# BOTTLE BASE PACK

2025.1

# 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.
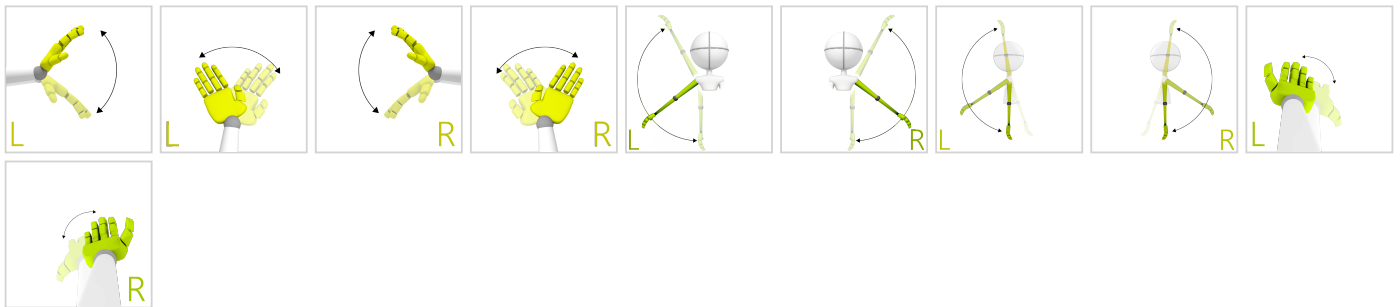- Minimum: 8 GB RAM (16 GB or more recommended for optimal performance).

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REHABILITATION IN VIRTUAL REALITY

# RANGE OF MOTION
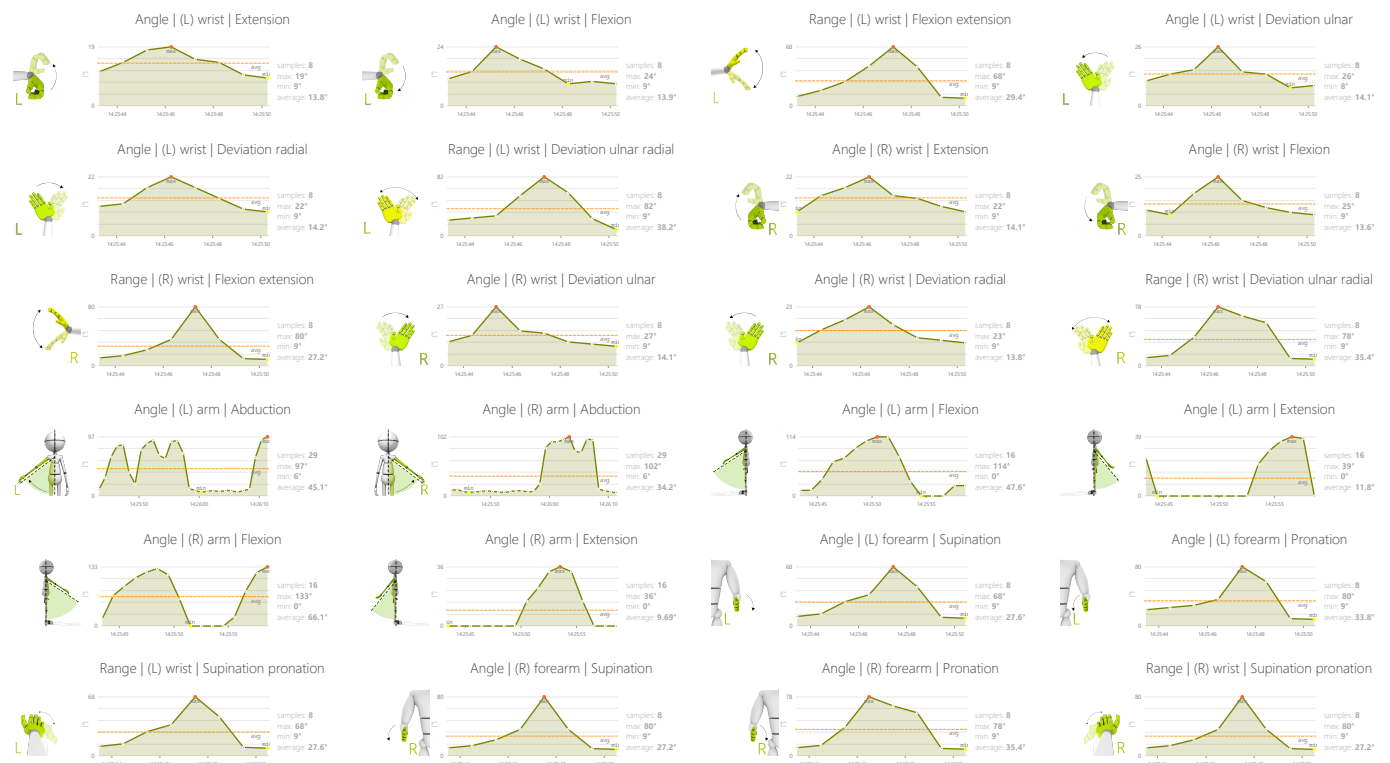## ANGLES EVALUATION

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

## CONTROL MODES



## RESULTS



| | | | |
|---|---|---|---|
| Angle \| (L) wrist \| Extension | Angle \| (L) wrist \| Flexion | Range \| (L) wrist \| Flexion extension | Angle \| (L) wrist \| Deviation ulnar |
| Angle \| (L) wrist \| Deviation radial | Range \| (L) wrist \| Deviation ulnar radial | Angle \| (R) wrist \| Extension | Angle \| (R) wrist \| Flexion |
| Range \| (R) wrist \| Flexion extension | Angle \| (R) wrist \| Deviation ulnar | Angle \| (R) wrist \| Deviation radial | Range \| (R) wrist \| Deviation ulnar radial |
| Angle \| (L) arm \| Abduction | Angle \| (R) arm \| Abduction | Angle \| (L) arm \| Flexion | Angle \| (L) arm \| Extension |
| Angle \| (R) arm \| Flexion | Angle \| (R) arm \| Extension | Angle \| (L) forearm \| Supination | Angle \| (L) forearm \| Pronation |
| Range \| (L) wrist \| Supination pronation | Angle \| (R) forearm \| Supination | Angle \| (R) forearm \| Pronation | Range \| (R) wrist \| Supination pronation |

## ADJUSTMENTS

• Time to complete action

## OBJECTIVES

• Range of motion examination

## INSTRUCTION FOR PATIENT

Try to achieve best result

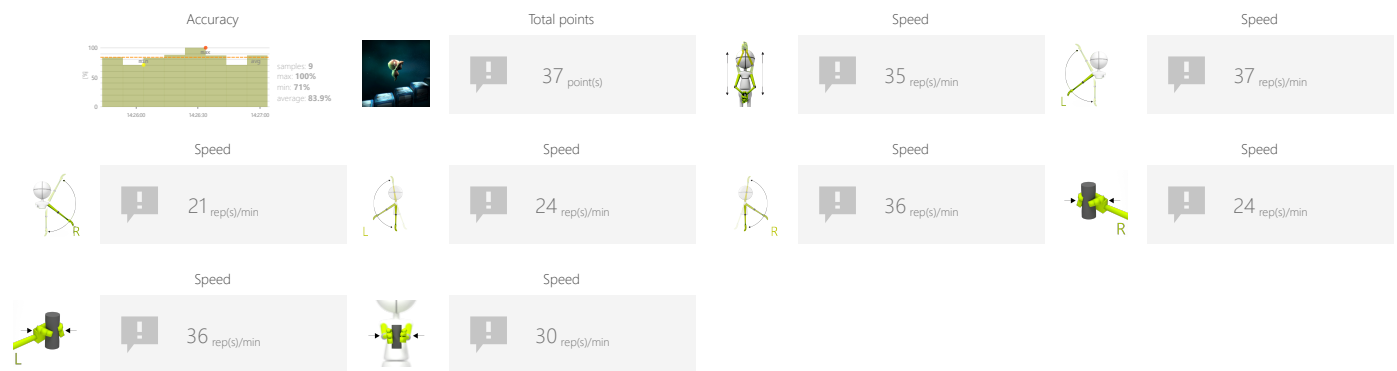**VAST.Rehab**
REHABILITATION IN VIRTUAL REALITY

# SPEED
## STAIRS

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

## CONTROL MODES



## RESULTS

| | |
|---|---|
| **Accuracy** | **Total points** |
| samples: **9** max: **100%** min: **71%** average: **83.9%** | ⚠ 37 point(s) |

| **Speed** | **Speed** |
|---|---|
| ⚠ 35 rep(s)/min | ⚠ 37 rep(s)/min |

| **Speed** | **Speed** | **Speed** | **Speed** |
|---|---|---|---|
| ⚠ 21 rep(s)/min | ⚠ 24 rep(s)/min | ⚠ 36 rep(s)/min | ⚠ 24 rep(s)/min |

| **Speed** | **Speed** |
|---|---|
| ⚠ 36 rep(s)/min | ⚠ 30 rep(s)/min |

## ADJUSTMENTS

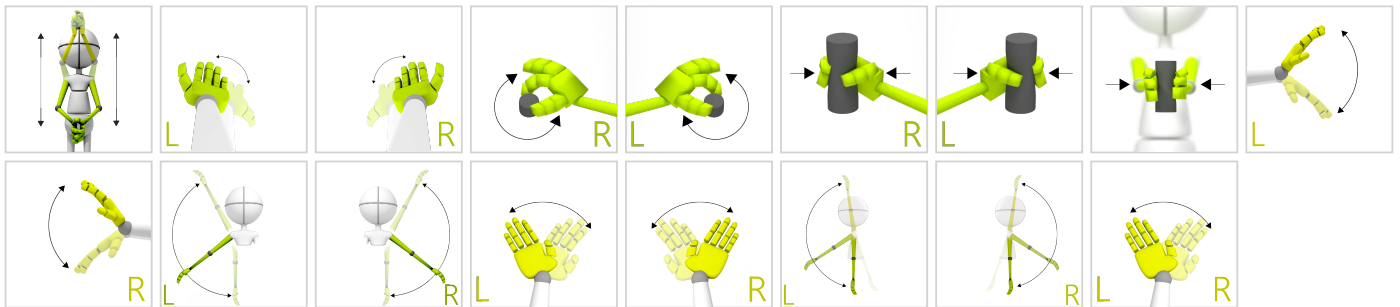• Task duration
• Range
• Max time per floor
• Number of stairs
• Pause length

## OBJECTIVES

• Jumping
• Knees lifting
• Dynamics of planned movements

## INSTRUCTION FOR PATIENT
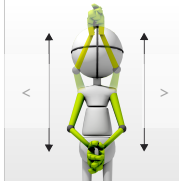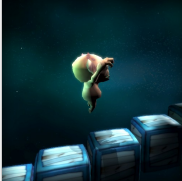
Climb the stairs before they disappear.

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# SPEED
STAIRS

## SAMPLE SETTINGS
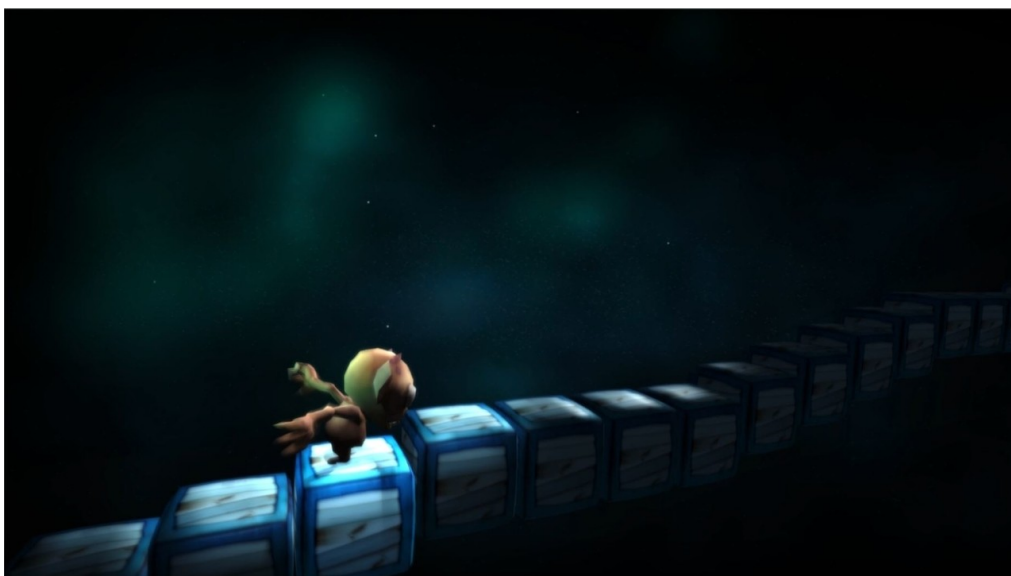


**Difficulty**
**custom**

| Duration | Range |
|---|---|
| 90s | 20% ↕ 80% |

| Max time per floor | Number of stairs |
|---|---|
| 15s | 5 |

| Pause length |
|---|
| 3 |

**VAST.Rehab**
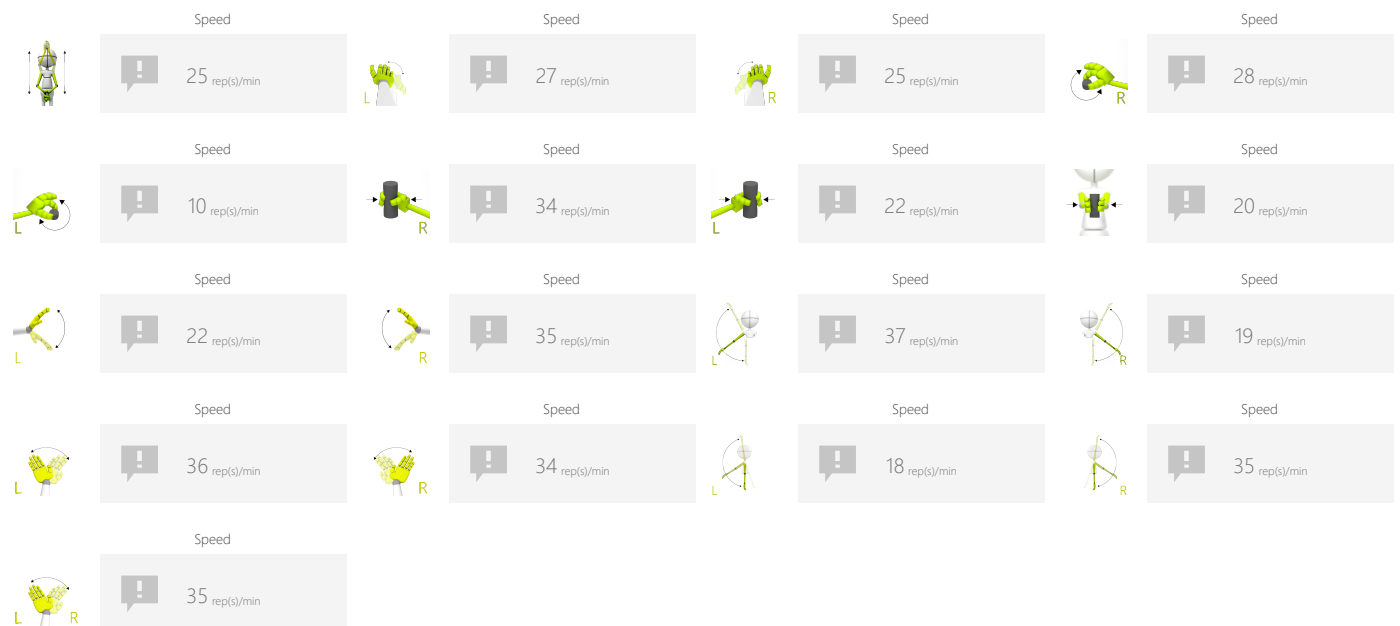REHABILITATION IN VIRTUAL REALITY
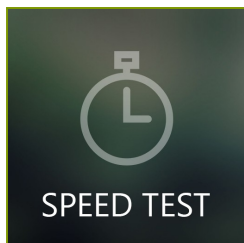
# SPEED
## SPEED TEST

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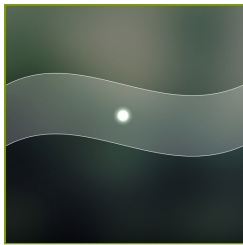
## CONTROL MODES



## RESULTS

| | Speed | | | Speed | | | Speed | | | Speed |
|---|---|---|---|---|---|---|---|---|---|---|
| | ⚠ 25 rep(s)/min | | L | ⚠ 27 rep(s)/min | | R | ⚠ 25 rep(s)/min | | R | ⚠ 28 rep(s)/min |

| | Speed | | | Speed | | | Speed | | | Speed |
|---|---|---|---|---|---|---|---|---|---|---|
| L | ⚠ 10 rep(s)/min | | R | ⚠ 34 rep(s)/min | | L | ⚠ 22 rep(s)/min | | | ⚠ 20 rep(s)/min |

| | Speed | | | Speed | | | Speed | | | Speed |
|---|---|---|---|---|---|---|---|---|---|---|
| L | ⚠ 22 rep(s)/min | | R | ⚠ 35 rep(s)/min | | L | ⚠ 37 rep(s)/min | | R | ⚠ 19 rep(s)/min |

| | Speed | | | Speed | | | Speed | | | Speed |
|---|---|---|---|---|---|---|---|---|---|---|
| L | ⚠ 36 rep(s)/min | | R | ⚠ 34 rep(s)/min | | L | ⚠ 18 rep(s)/min | | R | ⚠ 35 rep(s)/min |

| | Speed |
|---|---|
| L   R | ⚠ 35 rep(s)/min |

## ADJUSTMENTS

• Time to complete action
• Range

## OBJECTIVES

• Speed of movement
• Repetitive movements

## INSTRUCTION FOR PATIENT

Perform the specified movement pattern as many times as possible.

**VAST.Rehab**
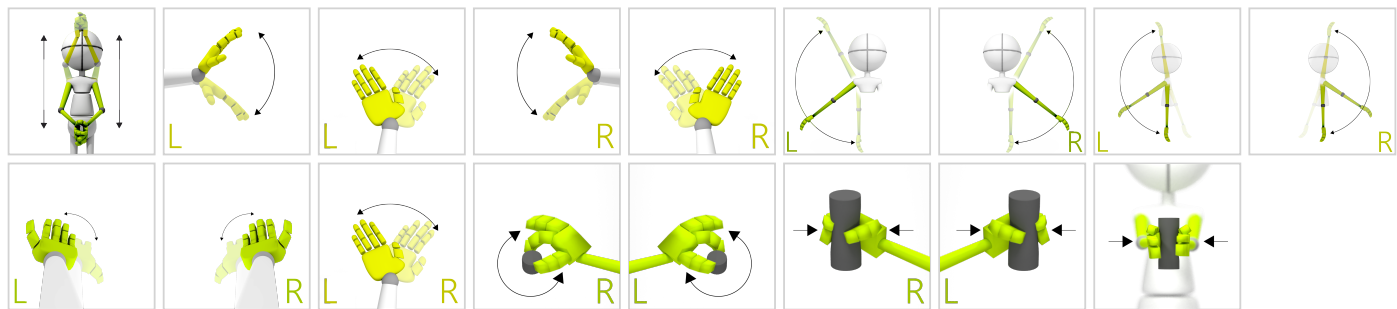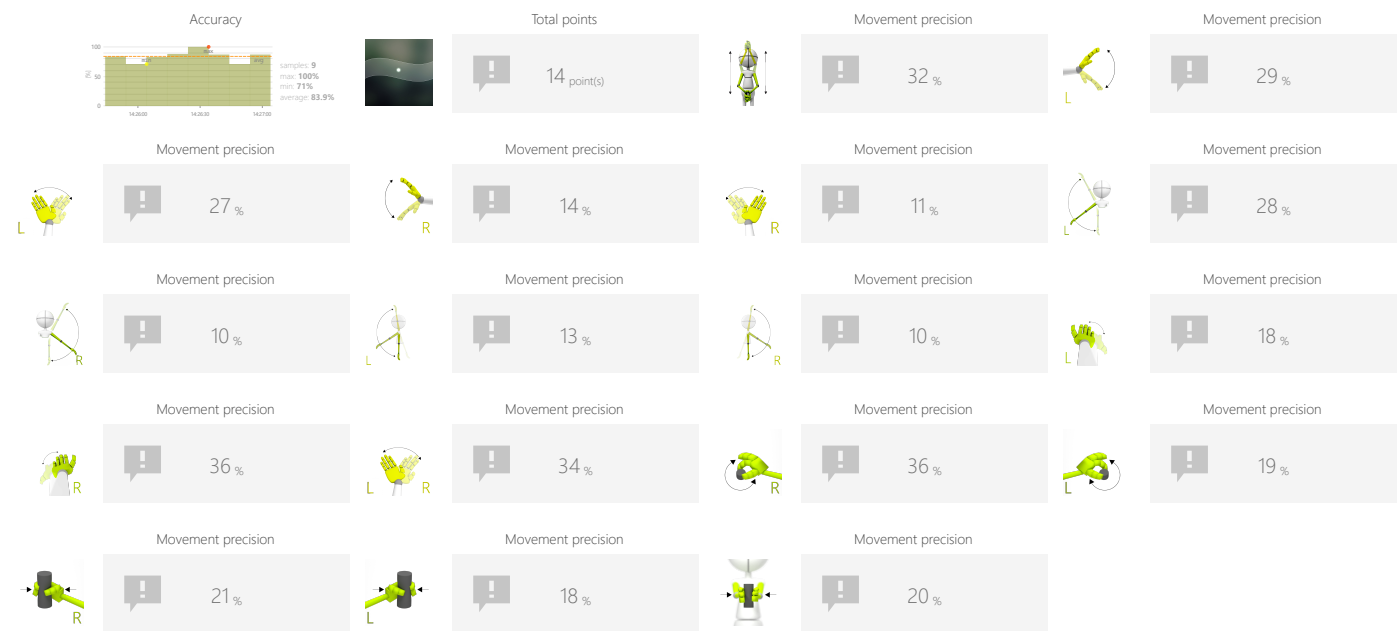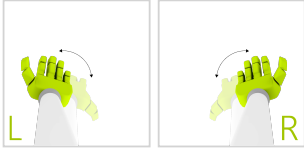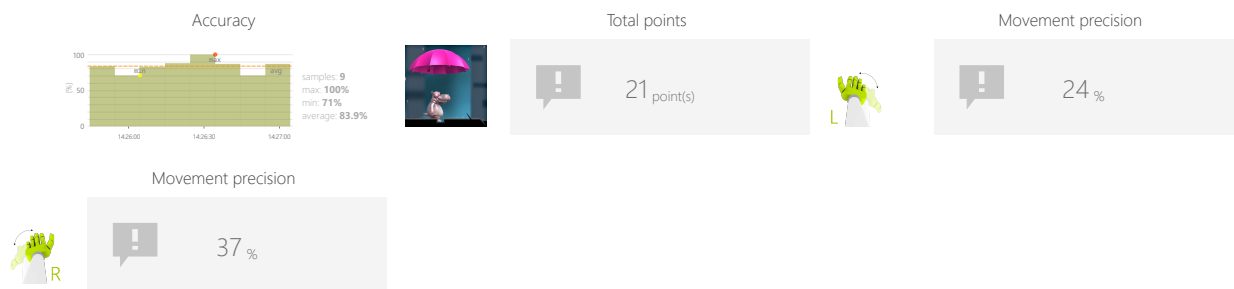REHABILITATION IN VIRTUAL REALITY

# MOVEMENT PRECISION
## GRAPH

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

## CONTROL MODES



## RESULTS

| | | | |
|---|---|---|---|
| Accuracy | Total points | Movement precision | Movement precision |
| samples: 9 / max: 100% / min: 71% / average: 83.9% | 14 point(s) | 32 % | 29 % |
| Movement precision | Movement precision | Movement precision | Movement precision |
| 27 % | 14 % | 11 % | 28 % |
| Movement precision | Movement precision | Movement precision | Movement precision |
| 10 % | 13 % | 10 % | 18 % |
| Movement precision | Movement precision | Movement precision | Movement precision |
| 36 % | 34 % | 36 % | 19 % |
| Movement precision | Movement precision | Movement precision | |
| 21 % | 18 % | 20 % | |

## ADJUSTMENTS

• Graph shape (sinus or square, amplitude, border, etc.)

• Task duration

• Range

## OBJECTIVES

• Movement precision

• Activity in a given rhythm

• Repetitive movements

• Hands raising

## INSTRUCTION FOR PATIENT

Try to stay within the borders.

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# MOVEMENT PRECISION
GRAPH

## SAMPLE SETTINGS



Difficulty **3/3**

Graph configuration
⟲ : 4.0s ⟷ : 20%

Duration **30s**

Range 20% ↕ 80%



Difficulty **1/3**

Graph configuration
⟲ : 4.0s ⟷ : 40%

Duration **90s**

Range 20% ↕ 80%



Difficulty **custom**

Graph configuration
⟷ : 20% ↑ : 2.0s ↓ : 2.0s ↗ : 1.0s ↘ : 1.0s

Duration **30s**

Range 20% ↕ 80%

**VAST.Rehab**
REHABILITATION IN VIRTUAL REALITY
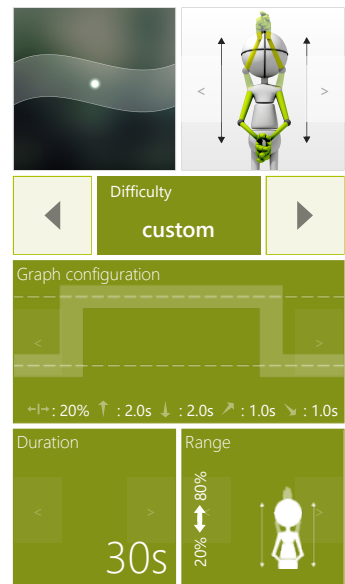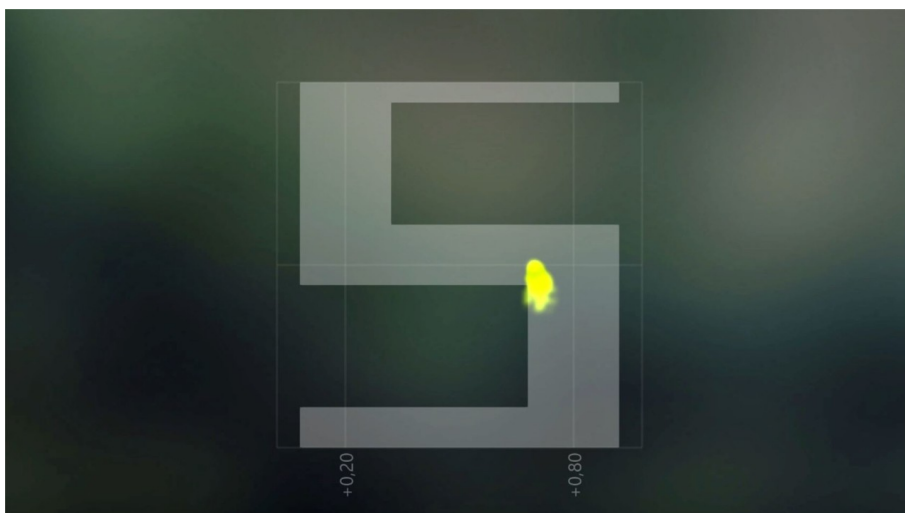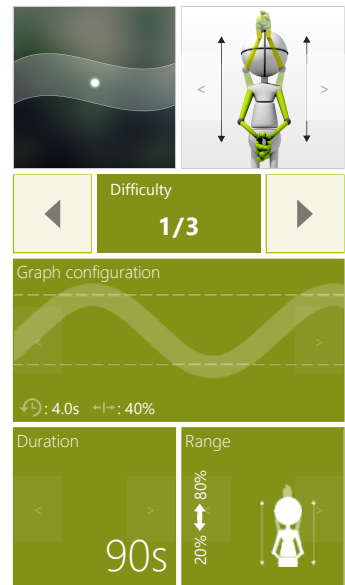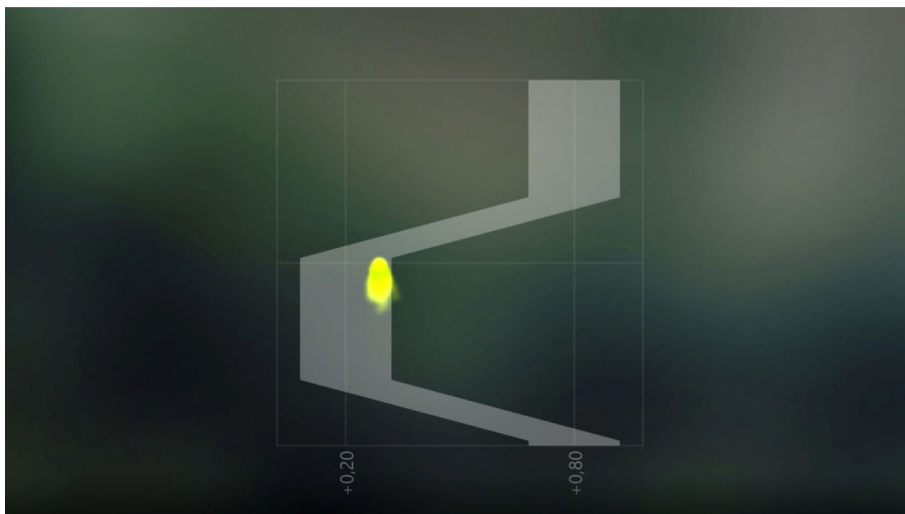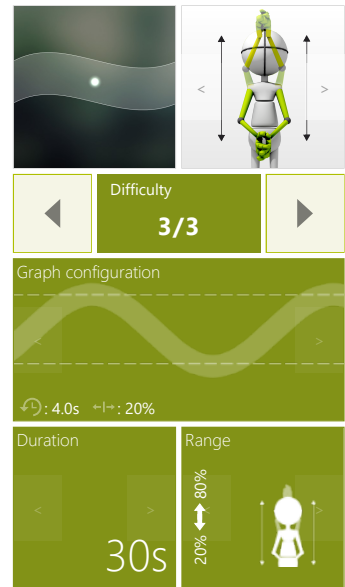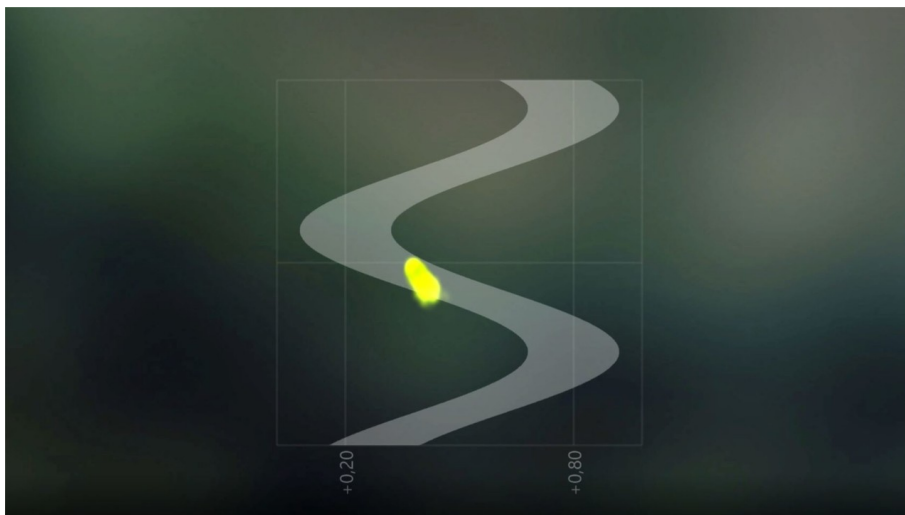
# MOVEMENT PRECISION
## UMBRELLA

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

## CONTROL MODES



## RESULTS

### Accuracy

samples: **9**
max: **100%**
min: **71%**
average: **83.9%**

### Total points

21 point(s)

### Movement precision

24 %

### Movement precision

37 %

## ADJUSTMENTS

• Task duration
• Path
• Range
• Umbrella size

## OBJECTIVES

• Movement precision
• Visual motor coordination

## INSTRUCTION FOR PATIENT

Don't let the hippo get wet - keep the umbrella above him!

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REHABILITATION IN VIRTUAL REALITY
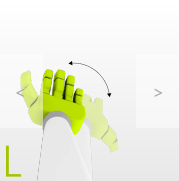
# MOVEMENT PRECISION
UMBRELLA

## SAMPLE SETTINGS



| | | |
|---|---|---|
| **Difficulty** | | |
| ◀ | **1/3** | ▶ |

| Duration | Path |
|---|---|
| < > | ⏱ : 8.0s |
| **60s** | |

| Range | Umbrella size |
|---|---|
| < > | < 150% > |
| 80% ⟷ 20% | |

**VAST.Rehab**
REHABILITATION IN VIRTUAL REALITY
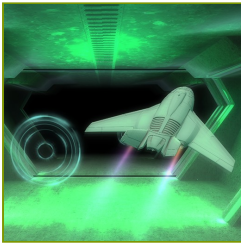
# FUNCTIONAL MOVEMENTS
## AIRPLANE

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



| | | | |
|---|---|---|---|
| Accuracy | Total points | Functional movements | Functional movements |
| samples: 9  max: **100%**  min: **71%**  average: **83.9%** | 10 point(s) | 29 % | 27 % |
| Functional movements | Functional movements | Functional movements | Functional movements |
| 14 % | 11 % | 14 % | 10 % |
| Functional movements | Functional movements | Functional movements | Functional movements |
| 34 % | 37 % | 20 % | 37 % |
| Functional movements | Functional movements | Functional movements | Functional movements |
| 35 % | 22 % | 34 % | 21 % |
| Functional movements | Functional movements | Functional movements | |
| 33 % | 17 % | 34 % | |
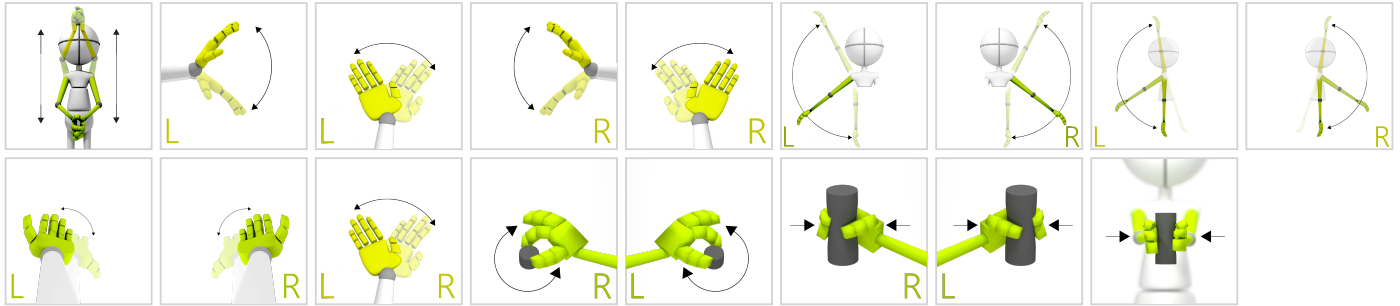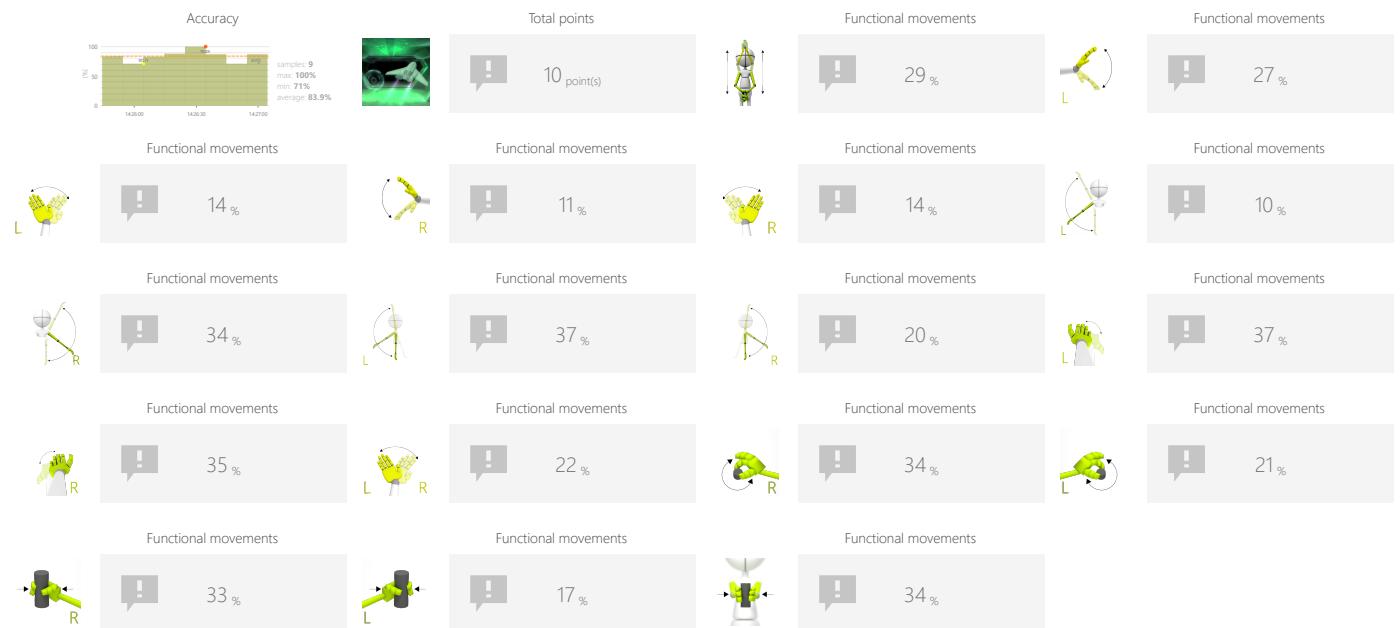
## ADJUSTMENTS

• Speed
• Task duration
• Range

## OBJECTIVES

• Focusing
• Perceptivity
• Movement precision
• Predicting the trajectory of objects in 3D space
• Balance and equilibrium training

## INSTRUCTION FOR PATIENT

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

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REHABILITATION IN VIRTUAL REALITY
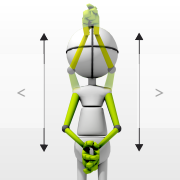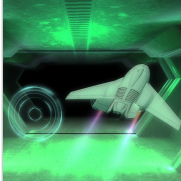
# FUNCTIONAL MOVEMENTS
AIRPLANE

## SAMPLE SETTINGS
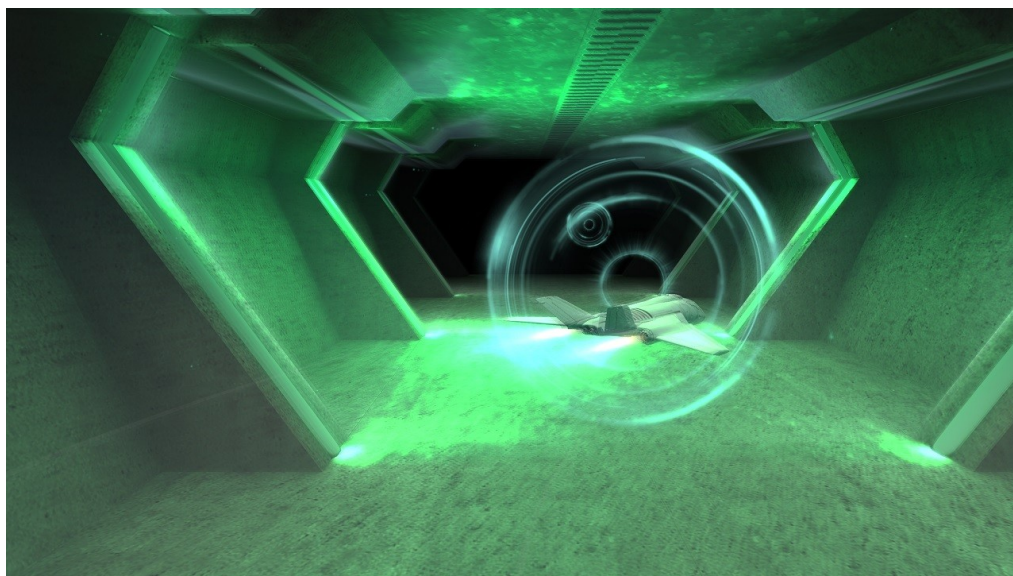


Difficulty
**2/4**

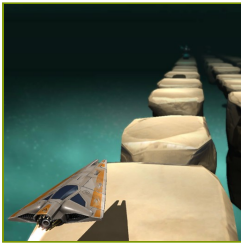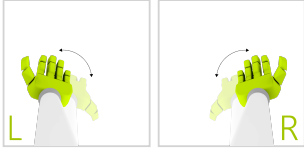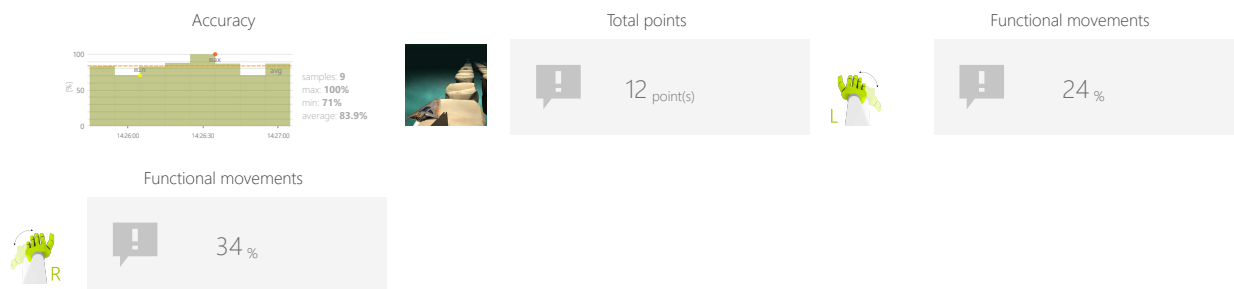Speed
**100%**
speed set automatically

Duration
**90s**

Range
80%
20%

**VAST.Rehab**
REHABILITATION IN VIRTUAL REALITY

# FUNCTIONAL MOVEMENTS
## STONES

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

### Accuracy



samples: **9**
max: **100%**
min: **71%**
average: **83.9%**

### Total points

12 point(s)

### Functional movements

24 %

### Functional movements

34 %

## ADJUSTMENTS

• Speed
• Task duration
• Range

## OBJECTIVES

• Perceptivity
• Dynamics of planned movements
• Reaction to the positive visual stimuli
• Response to negative visual stimuli

## INSTRUCTION FOR PATIENT

Make the the spaceship collect the colorful creatures and avoid the rocks.

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REHABILITATION IN VIRTUAL REALITY
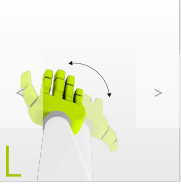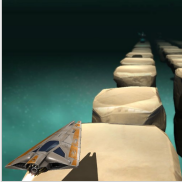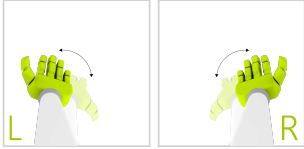
# FUNCTIONAL MOVEMENTS
STONES

## SAMPLE SETTINGS



Difficulty
**1/3**

Speed
**100%**
speed set automatically

Duration
**90s**

Range
80% ↔ 20%

VAST.Rehab
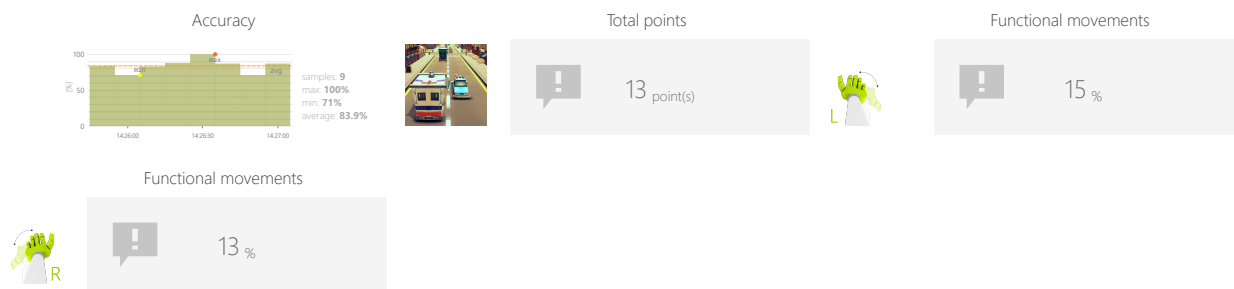REHABILITATION IN VIRTUAL REALITY

# 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



| Accuracy | | Total points | | Functional movements | |
|---|---|---|---|---|---|
| samples: **9** max: **100%** min: **71%** average: **83.9%** | | 13 point(s) | | 15 % | |

| Functional movements | |
|---|---|
| 13 % | |

## ADJUSTMENTS

• Speed

• Task duration

• Range

• Distance between cars

## OBJECTIVES

• Balance and equilibrium training

• Dynamics of planned movements

• Focusing

• Speed of decision making

• Visual motor coordination

## INSTRUCTION FOR PATIENT

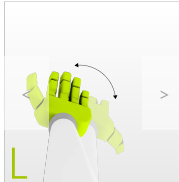Go as fast as you can and avoid hitting other cars.

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# FUNCTIONAL MOVEMENTS
AMBULANCE

## SAMPLE SETTINGS



**Difficulty** 2/3

**Speed** 50%
speed set automatically

**Duration** 30s

**Range** 80% ⟷ 20%

**Distance between cars** 50%



**Difficulty** custom

**Speed** 50%
speed set automatically

**Duration** 30s

**Range** 80% ⟷ 20%

**Distance between cars** 200%

VAST.Rehab
REHABILITATION IN VIRTUAL REALITY
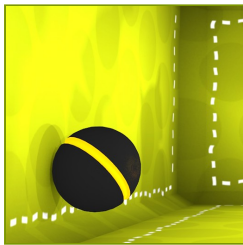
# FUNCTIONAL MOVEMENTS
## ARCANOID

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

| Accuracy | Total points | Functional movements | Functional movements |
|---|---|---|---|
| samples: **9** max: **100%** min: **71%** average: **83.9%** | 25 point(s) | 22 % | 25 % |

| Functional movements | Functional movements | Functional movements | Functional movements |
|---|---|---|---|
| 37 % | 10 % | 36 % | 18 % |

| Functional movements | Functional movements | Functional movements | Functional movements |
|---|---|---|---|
| 35 % | 33 % | 20 % | 32 % |

| Functional movements | Functional movements | Functional movements | Functional movements |
|---|---|---|---|
| 35 % | 32 % | 19 % | 31 % |

| Functional movements | Functional movements | Functional movements |
|---|---|---|
| 28 % | 15 % | 28 % |
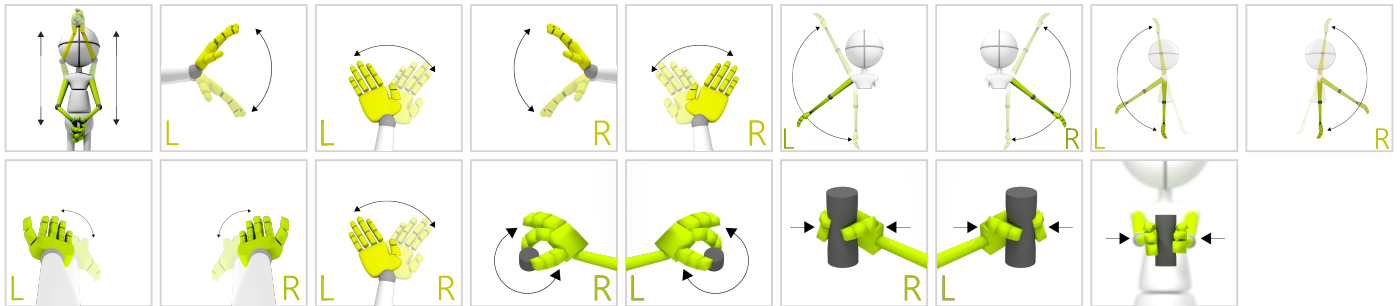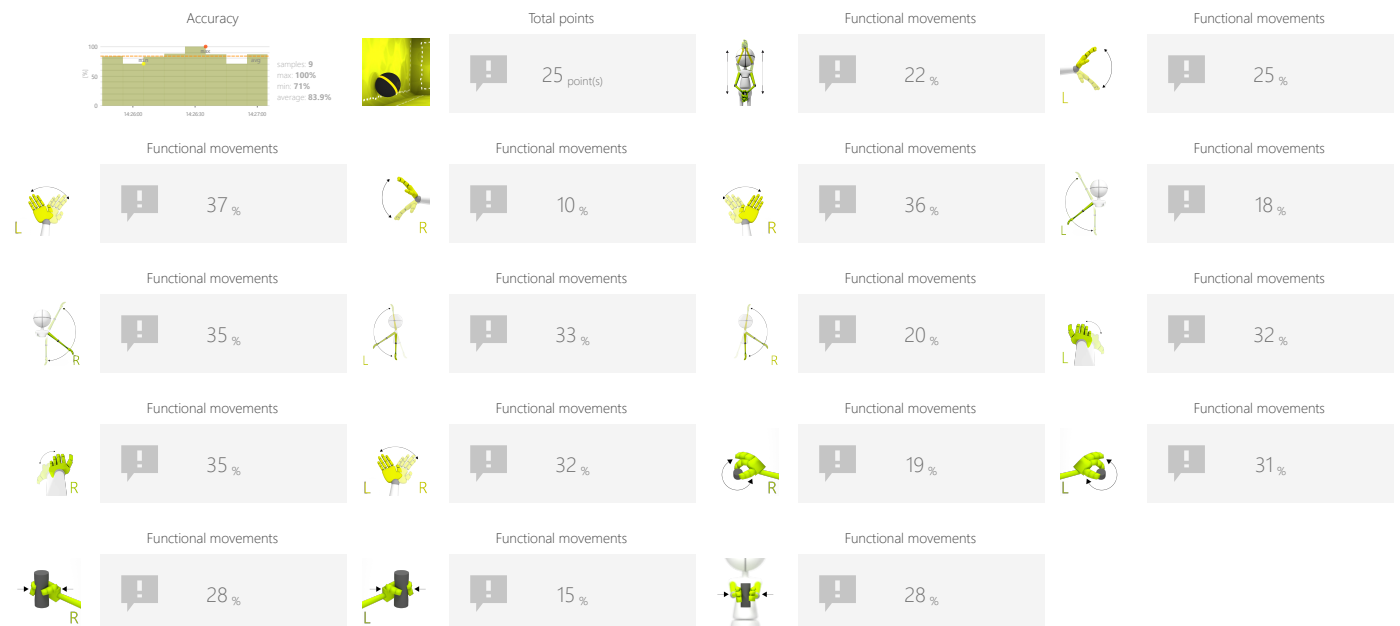
## ADJUSTMENTS

• Task duration
• Range
• Reticle size
• Speed of objects

## OBJECTIVES

• Dynamics of planned movements
• Predicting the trajectory of objects in 3D space
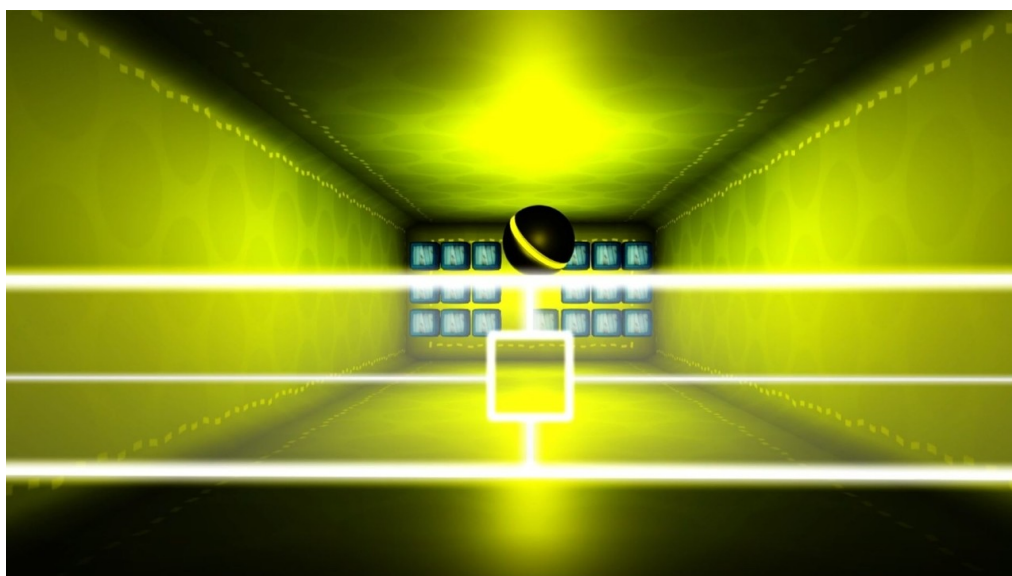• Visual motor coordination
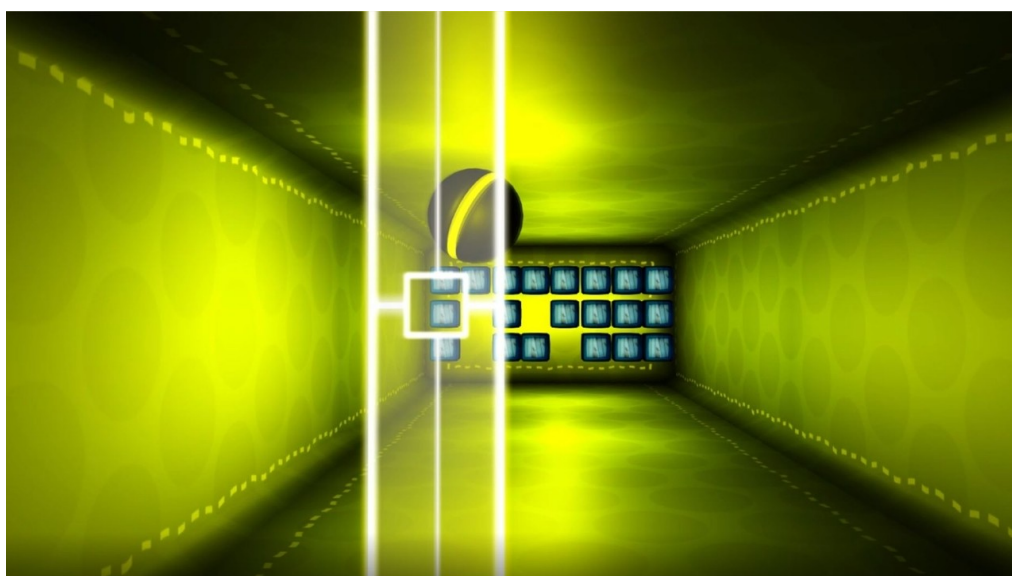
## INSTRUCTION FOR PATIENT

Destroy as many boxes as you can.

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## SAMPLE SETTINGS



Difficulty **custom**

Duration **90s**

Range 20% ↕ 80%

Reticle size **100%**

Speed of objects **70%**



Difficulty **custom**

Duration **90s**

Range 20% ↕ 80%

Reticle size **75%**

Speed of objects **70%**

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# 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

| Accuracy | Total points | Functional movements | Functional movements |
|---|---|---|---|
| samples: **9** max: **100%** min: **71%** average: **83.9%** | 26 point(s) | 38 % | 11 % |

| Functional movements | Functional movements | Functional movements | Functional movements |
|---|---|---|---|
| 23 % | 10 % | 22 % | 25 % |

| Functional movements | Functional movements |
|---|---|
| 22 % | 34 % |
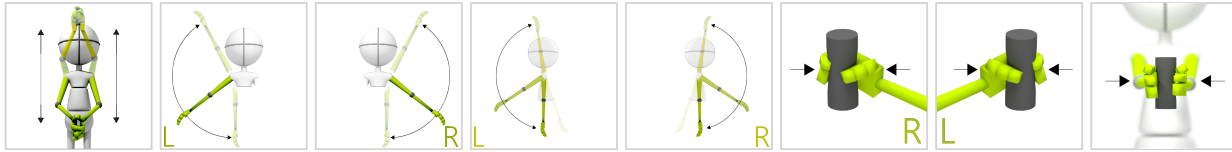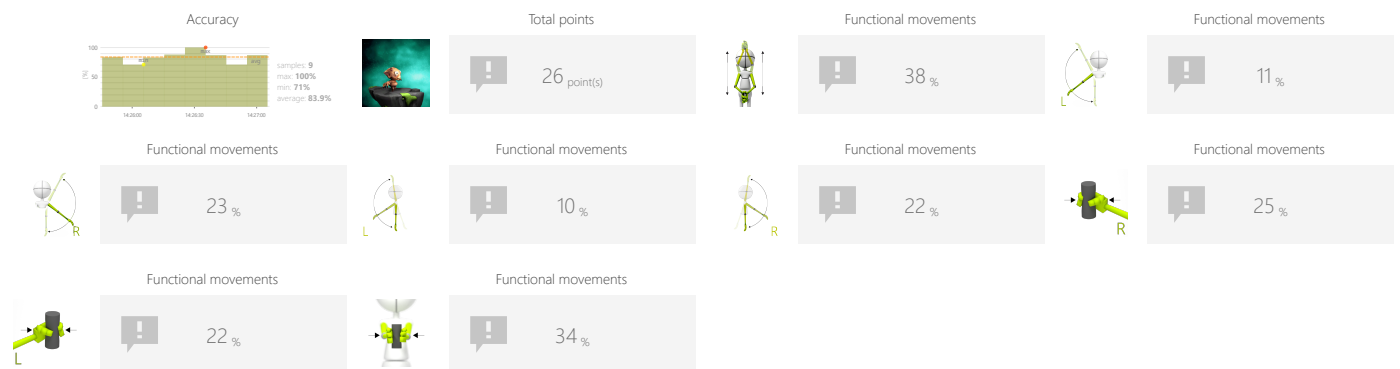
## ADJUSTMENTS

• Task duration
• Range
• Time between objects
• Bomb format
• Speed of objects

## OBJECTIVES

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

## INSTRUCTION FOR PATIENT

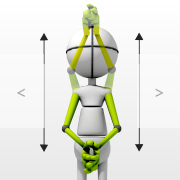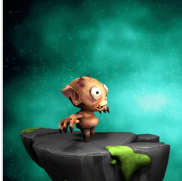Help the creature jump over incoming rockets and avoid being hit.

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REHABILITATION IN VIRTUAL REALITY

# FUNCTIONAL MOVEMENTS
ROCKET JUMPING

## SAMPLE SETTINGS



| | |
|---|---|
| **Difficulty** | **1/3** |
| Duration | 90s |
| Range | 20%–80% |
| Time between objects | 5s |
| Bomb format | 1 |
| Speed of objects | 100% |



| | |
|---|---|
| **Difficulty** | **custom** |
| Duration | 90s |
| Range | 20%–80% |
| Time between objects | 5s |
| Bomb format | 2 |
| Speed of objects | 100% |
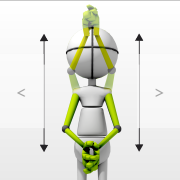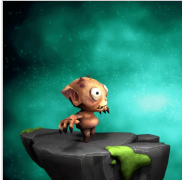
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# FUNCTIONAL MOVEMENTS
## MOTOCROSS

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

| Accuracy | | Total points | | Functional movements | | Functional movements | |
|---|---|---|---|---|---|---|---|
| samples: **9**<br>max: **100%**<br>min: **71%**<br>average: **83.9%** | | 29 point(s) | | 38 % | | 11 % | |

| Functional movements | | Functional movements | | Functional movements | | Functional movements | |
|---|---|---|---|---|---|---|---|
| 23 % | | 26 % | | 38 % | | 11 % | |

| Functional movements | | Functional movements | | Functional movements | | Functional movements | |
|---|---|---|---|---|---|---|---|
| 37 % | | 24 % | | 22 % | | 20 % | |
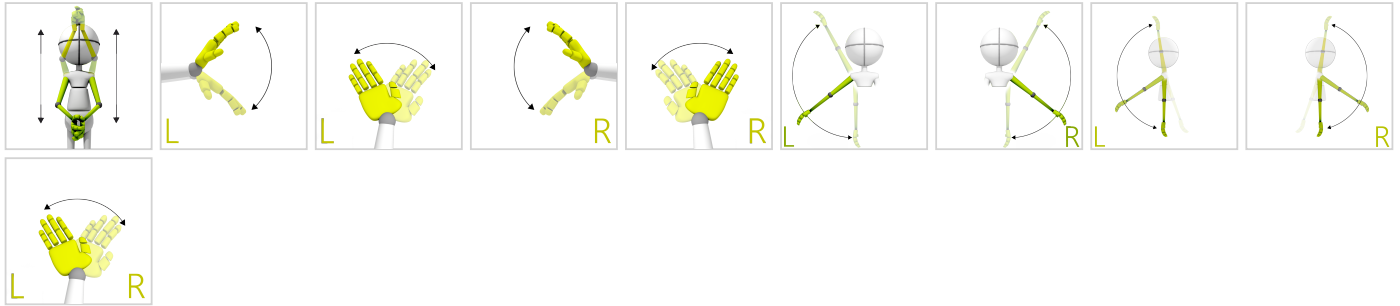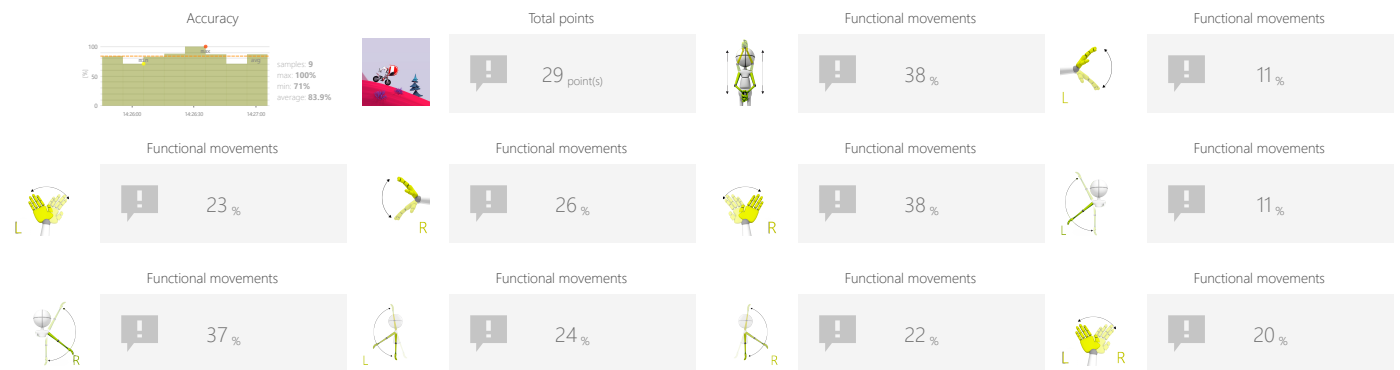
## ADJUSTMENTS

• Task duration

• Range

• Route shape

## OBJECTIVES

• Dynamics of planned movements

• Planning and Strategy

## INSTRUCTION FOR PATIENT

Accelerate and brake to cover the entire route as quickly as possible without tipping.

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# FUNCTIONAL MOVEMENTS
MOTOCROSS

## SAMPLE SETTINGS

24

**Difficulty**
2/3

**Duration**
90s

**Range**
20% 80%

**Route shape**
Medium

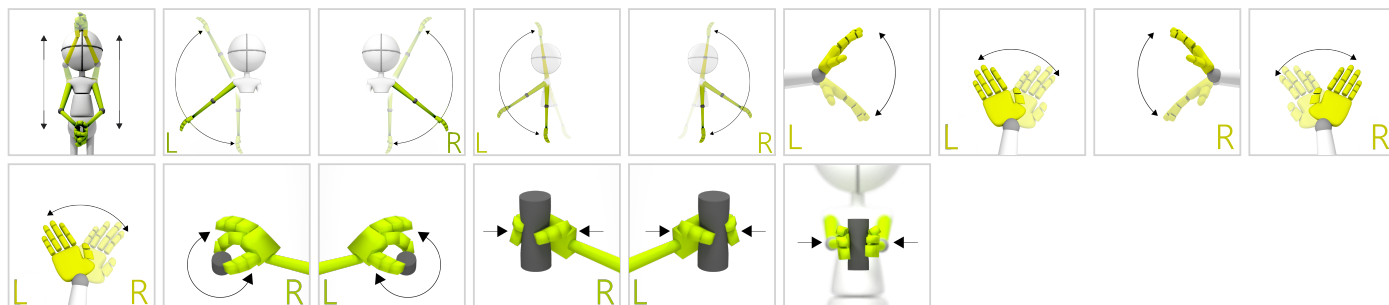VAST.Rehab
REHABILITATION IN VIRTUAL REALITY
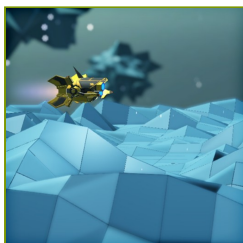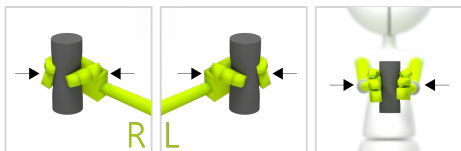
# FUNCTIONAL MOVEMENTS
## GEOMETRY FLIER
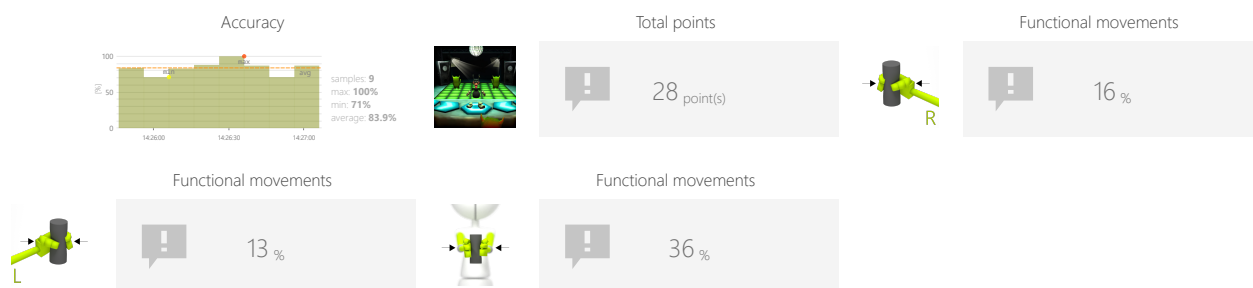
Measure and train individual's skills to perform movements based on real-world situational biomechanics. They usually involve multi-planar, multi-joint movements which place demand on the body's core musculature and innervation.

## CONTROL MODES



## RESULTS

| | | | |
|---|---|---|---|
| Accuracy | Total points | Functional movements | Functional movements |
| samples: **9** max: **100%** min: **71%** average: **83.9%** | 26 point(s) | 24 % | 27 % |
| Functional movements | Functional movements | Functional movements | Functional movements |
| 39 % | 12 % | 38 % | 36 % |
| Functional movements | Functional movements | Functional movements | Functional movements |
| 23 % | 35 % | 38 % | 34 % |
| Functional movements | Functional movements | Functional movements | Functional movements |
| 37 % | 33 % | 20 % | 18 % |
| Functional movements | | | |
| 16 % | | | |

## ADJUSTMENTS

• Speed
• Task duration
• Range

## OBJECTIVES

• Dynamics of planned movements
• Activity in a given rhythm
• Visual motor coordination

## INSTRUCTION FOR PATIENT

Control the vehicle to avoid the obstacles.

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# FUNCTIONAL MOVEMENTS
GEOMETRY FLIER

## SAMPLE SETTINGS
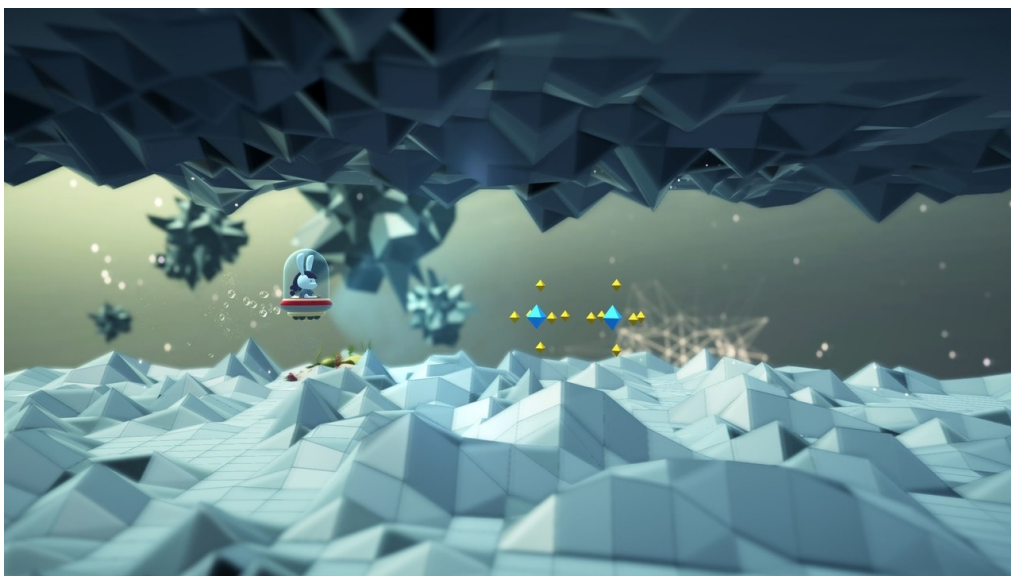


Difficulty
**1/3**

Speed
**100%**
speed set automatically

Duration
**30s**

Range
80%
20%

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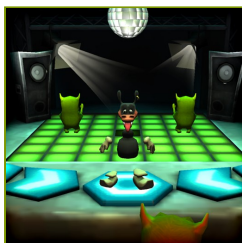
# FUNCTIONAL MOVEMENTS
## DANCEMAN

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



Accuracy

samples: **9**
max: **100%**
min: **71%**
average: **83.9%**

Total points

28 point(s)

Functional movements

16 %

Functional movements

13 %

Functional movements

36 %

## ADJUSTMENTS

• Task duration
• Range
• Advanced scoring
• Song index
• Spawn rate level

## OBJECTIVES

• Activity in a given rhythm
• Spontaneous movements
• Visual motor coordination

## INSTRUCTION FOR PATIENT

Hit the green characters when they come close.

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# FUNCTIONAL MOVEMENTS
DANCEMAN

## SAMPLE SETTINGS







**Difficulty**
1/6

**Duration**
90s

**Range**
50%
0%

**Advanced scoring**
No

**Song index**
0

**Spawn rate level**
Easy

R
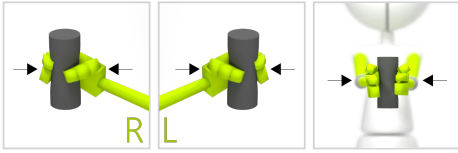
**VAST.Rehab**
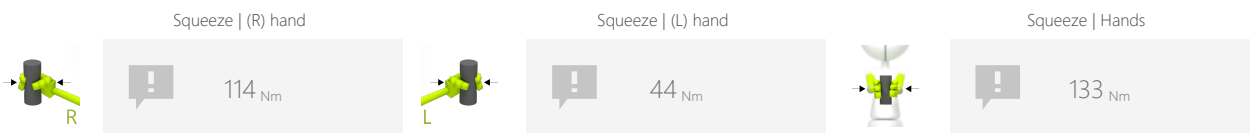REHABILITATION IN VIRTUAL REALITY
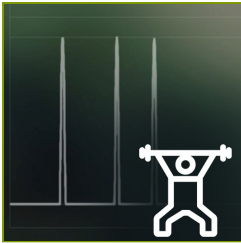
# STRENGTH
## STRENGTH TEST

Measure and gently motivate to increase individual's force while performing predefined movement patterns.
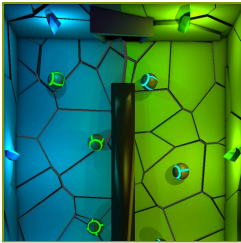
## CONTROL MODES



## RESULTS

| Squeeze \| (R) hand | Squeeze \| (L) hand | Squeeze \| Hands |
|---|---|---|
| ! 114 Nm | ! 44 Nm | ! 133 Nm |

## ADJUSTMENTS

• Time to complete action

## OBJECTIVES

• Strength examination
• Muscle strengthening
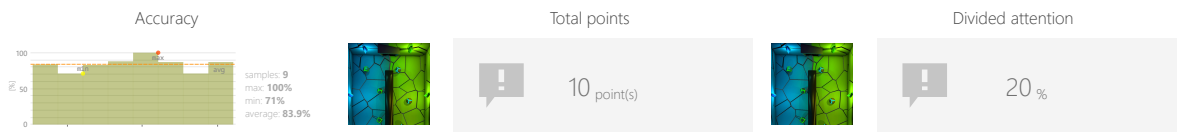
## INSTRUCTION FOR PATIENT

Try to achieve best result

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# 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



| Accuracy | Total points | Divided attention |
|---|---|---|
| samples: **9**<br>max: **100%**<br>min: **71%**<br>average: **83.9%** | 10 point(s) | 20 % |
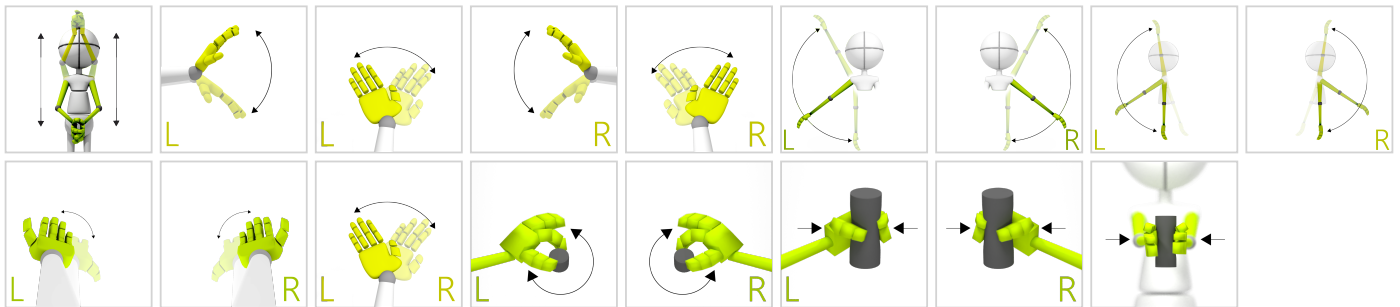
## ADJUSTMENTS

• Task duration
• Range
• Number of objects
• Gap size
• Speed of objects

## OBJECTIVES

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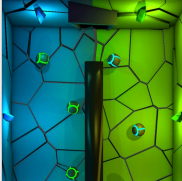• Exercise with or without support from healthy limb

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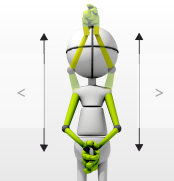
Pass or block the balls so that the blue balls are on the blue side and the green balls are on the green side of the screen.

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# DIVIDED ATTENTION
SORTER

## SAMPLE SETTINGS



Difficulty
◀ 1/3 ▶

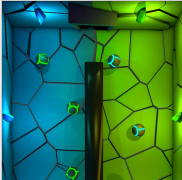| Duration | Range |
| --- | --- |
| 30s | 80% / 20% 150% |
| Number of objects | Gap size |
| 4 | 150% |
| Speed of objects | |
| 100% | |



Difficulty
◀ 1/3 ▶

| Duration | Range |
| --- | --- |
| 30s | 80% / 20% |
| Number of objects | Gap size |
| 4 | 150% |
| Speed of objects | |
| 100% | |

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# MEMORY
## TRUCKS

Measure and train individual's skills to memorize information.

## CONTROL MODES



## RESULTS

### Number of repetitions

samples: **4**
max: **9**
min: **7**
sum: **31**
average: **7.67**

### Accuracy

samples: **9**
max: **100%**
min: **71%**
average: **83.9%**

### Total points

14 point(s)

### Memory

32 %
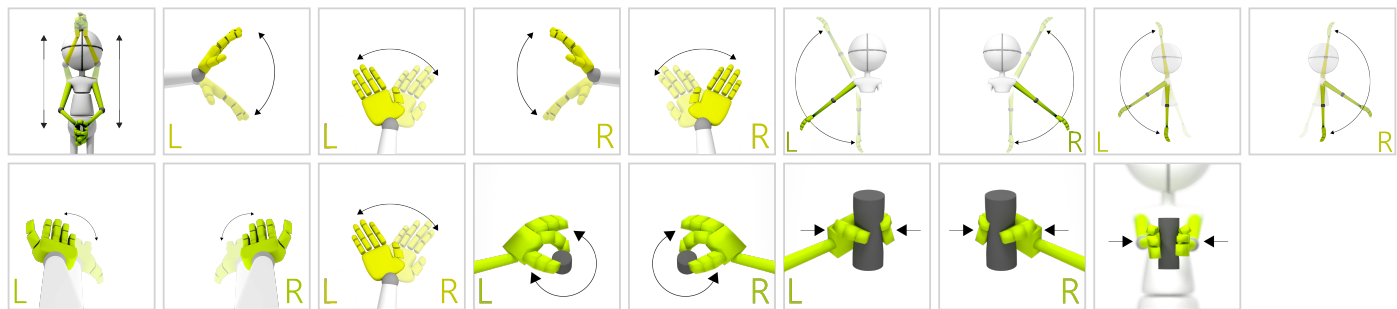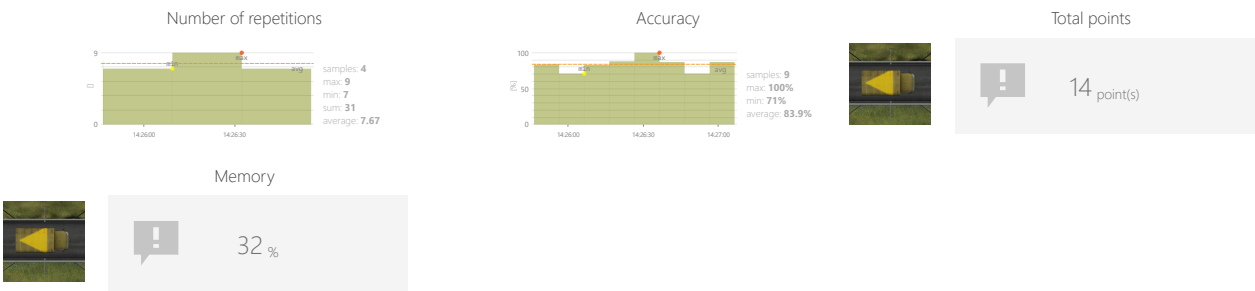
## ADJUSTMENTS

• Task duration

• Range

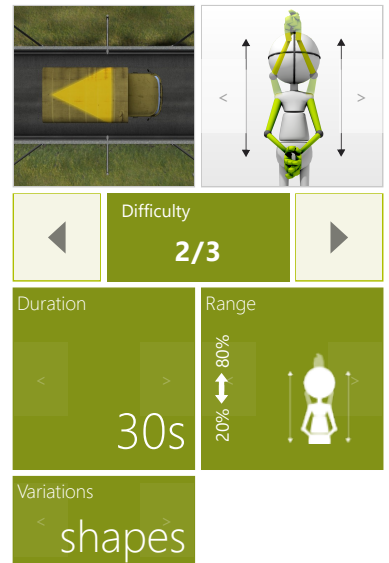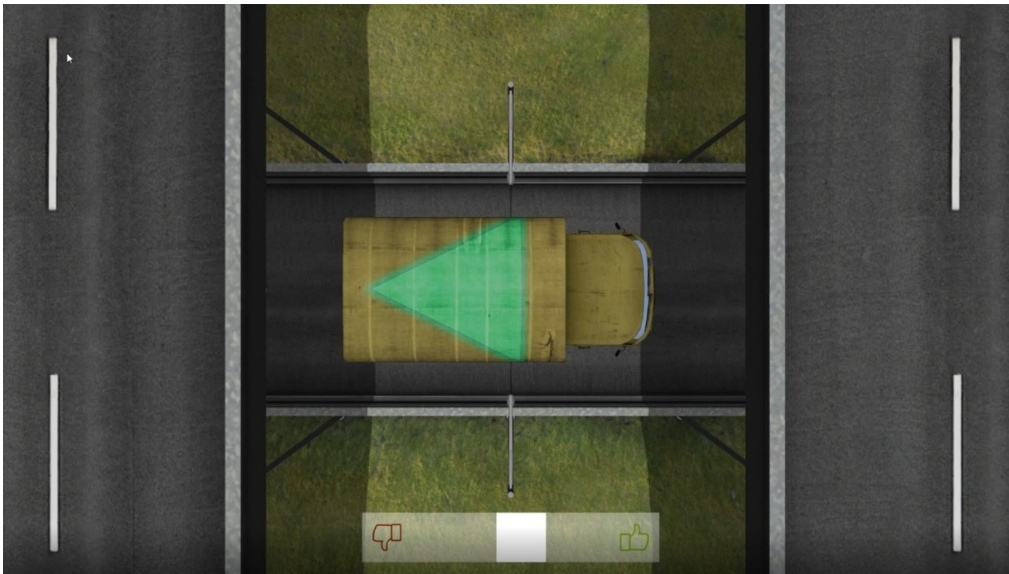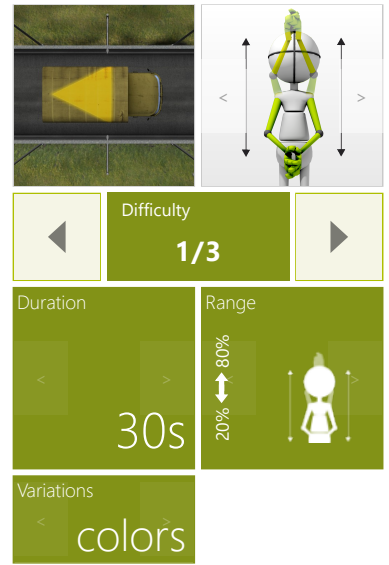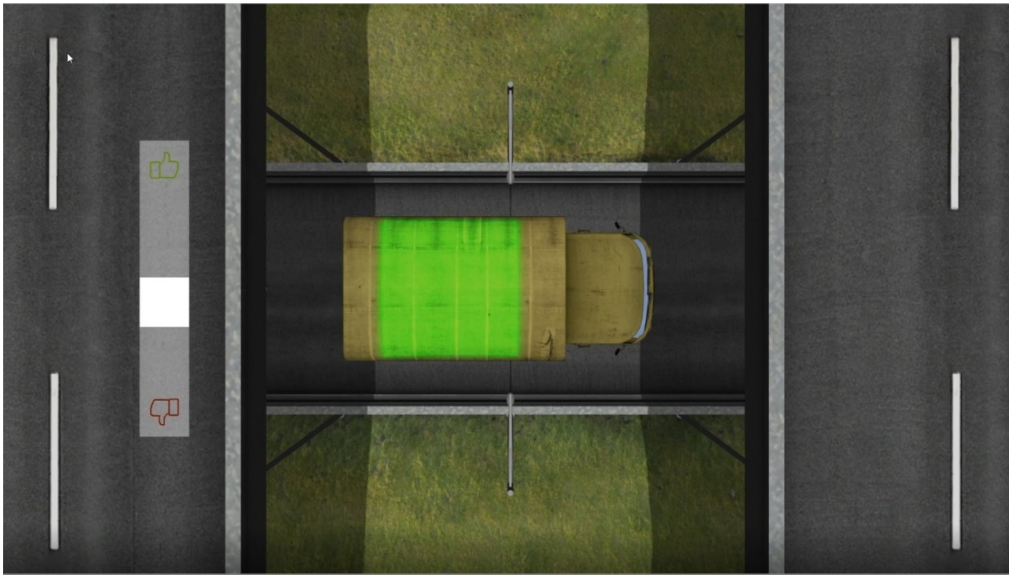• Variations

## 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.

# MEMORY
TRUCKS

## SAMPLE SETTINGS



Difficulty **1/3**

Duration **30s**

Range 20% ↕ 80%

Variations **colors**



Difficulty **2/3**

Duration **30s**

Range 20% ↕ 80%

Variations **shapes**

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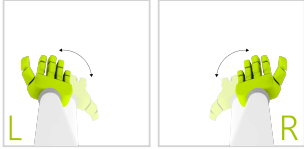REHABILITATION IN VIRTUAL REALITY
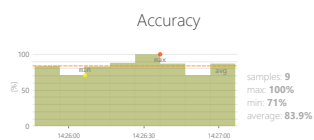
# PROBLEM SOLVING
## CLONES

Measure and train individual's skills to reach a solution of specific problems. Problem solving may include mathematical or systematic operations and can be a gauge of an individual's critical thinking skills.

## CONTROL MODES



## RESULTS

| Accuracy | Total points | Problem solving |
|---|---|---|
| samples: **9** max: **100%** min: **71%** average: **83.9%** | 29 point(s) | 28 % |

## ADJUSTMENTS

• Task duration

• Time to complete action

• Range

• Number of pairs

## OBJECTIVES

• Perceptivity

• Visual motor coordination

• Logical tasks

## INSTRUCTION FOR PATIENT

Select the item which has a pair on the screen.

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# PROBLEM SOLVING
CLONES

## SAMPLE SETTINGS
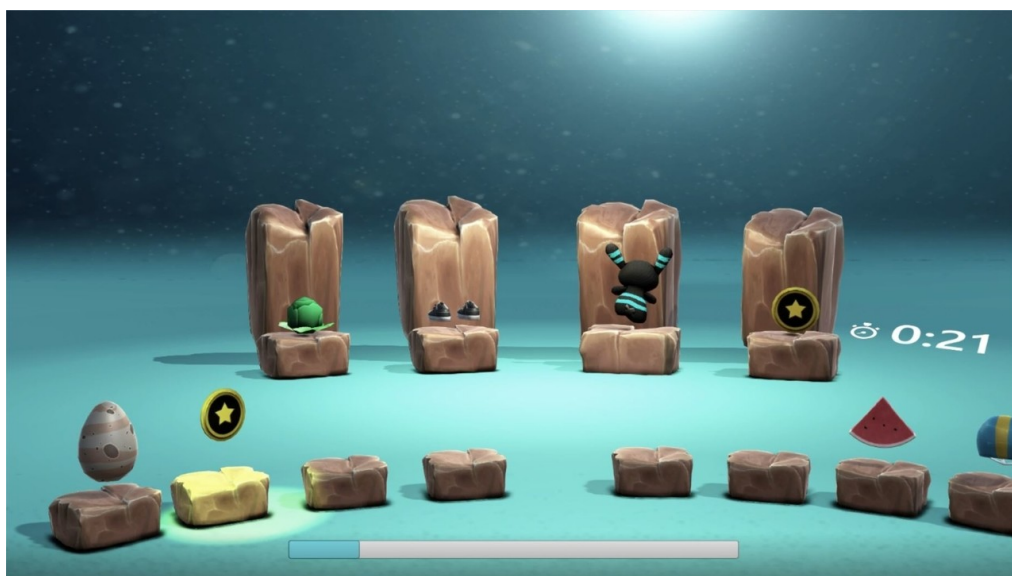


**Difficulty**
1/3

**Duration**
90s

**Minitask duration**
30s

**Range**
80% ↔ 20%

**Number of pairs**
4

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# SPECIALIZED
## BLOOD PRESSURE

**120 / 80**
mm Hg

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

## CONTROL MODES

## OBJECTIVES

• Monitor external parameters
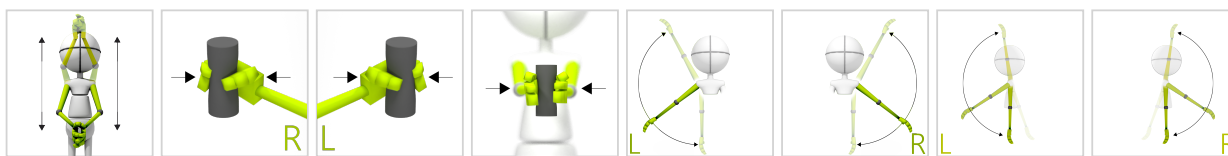
## INSTRUCTION FOR PATIENT

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

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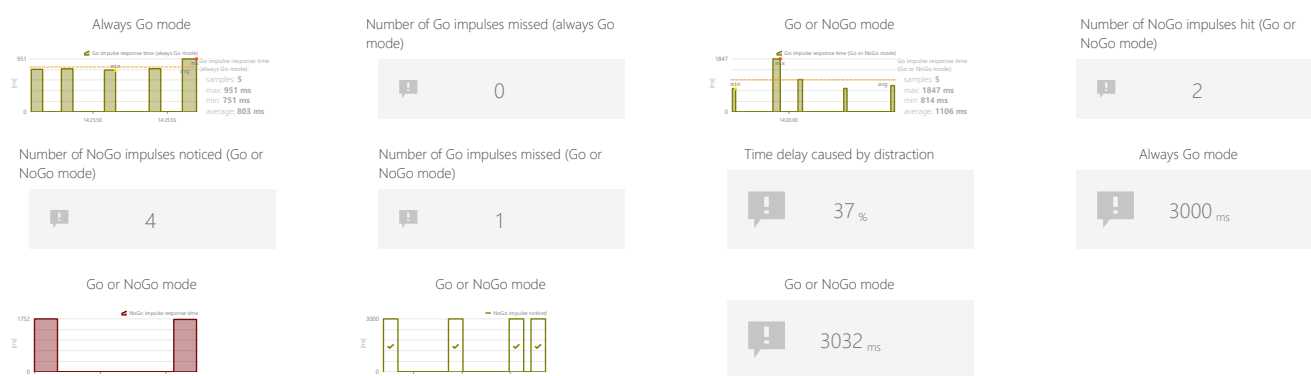REHABILITATION IN VIRTUAL REALITY

# SPECIALIZED
## GONOGO TEST

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

## CONTROL MODES



## RESULTS

### Always Go mode



samples: **5**
max: **951 ms**
min: **751 ms**
average: **803 ms**

### Number of Go impulses missed (always Go mode)

0

### Go or NoGo mode



samples: **5**
max: **1847 ms**
min: **814 ms**
average: **1106 ms**

### Number of NoGo impulses hit (Go or NoGo mode)

2

### Number of NoGo impulses noticed (Go or NoGo mode)

4

### Number of Go impulses missed (Go or NoGo mode)

1

### Time delay caused by distraction

37 %

### Always Go mode

3000 ms

### Go or NoGo mode



### Go or NoGo mode



### Go or NoGo mode

3032 ms

## ADJUSTMENTS

• Range
• Required proper repetitions
• Hit if

## OBJECTIVES

• Spontaneous movements
• Speed of movement
• Response to negative visual stimuli
• Reaction to the positive visual stimuli

## INSTRUCTION FOR PATIENT

Hit the button when positive trigger appears.

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