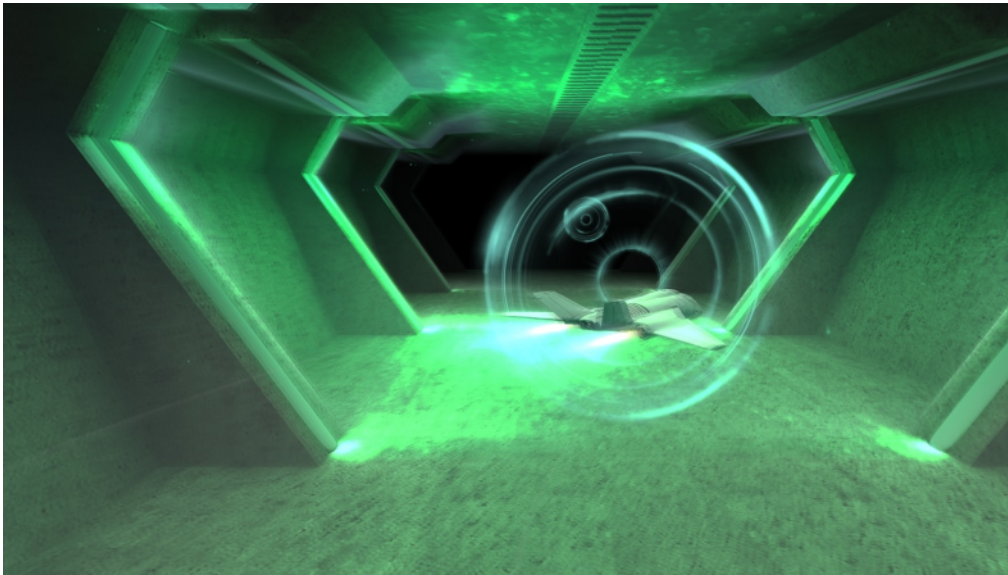
Make the airplane fly through the circles. The closer to the center it flies the more points you get.


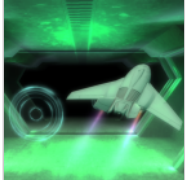


FUNCTIONAL MOVEMENTS

AIRPLANE

SAMPLE SETTINGS





◀

Difficulty

▶

2/4

Speed

< 100% >

speed set automatically

Telko configuration

< >

Set in runtime

⚙

Duration

< 90s >

Range adjustment

5% ↔ 95%

? ↔ ?

Range

< min ? >

max ?

⚙

Resistance rubber

< 4 >

⚙

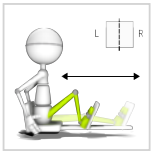


FUNCTIONAL MOVEMENTS

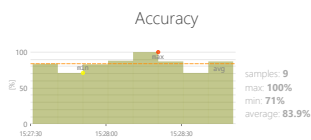
DRAGON

Measure and train individual's skills to perform movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

CONTROL MODES



RESULTS



Total points



36 point(s)



Functional movements



12 %

ADJUSTMENTS

- Individual's position
- Task duration
- Balance 1D
- Coins group size
- Distance between coins
- Gravity force
- Resistance

OBJECTIVES

- Predicting the trajectory of objects
- Improve range of motion
- Visual motor coordination
- Muscle strengthening
- Planning and Strategy

INSTRUCTION FOR PATIENT

Fly and collect the coins.





FUNCTIONAL MOVEMENTS

DRAGON

SAMPLE SETTINGS





Difficulty

custom

Telko configuration

<

>

Set in runtime

Duration

<

>

90s

Balance 1D

<

>

L

R

0% ↔ 100%

Range adjustment

<

>

5% ↔ 95%

? ↔ ?

Range

<

>

min ?

max ?

Coins group size

<

>

3

Distance between coins

<

>

250%

Gravity force

<

>

100%



Resistance rubber

<

>

4





Difficulty

1/3

Telko configuration

<

>

Set in runtime

Duration

<

>

90s

Balance 1D

<

>

L

R

0% ↔ 100%

Range adjustment

<

>

5% ↔ 95%

? ↔ ?

Range

<

>

min ?

max ?

Coins group size

<

>

5

Distance between coins

<

>

250%

Gravity force

<

>

100%

Resistance rubber

<

>

4

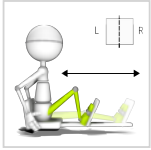


FUNCTIONAL MOVEMENTS

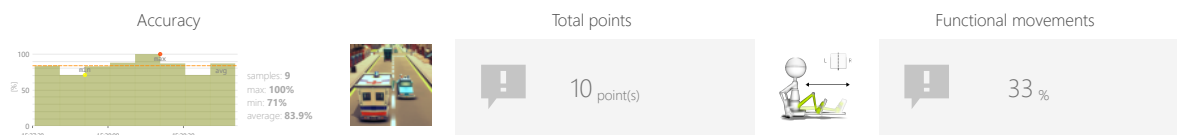
AMBULANCE

Measure and train individual's skills to perform movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

CONTROL MODES



RESULTS



ADJUSTMENTS

- Speed
- Individual's position
- Task duration
- Balance 1D
- Distance between cars
- Resistance

OBJECTIVES

- Dynamics of planned movements
- Focusing
- Speed of decision making
- Visual motor coordination

INSTRUCTION FOR PATIENT

Go as fast as you can and avoid hitting other cars.

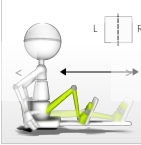



FUNCTIONAL MOVEMENTS


AMBULANCE

SAMPLE SETTINGS





Difficulty **2/2**

Speed
50%  100%
maximum speed
speed set by maintaining a specified position

Telko configuration
Set in runtime

Duration **90s**

Balance 1D
0% ↔ 100%

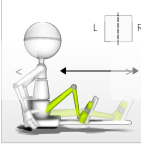

Range adjustment
5% ↔ 95%
? ↔ ?

Range
min ?
max ?


Distance between cars
50%

Resistance rubber
4





Difficulty **custom**

Speed
50%  100%
maximum speed
speed set by maintaining a specified position

Telko configuration
Set in runtime

Duration **90s**

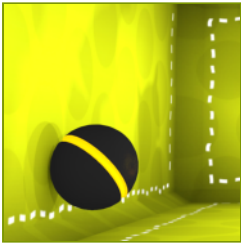
Balance 1D
0% ↔ 100%

Range adjustment
5% ↔ 95%
? ↔ ?

Range
min ?
max ?

Distance between cars
200%

Resistance rubber
4

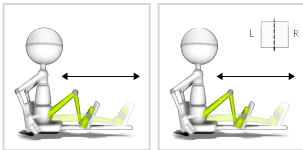


FUNCTIONAL MOVEMENTS

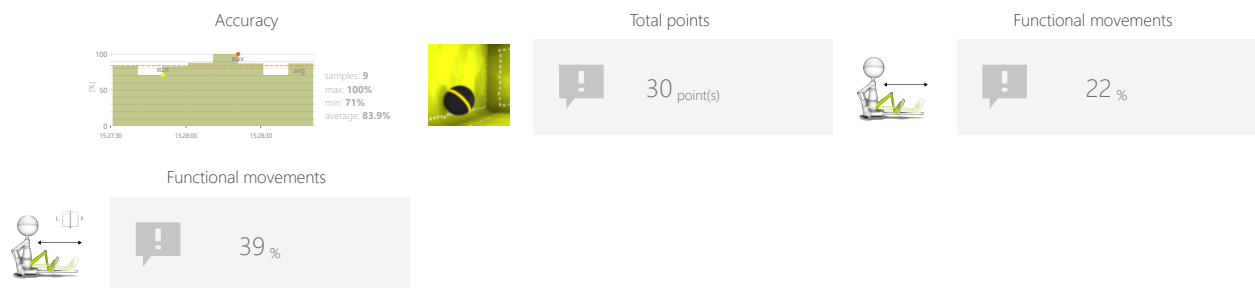
ARCANOID

Measure and train individual's skills to perform movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

CONTROL MODES



RESULTS



ADJUSTMENTS

- Individual's position
- Task duration
- Reticle size
- Speed of objects
- Resistance

OBJECTIVES

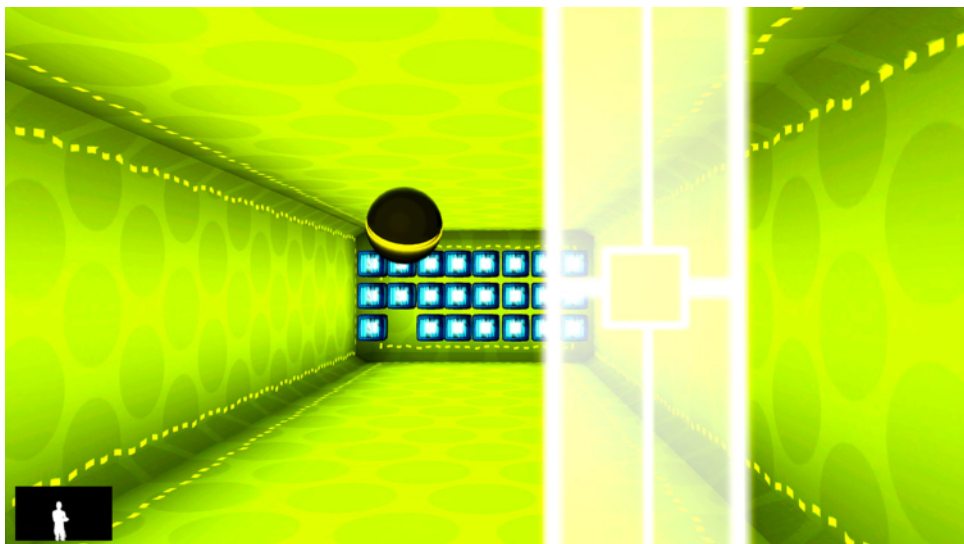
- Dynamics of planned movements
- Predicting the trajectory of objects in 3D space
- Visual motor coordination


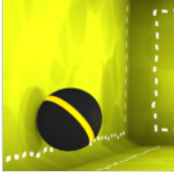
INSTRUCTION FOR PATIENT

Destroy as many boxes as you can.



SAMPLE SETTINGS





◀

Difficulty

▶

custom

Telko configuration

<

>

Set in runtime

⚙

Duration

<

>

90s

Range adjustment

5% ↔ 95%

? ↔ ?

<

>

Range

<

min ?

>

max ?

⚙

Reticle size

<

>

100%

Speed of objects

<

>

70%

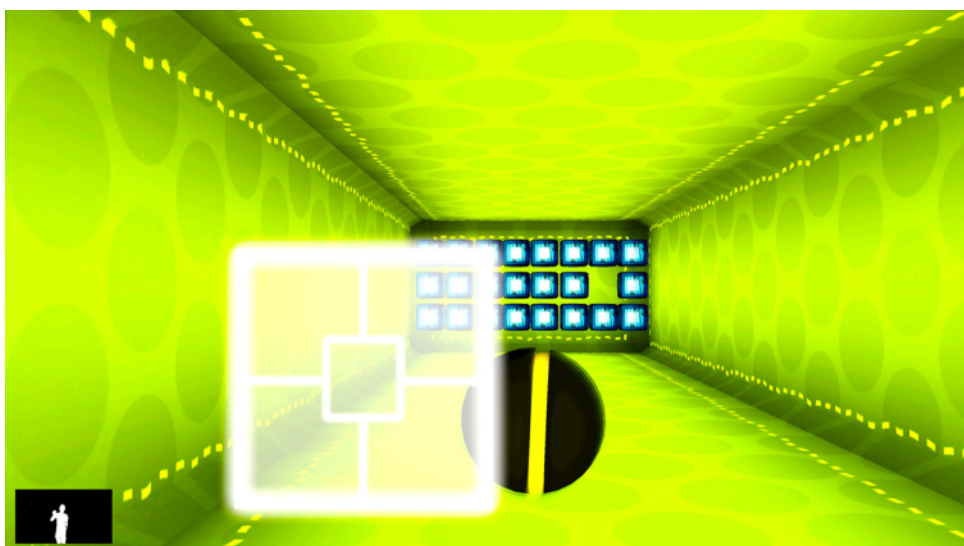
Resistance rubber


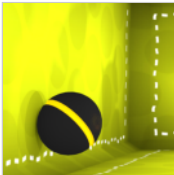
<

>

4

⚙





◀

Difficulty

▶

custom

Telko configuration

<

>

Set in runtime

⚙

Duration

<

>

90s

Range adjustment

5% ↔ 95%

? ↔ ?

<

>

Range

<

min ?

>

max ?

⚙

Reticle size

<

>

75%

Speed of objects

<

>

70%

Resistance rubber

<

>

4

⚙



FUNCTIONAL MOVEMENTS

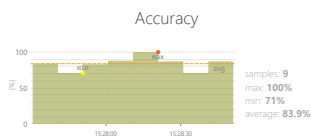
ROCKET JUMPING

Measure and train individual's skills to perform movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

CONTROL MODES



RESULTS



Total points

19 point(s)

Functional movements

24 %

ADJUSTMENTS

- Individual's position
- Task duration
- Time between objects
- Bomb format
- Speed of objects
- Resistance

OBJECTIVES

- Spontaneous movements
- Dynamic responses to emerging moving targets
- Predicting the trajectory of objects

INSTRUCTION FOR PATIENT

Help the creature jump over incoming rockets and avoid being hit.


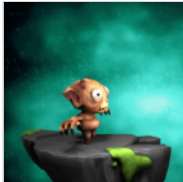


FUNCTIONAL MOVEMENTS

ROCKET JUMPING

SAMPLE SETTINGS





◀

Difficulty

▶

1/3

Telko configuration

< >

Set in runtime

⚙

Duration

< >

90s

Range adjustment

5% ↔ 95%

? ↔ ?

< >

Range

< min ? >

max ?

⚙

Time between objects

< >

5s

Bomb format

< >

1

Speed of objects

< >

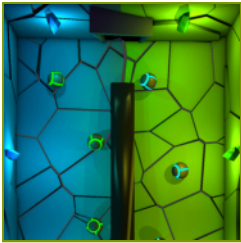
100%

Resistance rubber

< >

4

⚙



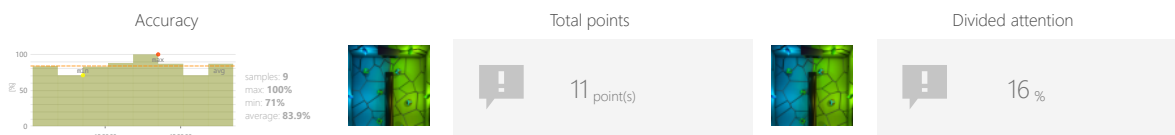
DIVIDED ATTENTION SORTER

Measure and train individual's skills to successfully execute more than one action at a time, while paying attention to two or more channels of information.

CONTROL MODES



RESULTS



ADJUSTMENTS

- Individual's position
- Task duration
- Number of objects
- Gap size
- Speed of objects
- Resistance

OBJECTIVES

- Predicting the trajectory of objects
- Focusing
- Perceptivity
- Movement precision
- Exercise with or without support from healthy limb

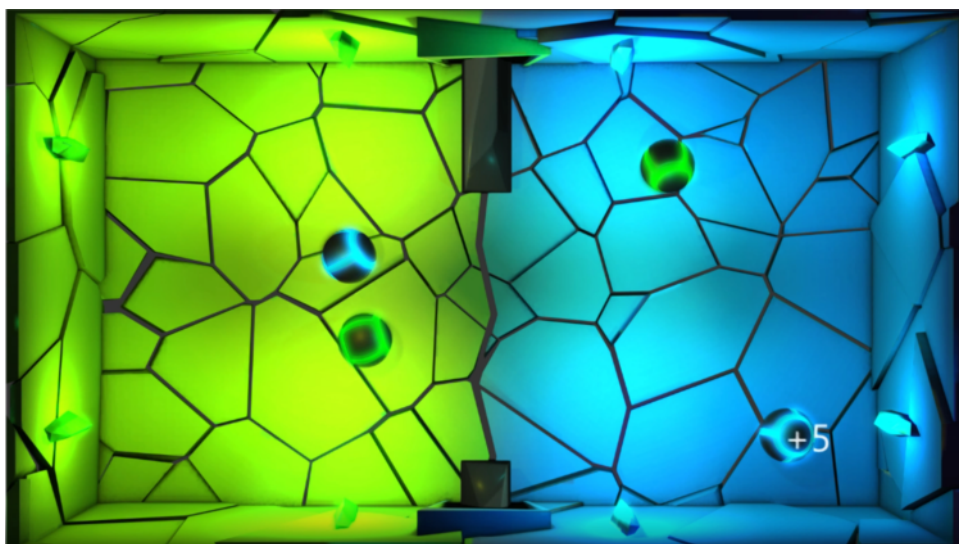
INSTRUCTION FOR PATIENT

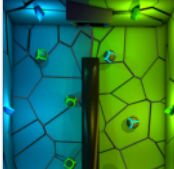

Pass or block the balls so that the blue balls are on the blue side and the green balls are on the green side of the screen.

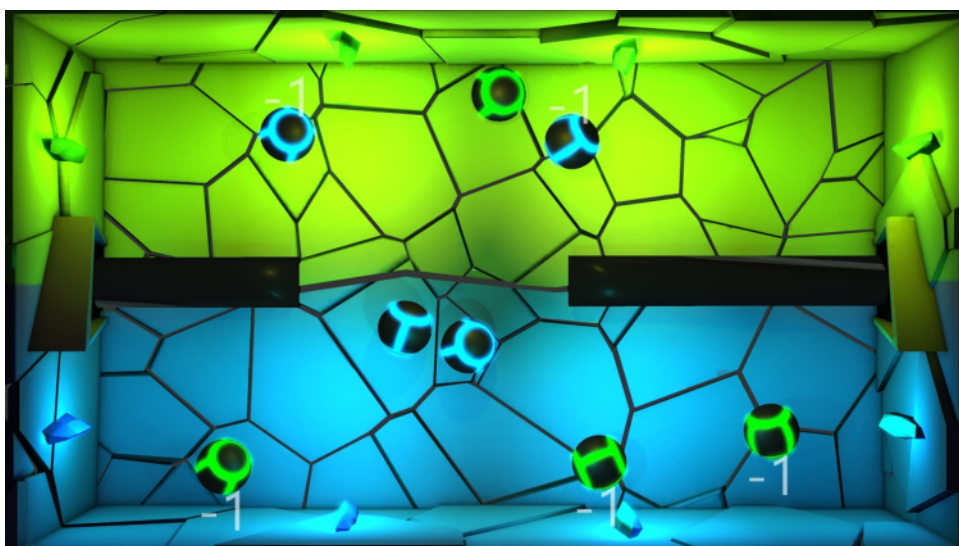


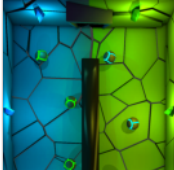

DIVIDED ATTENTION SORTER

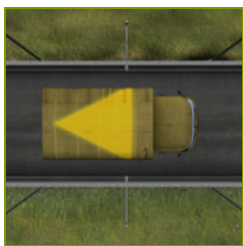
SAMPLE SETTINGS



		
Difficulty 1/3		
Telko configuration Set in runtime		
Duration 90s	Range adjustment 5% ↔ 95% ? ↔ ?	
Range min ? max ?	Number of objects 4 Gap size 150%	
Speed of objects 100%	Resistance rubber 4	



		
Difficulty custom		
Telko configuration Set in runtime		
Duration 90s	Range adjustment 5% ↔ 95% ? ↔ ?	
Range min ? max ?	Number of objects 8 Gap size 150%	
Speed of objects 100%	Resistance rubber 4	



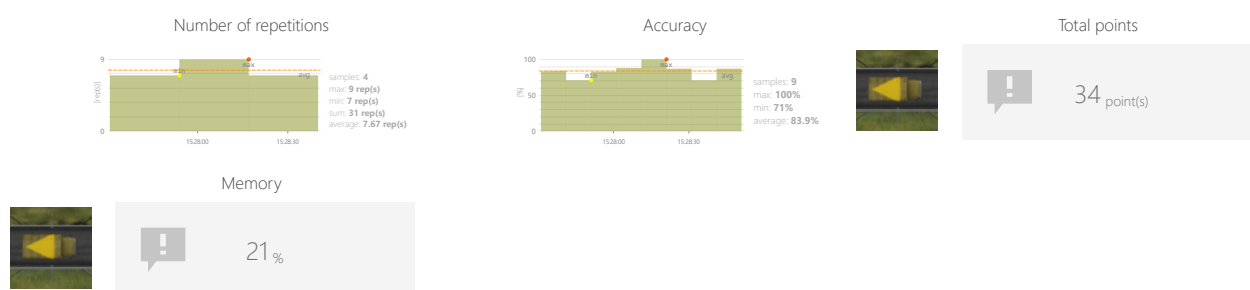
MEMORY TRUCKS

Measure and train individual's skills to memorize information.

CONTROL MODES



RESULTS



ADJUSTMENTS

- Individual's position
- Task duration
- Resistance
- Variations

OBJECTIVES

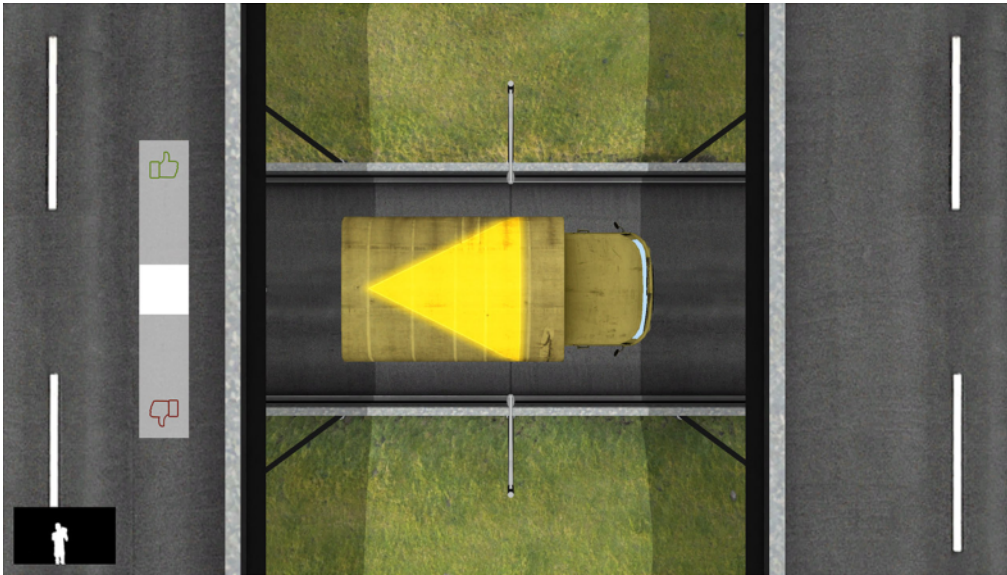
- Logical tasks
- Focusing
- Perceptivity


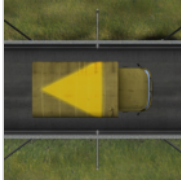
INSTRUCTION FOR PATIENT

Remember the shape and/or its color on the roof of the car you see. Decide with thumbs up or down whether the next car has the same shape and/or color on the roof as the previous one.



SAMPLE SETTINGS





◀


Difficulty
1/3

▶

Telko configuration

< >

Set in runtime



Duration

< >

90s

Range adjustment

5% ↔ 95%


? ↔ ?

< >

Range


< min ? >

max ?



Resistance rubber

< >

4 

Variations

< >

colors



SPECIALIZED BLOOD PRESSURE

Specialized tasks and evaluations that collect data from multiple categories or do have a unique objectives.

CONTROL MODES



ADJUSTMENTS

- Individual's position
- Resistance

OBJECTIVES

- Monitor external parameters

INSTRUCTION FOR PATIENT

Measure yourself your blood pressure and type it in the result.