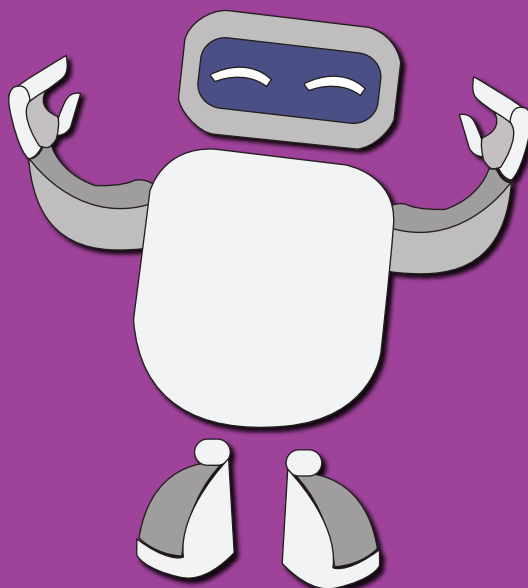


MOTUS NOVA

User Manual

Revision: 04/14/2025



MOTUS NOVA

Table of Contents

Introduction

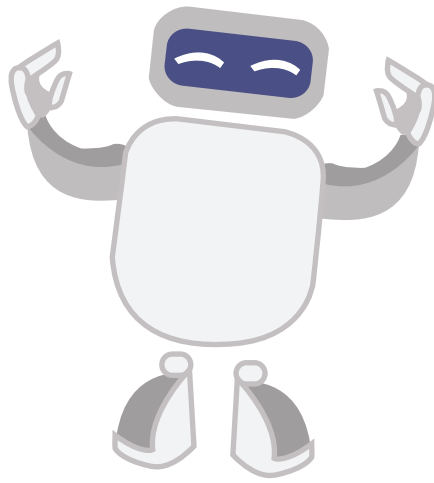
Welcome.....	1
Glossary.....	2
Powering the console on/off.....	3

Interface

Connecting to wifi.....	4
Main screen tour.....	5
Caring for your Motus System.....	6
Reports.....	7
Minigame games.....	8 - 9

Exercises

Ball Fall.....	10	Gross Motor Control.....	18	Shape Shooter.....	26
Black Jack.....	11	High Difficulty Golf.....	19	Slot Machine.....	27
Brick Breaker.....	12	MFL Kickoff.....	20	Solitaire.....	28
Candy Swap.....	13	Motus Karts.....	21	Space Shooter.....	29
Cosmic Tennis.....	14	Plinko.....	22	Sphero.....	30
Countdown.....	15	Powerlifter.....	23	Symphony Hero.....	31
Fishing.....	16	Powerlifter Up.....	24	Thermometer.....	32
Green Golf.....	17	Rhythm Rider.....	25		



Welcome to the Motus Home System

The Motus Home System is designed to instruct, guide, encourage, and provide effective challenging therapy. Your progress is monitored, stored and charted so that you can track your recovery. Hard work and dedication to the rehabilitation process are important factors toward your success. The Motus Home System will assist when necessary in order to maximize your involvement but it will not do all of the work for you.



The Motus Hand

The purpose of the Motus Hand therapy is to maintain and increase the range of motion and increase functional use of the wrist and fingers.



The Motus Foot

The purpose of the Motus Foot therapy is to maintain and increase the range of motion of the foot and ankle.

Introduction

Glossary

User

is the person using the Motus Hand or Motus Foot.

Session

is defined as beginning when the user presses “begin therapy” button on the main menu, and ending when the last game the user plays ends.



Recommendation

Complete at least one session per day, which means playing each game for the preset amount of time the system has determined. To do this correctly, the user should not press the skip button unless instructed by a Motus Nova client care team member.

Prescription

Is the list of specific games and its duration that are assigned to the user based on their range of motion and ability. The duration of the session as a whole is also adjusted in a prescription.

Stretch

is when the user should extend the wrist or flex the foot upward as far as possible. The muscle will inflate to the maximum range of motion to assist this as needed.

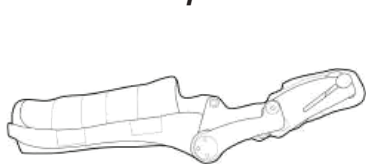
Rest

is when the user should cease providing input to move the wrist or ankle, and let the device move the body part for them.

Active

is when the user should extend, flex, and/or do both to complete a task in the exercise.

Extension/Dorsiflexion



is lifting the wrist and hand upward, or bending the ankle and foot downward.

Wrist: corresponds with an upward movement on screen with the controller.

Ankle: corresponds with a upward movement on screen with the controller.

Flexion/Planar Flexion



is bending the wrist and hand downward, or lifting ankle and foot upward.

Wrist: corresponds with a downward movement on screen with the controller.

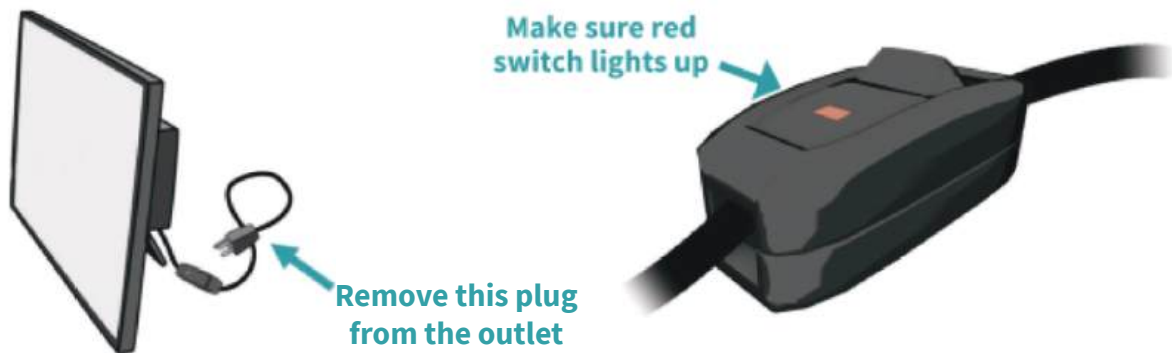
Ankle: corresponds with an downward movement on the screen with the controller.

Introduction

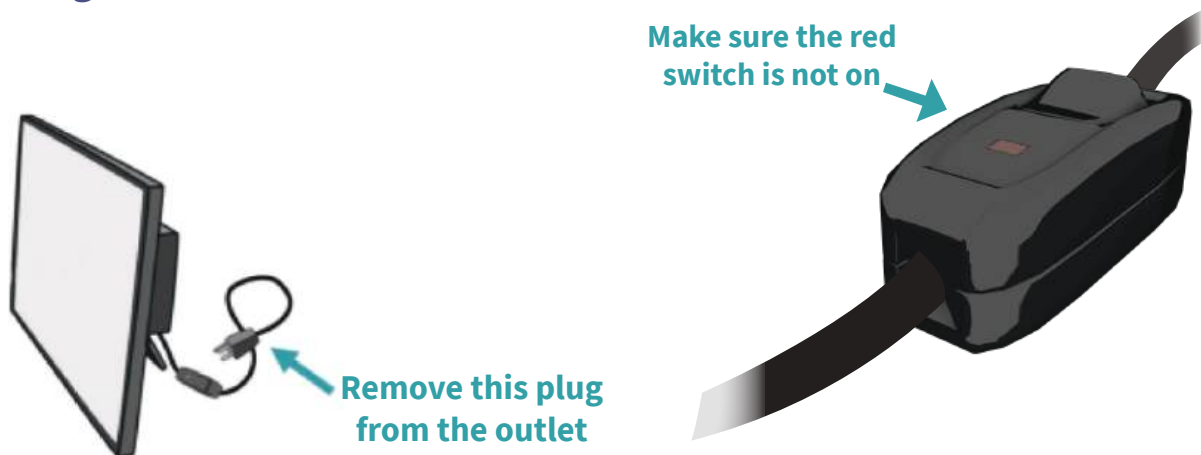
Powering The Console On/Off

Turning the console off and on can be done by using the power switch attached to the power cable on the console.

Powering the Console ON



Powering the Console OFF



Interface

Connecting To Wifi



1

When you first turn on the Motus system, you will be presented with this screen to complete your registration. You can complete the registration by connecting to Wifi by tapping "connect to wifi"



2

When you hit "connect to wifi" you will be taken to a screen that will list all detected Wifi networks. Tap the correct wifi network that you want to log in to.



3

Click the Submit button after you have correctly entered the password in the appropriate field.



4

After you have entered your password, a popup will appear as the system tries to connect to your wifi.

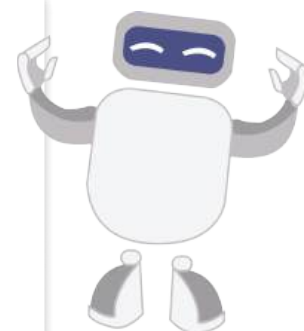


5

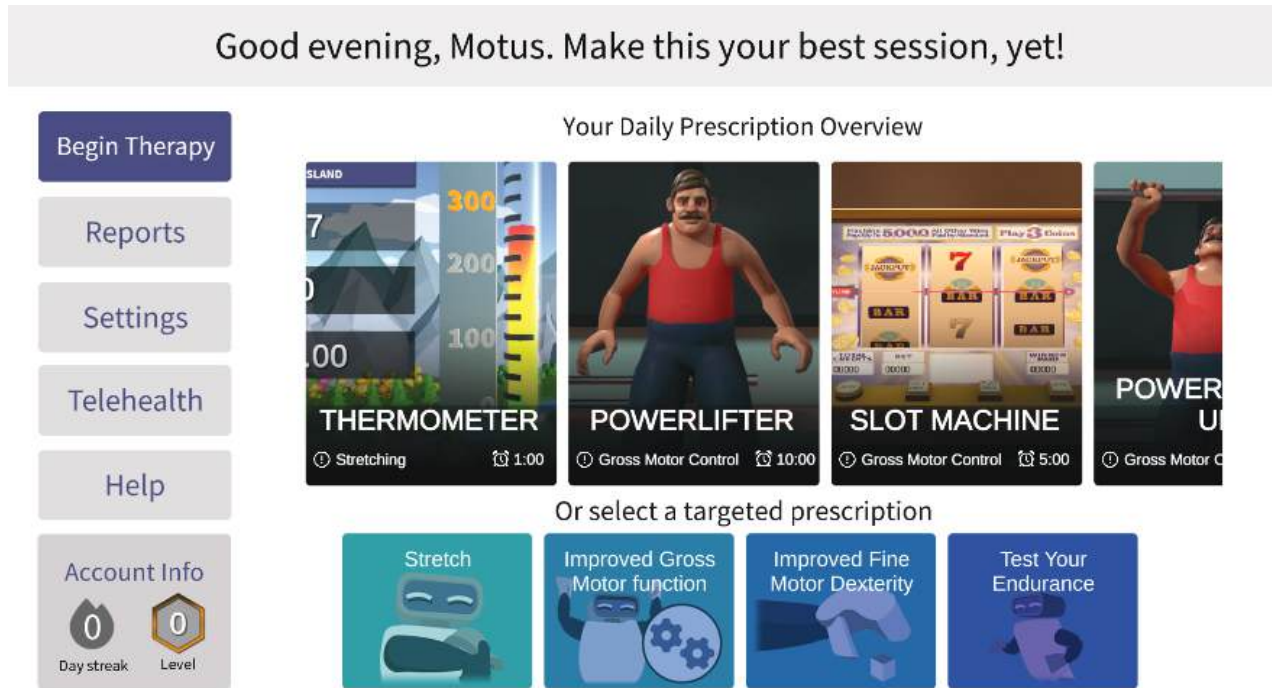
If you are able to successfully connect to the network your system will be automatically registered and connected to the Motus Network.

DID YOU KNOW?

Wifi is not needed to complete your excersises. Your progress is also saved and can be viewed once you connect to wifi again. Some Motus users have taken the system with them on vacation!



Main Screen Tour



1

BEGIN THERAPY/HOME

This will lead you into your first therapeutic game via the Begin Therapy button.

2

REPORTS

This will allow you to generate and view reports of your progress. Wifi is required to generate the most recent report.

3

SETTINGS

This will allow you to change controller settings, change wifi, and change volume.

4

TELEHEALTH

The telehealth section is utilized to help monitor your progress by your care professionals.

5

HELP

This will allow you to view a tutorial, check for updates, and view installed software.

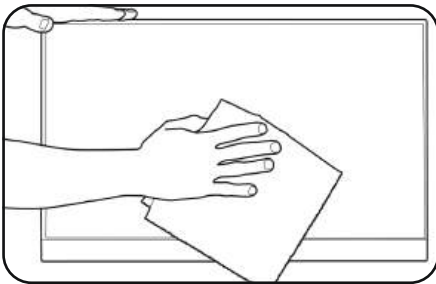
6

ACCOUNT INFO

This allows you to view your account info. This includes your payment info and your recovery points.

Interface

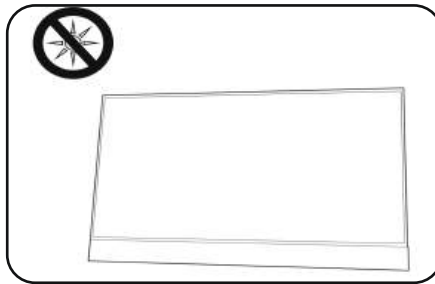
Caring for your Motus System



CLEANING THE SCREEN

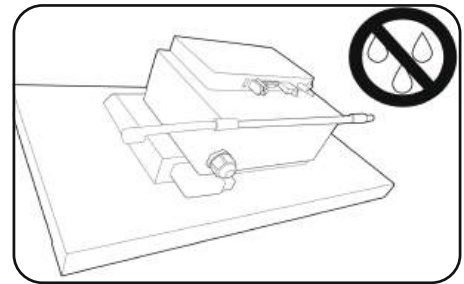
In order to clean, wring dry a cloth which has been immersed in a natural detergent.

DO NOT use any organic solvent, acid, or alkali solution.



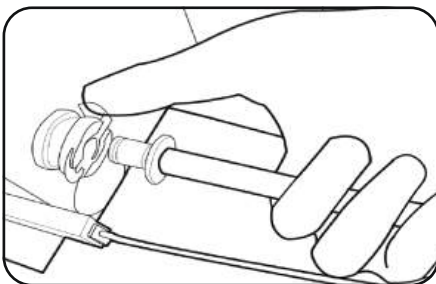
EXTREME CONDITIONS

Do not expose to heat or direct sunlight. Do not store in extreme cold or heat.



AVOID WATER

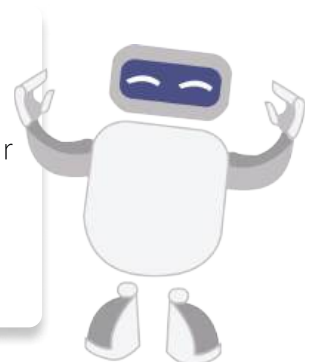
Do not soak or splash data ports.



CABLE CARE

Take care not to crush or cut the data cable and air hose.

If you notice any damage to the Motus system during shipping, please notify our customer care team at (844) 668-8766.



Interface

Reports

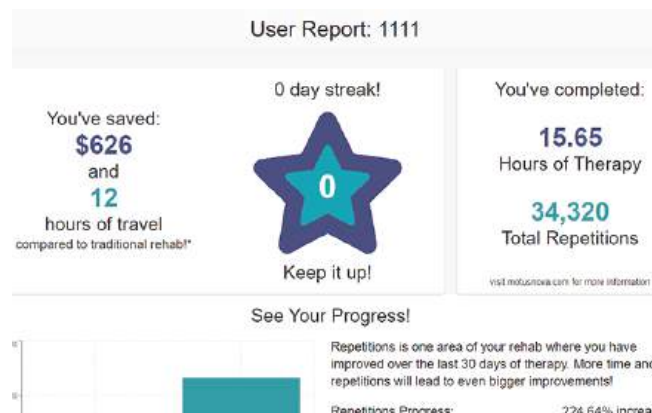
Setting a clear goal can make your therapy more effective and keep you motivated. With Motus Home, the gains you see depend on how much you play and how many repetitions you do—not just how long you’ve had the system.

Try starting with one hour of play each day and work toward 30 hours in your first month. If you feel up to it, go beyond that—ramping up to two hours a day is a great early milestone. If an hour feels like too much at once, split it into two 30-minute sessions or simply begin with 30 minutes a day.

The key is to stay consistent and build from there!

UNDERSTANDING YOUR REPORT

To access your report click on Reports on the Main Menu

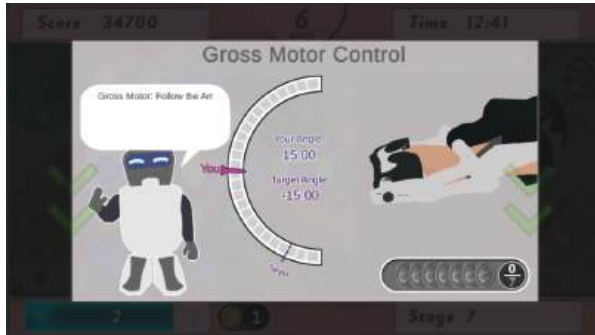


Interface

Minigame Games

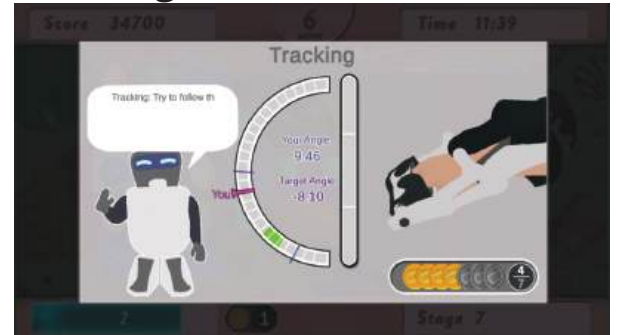
Many of the games that you will use to get your therapy utilize Minigames in order to progress to the next stage of the game. The Minigame system will guide you through different exercises depending on your needs and progress.

Gross Motor Control



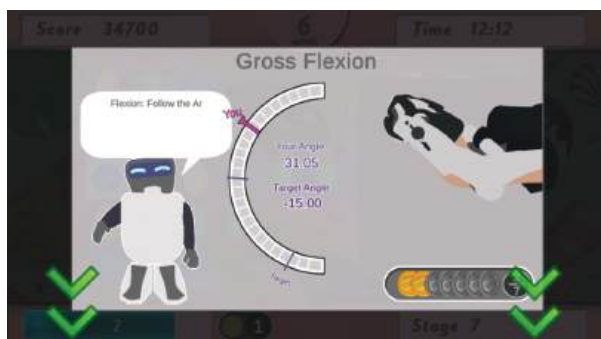
Gross motor control minigame requires you to move your affected limb down and then up.

Tracking



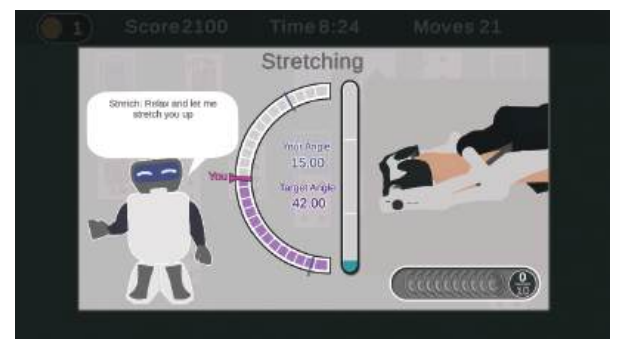
The tracking minigame requires you to use your affected limb to follow the marker for a period of time.

Gross Flexion



Gross Flexion minigame requires you to move your affected limb down into flexion/planarflexion.

Stretching

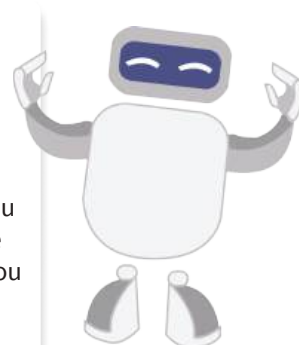


Relax while Mobot stretches your limb upwards

DID YOU KNOW?



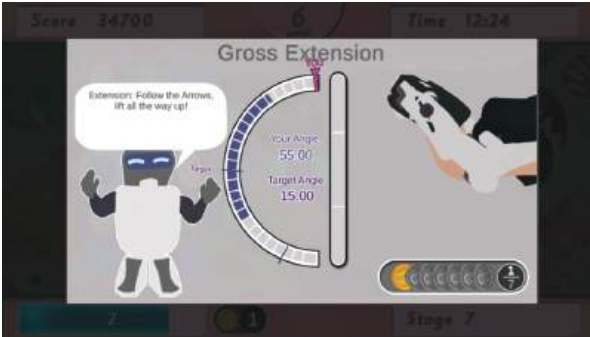
Successfully completing mini-game games awards you coins. You use these coins to play your current game outside of the minigame. Once you run out of coins, you need to perform more repetitions



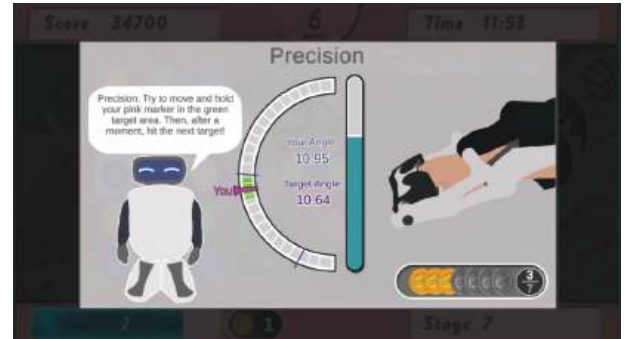
Interface

Minigame Games

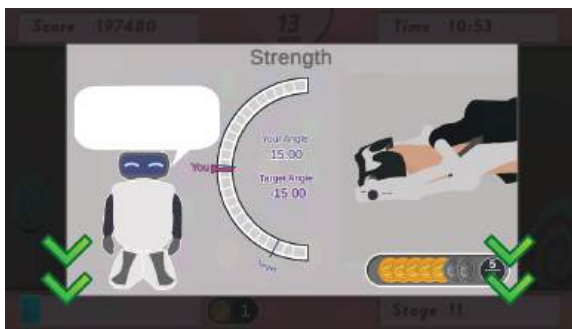
Many of the games that you will use to get your therapy utilize Minigames in order to progress to the next stage of the game. The Minigame system will guide you through different exercises depending on your needs and progress.

Gross Extension

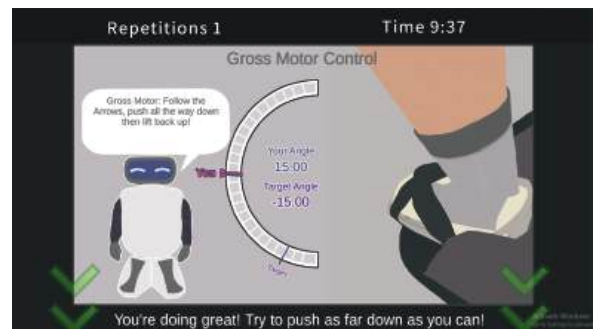
Gross extension minigame requires you to move your affected limb up and then hold for an extended period of time.

Precision

The precision minigame requires you to hold your affected limb at specific angles until the gauge fills.

Strength

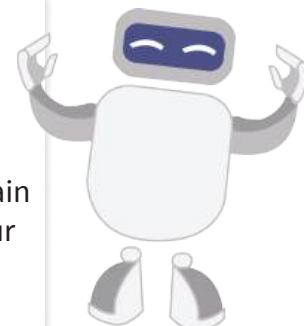
The strength minigame requires you to perform a flexion movement against resistance.

Foot Differences

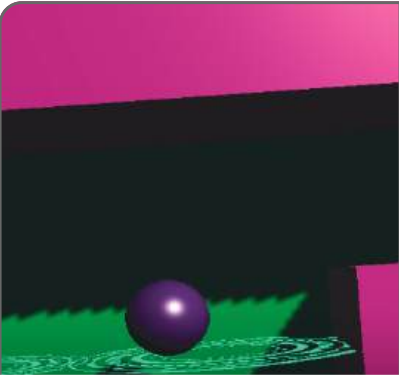
Note: Extension and Flexion are called dorsiflexion and planar flexion for foot users.

DID YOU KNOW?

If you want to change how many coins you gain before you return to your game, contact your client care specialist.



EXCERSISES
BALL FALL

 GAME GOAL Navigate the ball to the bottom of the screen	THERAPEUTIC GOAL To work on improving the strength and range of motion of your wrist and hand/ankle and foot.	SCORING SYSTEM	
		POINTS	EXPLANATION
		5	Navigating the ball down a level

HOW TO PLAY: STEP BY STEP



1

Rest: After pressing play, the game will instruct the user to relax while the muscle pumps them up to the midpoint to their range of motion.



2

Active: The object of the game is to navigate the ball to the bottom of the screen.



3

Active: To move the ball to the left, move your hand or foot up into extension.



4

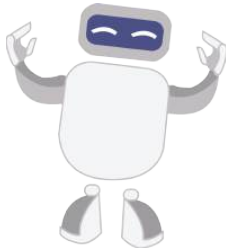
Active: To move the ball to the right, move your hand or foot down into flexion.



5

You are rewarded when you navigate the ball down a row. When you navigate the ball to the bottom of the screen, you complete the level.

Consistence makes the difference.



EXCERSISES

BLACK JACK

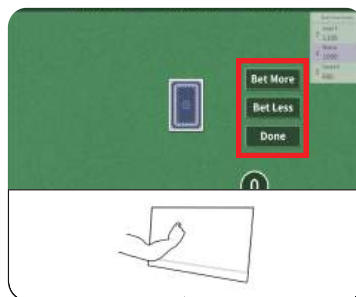
	THERAPEUTIC GOAL To work on improving the strength, range of motion, and motor capabilities. This will help the generalizability of the skills learned with the Motus system	SCORING SYSTEM <table><tr><th>POINTS</th><th>EXPLANATION</th></tr><tr><td>100-X</td><td>Winning a hand based on what user bet</td></tr><tr><td>-100 - X</td><td>Losing a hand based on what user bet</td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr></table>	POINTS	EXPLANATION	100-X	Winning a hand based on what user bet	-100 - X	Losing a hand based on what user bet				
POINTS	EXPLANATION											
100-X	Winning a hand based on what user bet											
-100 - X	Losing a hand based on what user bet											
GAME GOAL Hit or stay as long as total is less than or equal to 21												

HOW TO PLAY: STEP BY STEP



1

After pressing Play, the user will see a score, timer, bet number.



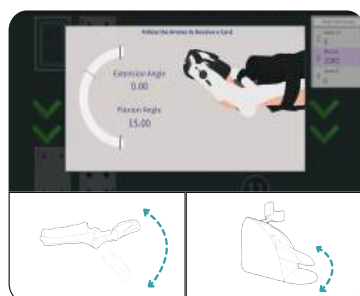
2

Bet the amount you want with the unaffected hand. The higher you bet, the more points you can potentially receive if you win.



3

User must decide whether you want to “Hit” or “Stay” with your unaffected hand. Decide by looking at the added total of the hand at bottom right.



4

Minigame: In order to complete “Hit” or “Stay,” the user will complete a mini-game by extending/flexing hand and foot in a full cycle.

BLACK JACK CARD VALUES

Blackjack Hand



Example hand

Sum of the hand is exactly 21.
If won, user will score 100 bonus points + bet amount.

Card values

All face cards (Kings, Queens and Jacks) are worth 10 points. Other cards are worth at their value.

Ace Card Values



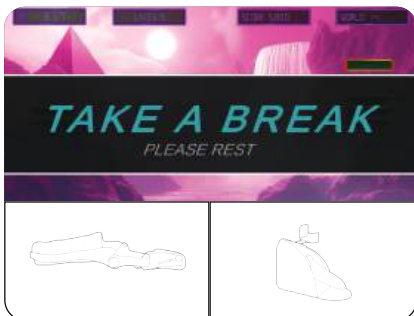
11 if value of hand goes under 21
1 if value of hand goes over 21

Exercises

Brickbreaker

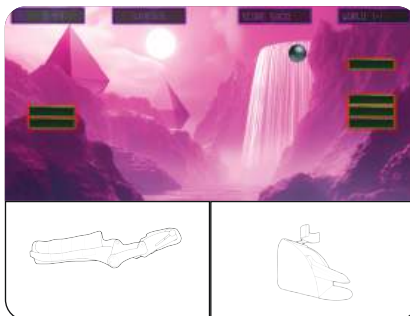
	THERAPEUTIC GOAL	SCORING SYSTEM	
GAME GOAL Bounce the ball to clear the level's bricks	To practice uncoupling flexion and extension movements that are critical to successfully engage in daily activities	POINTS	EXPLANATION
		100	Bouncing brick; destroying 1 brick

HOW TO PLAY: STEP BY STEP



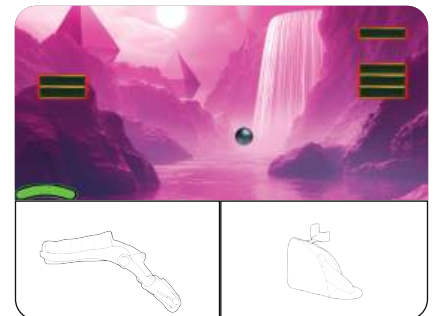
1

Rest: After pressing play, the user should relax while the muscle will pump the user up to the midpoint of their range of motion



2

Active: After, user will be able to control platform. Moving hand/foot up, moves the platform to the right



3

Moving hand/foot down, moves the platform to the left. User should try to avoid letting the ball fall past the platform.

POWER-UPS GUIDE

Aim for these power ups that give special effects

**GREEN POWER UP**

gives the player another "life" giving them another chance to continue playing if they miss a ball before the game ends

**BROWN POWER UP**

will cause your paddle to widen, making it easier to catch the bouncing ball; power will be lost after 3 bounces

**BLUE POWER UP**

will cause a force field to appear under your paddle for 3 seconds that spans the entire width of the screen, preventing the ball from passing your paddle

**RED POWER UP**

will double the amount of points you receive from destroying a brick for a short period of time

EXCERISES

CANDY SWAP

 GAME GOAL Get at least 3 matching candies in a row or column	THERAPEUTIC GOAL To work on improving the strength and range of motion of your wrist or foot.	SCORING SYSTEM	
		POINTS	EXPLANATION
		X-X	Based on number of candies destroyed

HOW TO PLAY: STEP BY STEP



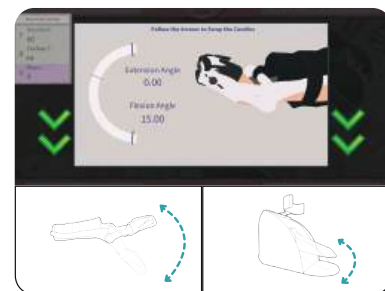
1

After pressing Play, the user will be presented with a field that contains a random assortment of candy pieces. Try to match candies by swapping their positions.



2

Swap: To swap a candy's position, tap on a candy with the unaffected hand. Then, tap the other candy that is above, below, left, or right to the first selected candy.



3

Minigame: Once a valid switch is made, the user will be prompted to play a mini game. Completing the mini game will successfully switch the candies.

CANDY GUIDE

Score bonus points in the by aiming for these candy combos



VERTICAL STRIPED CANDY

emerges as a result of combining a column of 4 or more matching candies; when matched, the column will be destroyed



JAWBREAKER

emerges when matching 5 or more pieces; when matched, all matched candies will be destroyed on screen



HORIZONTAL STRIPED CANDY

emerges as a result of combining a row of 4 or more matching candies; when matched, the row will be destroyed



EXPLODE CANDY

When matched, all candies with corresponding color on map will explode

EXCERSISES
COSMIC TENNIS



GAME GOAL

Aim to bounce the ball past AI's paddle

THERAPEUTIC GOAL

To improve your fine motor control of the wrist and hand or the foot and ankle.

SCORING SYSTEM

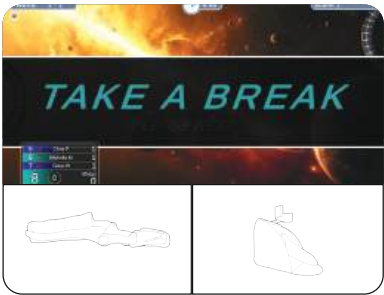
POINTS	EXPLANATION
1 - X	Using your paddle to hit the ball past the red paddle.



BEWARE

Avoid the opponent from scoring points by blocking the goal with the paddle.

HOW TO PLAY: STEP BY STEP



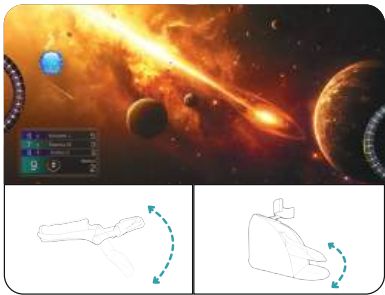
1

Rest: After pressing play, the game will instruct the user to relax while the muscle pumps them up to the midpoint to their range of motion.



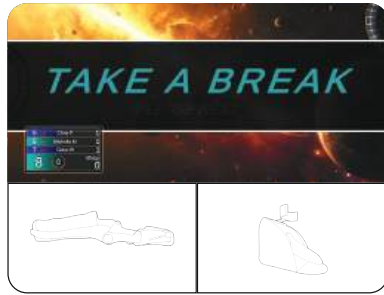
2

Next, a paddle ball will be shot from the user's paddle (blue). It will travel across the screen as the opponent's paddle (red) deflects it back.



3

Active: The user should extend/flex their hand/foot to meet their paddle with the ball. If user is unable to extend/flex completely, the pump will assist.



4

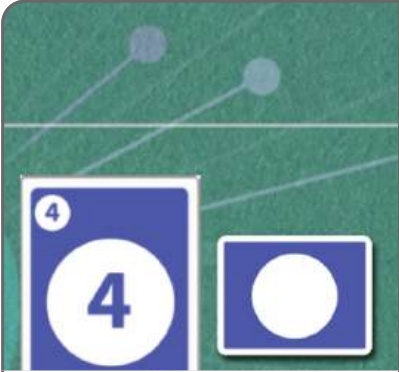
Rest: Between each round, user will be instructed to begin a rest phase.

POWER-UPS GUIDE

Score bonus points in the by aiming for these power points!

- Score 1 point
- Double points
- Paddle growth
- Paddle freeze
- Gain 1 life
- Force field

EXCERSISES
COUNTDOWN



GAME GOAL
Clear your hand before the other Als

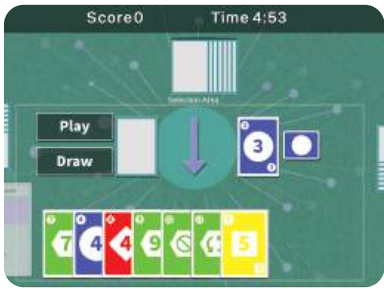
THERAPEUTIC GOAL

To work on improving the strength and range of motion of your arm and hand while you perform a task that challenges you cognitively.

TEP BY STEP

SCORING SYSTEM

POINTS	EXPLANATION
100	Playing a Number card
150	Playing an Action card
200	Playing a Wild card
5000	Winning a game



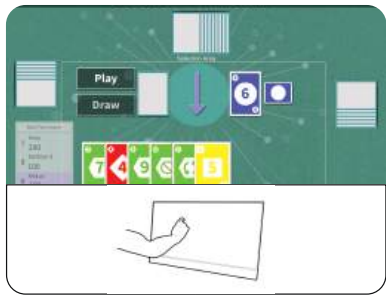
1

After pressing Play, 7 cards will be displayed. Match the color or the number of the card with at the top of the discard pile by tapping on one with the unaffected hand.



2

Mini-game: Select “Play” when done matching. To complete match, complete a mini-game. Game repeats until all cards are gone.



3

If user does not have an appropriate card to play, hit the “Draw” button with unaffected hand. This will draw a card and skip user’s turn.

SPECIAL COUNTDOWN CARD GUIDE

Action Cards



REVERSE
Changes the direction of the turn order.



SKIP
Skips the next person in the turn order.



DRAW 2
Next player must draw 2 cards.

Wild Cards



WILD
User may change the color being played.



+4 WILD
User may change color being played AND next player must draw 4 cards.

EXCERSISES
FISHING



GAME GOAL

Cast your reel to catch a fish on various sizes

THERAPEUTIC GOAL

To improve the coordination of the arm/leg with hand/foot, which is important for the dynamic control of your fine motor skills and integrating it with other sensory systems such as vision

SCORING SYSTEM

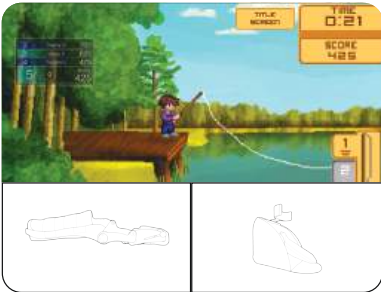
POINTS	EXPLANATION
X-X	Based on the type of fish caught

HOW TO PLAY: STEP BY STEP



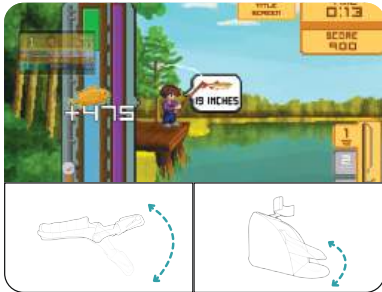
1

Rest: After pressing play, the game will instruct the user to relax while the muscle pumps them up to the midpoint of their range of motion.



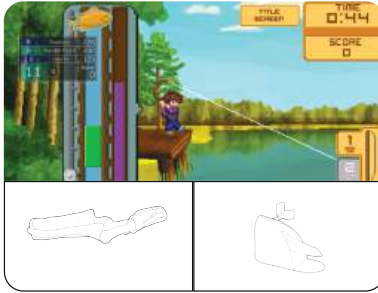
2

Next, the fishing line will be cast automatically. On the left, a green bar represents the movement of the user's hand/foot.



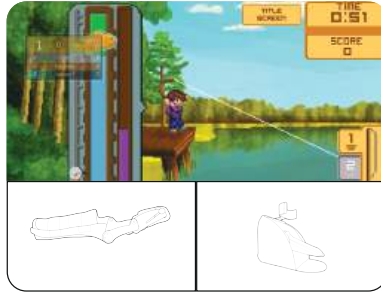
3

Active: The user should extend/flex their hand/foot to meet the green bar under the fish icon. The fish will move in various locations, requiring the user to hold different positions.



4

Once in the correct location, the thin blue bar will fill to the top. Otherwise, the blue bar will lower.

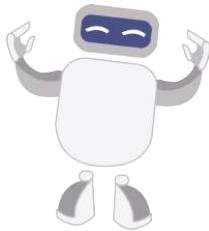


5

When the thin blue bar is filled, a fish will be successfully reeled. Points are given based on type of fish caught.

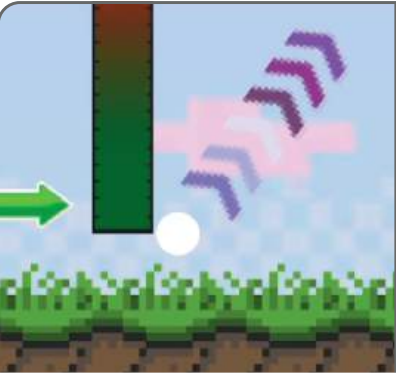
MOBOT ADVICE

The fish icon will move periodically, so it's important to track its location vigilantly!



EXCERSISES

GREEN GOLF



GAME GOAL

Swing golf ball to meet at hole

THERAPEUTIC GOAL

To work on improving the strength and range of motion of your hand while you perform a task that challenges your visual spatial skills.

SCORING SYSTEM

POINTS	EXPLANATION
X	Beating par
X	Hole in 1
X	Reaching a hole

HOW TO PLAY: STEP BY STEP



1

After pressing Play, user can select how to view the game by tapping on the “Toggle Camera” button with unaffected hand.



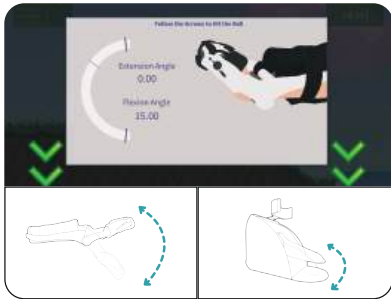
2

Angle: Use the unaffected hand to swipe the purple arrow to the direction the golf ball should be swung. Then, select “Lock Angle.”



3

Power: A bar will appear to the left, representing the power of the swing. Tap along the bar to select your power. The higher you select the bstronger the swing. Once you have selected the appropriate power hit “lock power.”

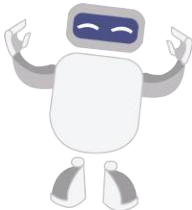


4

Minigame: Complete the minigame to swing ball based on angle and power selected.

MOBOT ADVICE

There are 9 holes in the game. Try to reach holes with the least amount of swings as well as fast as possible.

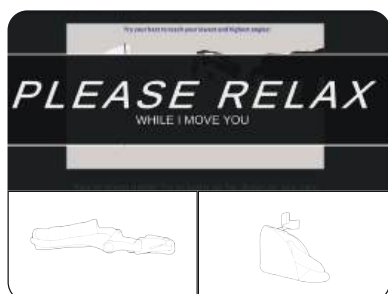


EXCERSISES

GROSS MOTOR CONTROL

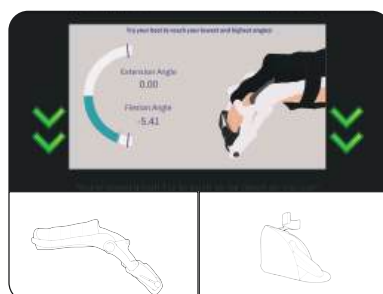
 GAME GOAL Complete repetitions of flexion/extention	THERAPEUTIC GOAL To work on improving the strength and range of motion on your hand or foot.	SCORING SYSTEM	
		POINTS	EXPLANATION
		X	Based on number of reps completed

HOW TO PLAY: STEP BY STEP



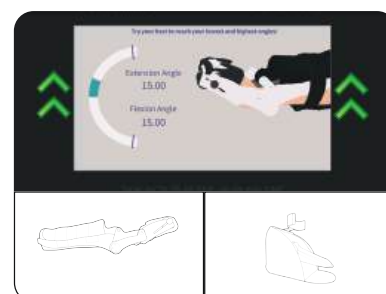
1

Rest: After pressing play, the user should relax while the muscle pumps the user up to the midpoint of their range of motion



2

Active: Next, the user should move hand or foot down. This should mirror user's actual hand and foot.

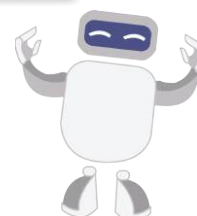


3

Active: Then, the user should move hand or foot up. Repeat Step 1-3 until game ends.

ROBOT ADVICE

Mirror therapy involves using both the unaffected and affected limb to perform the therapy simultaneously.



EXERCISES

GOLF HIGH DIFFICULTY

 GAME GOAL Swing golf ball to meet at hole	THERAPEUTIC GOAL		SCORING SYSTEM	
	to work on improving the strength and range of motion of your hand while you perform a task that challenges your visual spatial skills.		POINTS	EXPLANATION
			X	Beating par
			X	Hole in 1
			X	Reaching a hole

HOW TO PLAY: STEP BY STEP



1

After pressing Play, user can select how to view the game by tapping on the “Toggle Camera” button with unaffected hand.



2

Move your affected limb up or down to aim the golf ball. When you have the right angle, press “lock angle.”



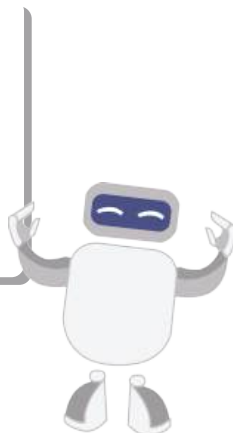
3

Power: Move your affected limb up or down to move the arrow along the red and green bar up or down. The higher the arrow is the harder you will hit the golf ball. When you have selected the amount of power you want, hit

MOBOT ADVICE

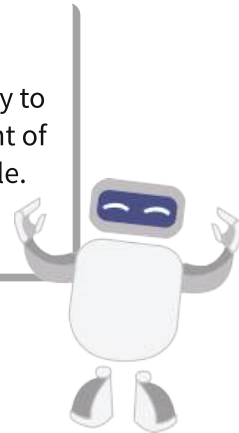


Tap this button if you need to hit the ball in the other direction.



MOBOT ADVICE

There are 9 holes in the game. Try to reach holes with the least amount of swings as well as fast as possible.



EXCERSISES

MFL KICKOFF

	THERAPEUTIC GOAL		SCORING SYSTEM	
	To work on improving the strength and range of motion of your hand while you perform a task that challenges your visual spatial skills.		POINTS	EXPLANATION
			3	Hitting target
			3-9	Based on coin hit

GAME GOAL

Aim the football through the goal post

HOW TO PLAY: STEP BY STEP



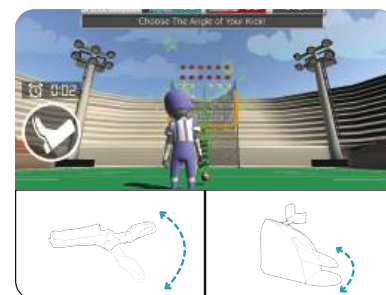
1

Rest: After pressing play, the user should relax while the muscle pumps the user up to the midpoint of their range of motion



2

Active: Aim the target by moving your affected limb. Moving your affected limb up into extension will cause your kick to aim higher, moving your affected limb down will lower the aim of your kick. Once you are happy with the vertical angle of your kick, select the kick button to confirm.



3

Active: The next step is to set the left and right movement of the field goal. Move your hand to adjust your aim laterally. To move right, move your hand/foot up. To move left, move your hand/foot down. Once you are happy with your lateral aim, hit the kick button.

COIN GUIDE

Score bonus points by aiming for these coins!



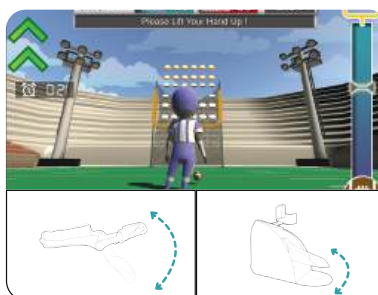
Bronze
3 points



Silver
6 points



Gold
9 points

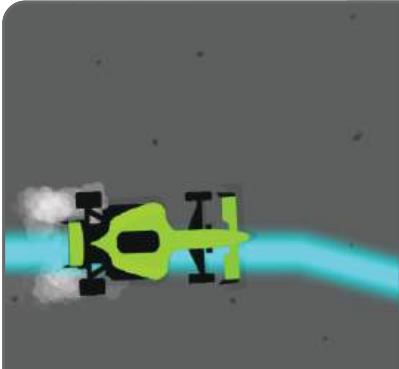


4

Active: To finally perform the field goal kick, move your foot all the way into flexion and then all the way into extension. This will cause the kicker to finally kick the field goal.

EXCERSISES

MOTUS KART



GAME GOAL

Aim to stay on course to complete laps

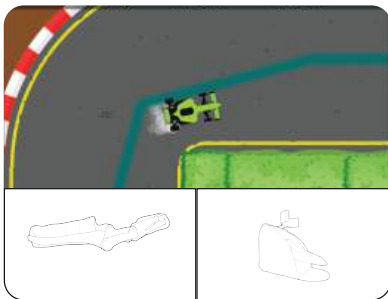
THERAPEUTIC GOAL

To improve your fine motor control of the wrist and hand or foot and ankle.

SCORING SYSTEM	
POINTS	EXPLANATION
0-150	Based on how well user stays on course
X	Finishing a map based on time

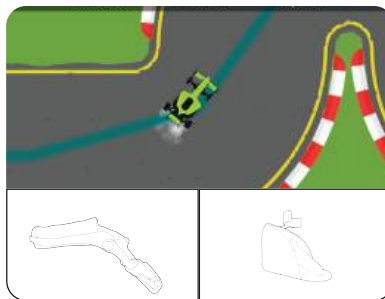
 **BEWARE**
Be careful to not veer your kart off map or collide with other objects or else you will slow down!

HOW TO PLAY: STEP BY STEP



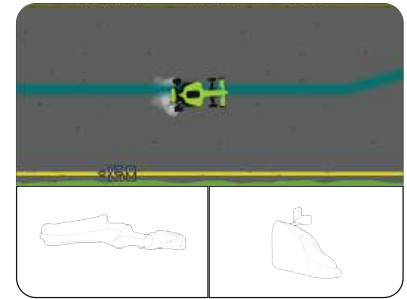
1

Active: After pressing Play, user will be represented by a go-kart. Moving wrist/foot up will move kart to move clockwise, or to the right.



2

Active: Moving wrist or foot down will cause kart to move to move counter-clockwise, or left.



3

Active: Keeping the wrist or foot in the center of your range of motion will make the kart travel in a straight path.

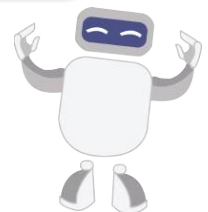


4

Rest: Once the track is complete, user will be asked to take initiate rest phase.

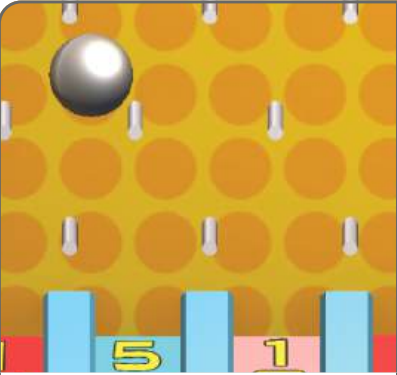
ROBOT ADVICE

Try to complete it as quickly as possible! More points are awarded the faster the map is completed.



EXCERSISES

PLINKO

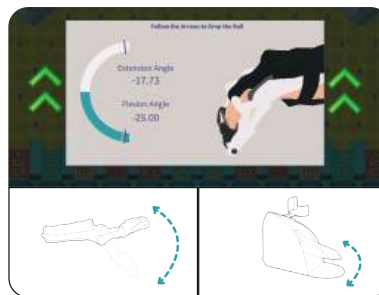
	THERAPEUTIC GOAL		SCORING SYSTEM	
GAME GOAL Drop the plinko ball to score points	To work on improving the strength and range of motion of your wrist and hand		POINTS	EXPLANATION
			0-10k	Based on where ball falls

HOW TO PLAY: STEP BY STEP



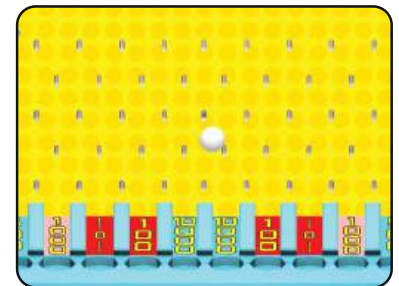
1

After pressing play, the user will be prompted to touch the blue bar labelled, “Press Here to Choose Where to Drop Ball.”



2

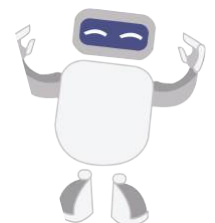
Mini-game: A mini-game will appear in order to complete a movement. User will be prompted to extend/flex all the way up and down to complete the mini-game



3

The ball will fall into one of the holes at the bottom of the screen. Scoring will then be assessed.

Plinko is based on the pricing game from the 1972 gameshow *Price is Right*.



EXCERSISES

POWERLIFTER UP



GAME GOAL

Lift the bar bell up

THERAPEUTIC GOAL

Focusing only on extending hand up/flexing foot down

SCORING SYSTEM

POINTS	EXPLANATION
100	Flexing up; lifting bar
100	Moving up and down with no assistance

HOW TO PLAY: STEP BY STEP



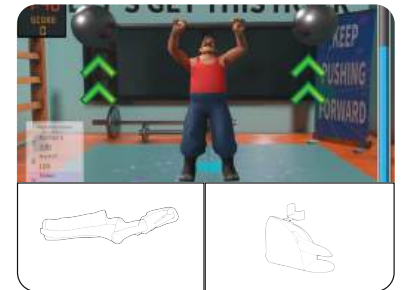
1

Rest: After pressing play, the user should relax while the muscle pumps the user up to the midpoint of their range of motion



2

Active: Next, the arrows will change to point up, indicating that the user should extend their hand up or flex their foot up to lift the bar



3

If the user is not able to lift the bar, the muscle will start to inflate and assist the user in extending their hand or foot upward

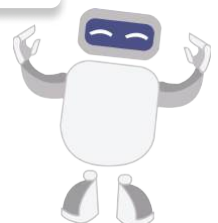


4

Rest: Once bar has lifted, a rest phase will initiate. The muscle will release all pressure and the user should relax their hand or foot

ROBOT ADVICE

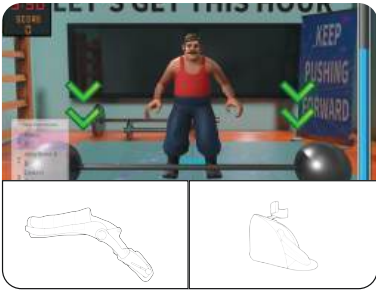
Concentrate on moving your affected limb while watching Strongman move the bar.
Don't forget to breathe!



EXCERSISES
POWERLIFTER

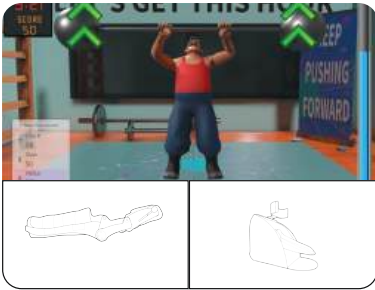
 GAME GOAL Lifting the bar bell up and down	THERAPEUTIC GOAL Flexing the wrist or extending the ankle down and then lifting the bar to the top by extending the wrist or flexing the ankle up.	SCORING SYSTEM	
		POINTS	EXPLANATION
		50	Extending down; grabbing bar
		100	Flexing up; lifting bar
		100	Up and down with no assistance

HOW TO PLAY: STEP BY STEP



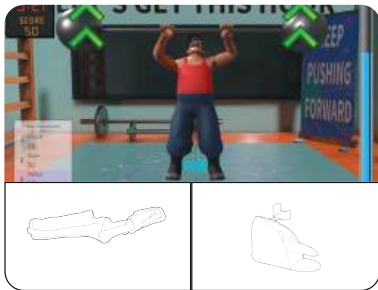
1

Active: After pressing play, the user should flex their wrist down or extend their ankle down, following the green arrows.



2

Active: Once the bar has been grabbed, the arrows will change to point up, indicating that the user should extend their hand up or flex their foot up to lift the bar.



3

If the user is not able to lift the bar, the muscle will start to inflate and assist the user in extending their hand or foot upward.



4

Rest: Once bar has lifted, a rest phase will initiate. The muscle will release all pressure and the user should relax their hand or foot.



5

Active: Next, the user will be prompted to flex down and grab the bar again, and, after successfully grabbing the bar, lift it to the top again.

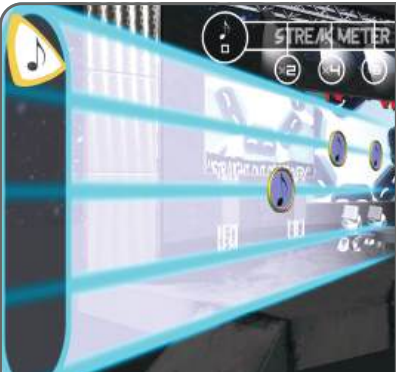


6

If the user is unable to complete an action even with assistance, a stretch phase will occur.

EXERCISES

RHYTHM RIDER



GAME GOAL

Move the Guitar Pick to catch all of the notes to rock the crowd.

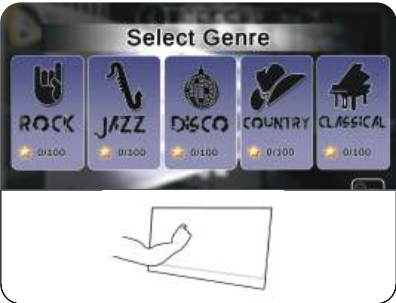
THERAPEUTIC GOAL

To improve the coordination of the arm/leg with hand/foot, which is important for the dynamic control of your fine motor skills

SCORING SYSTEM

POINTS	EXPLANATION
10	Correctly hitting a musical note
0	Missing a musical note

HOW TO PLAY: STEP BY STEP



1

After pressing Play, select the genre of music you would like to try and play. In each genre there are 5 songs that you can attempt.



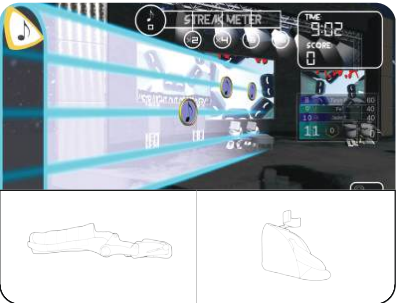
2

Next select the song that you would like to play. Each song maintains your best score for individual difficulty levels.



3

Next, select the difficulty setting of the song you selected. Each song comes with 4 difficulty settings. At first only the easy setting is unlocked. Complete the a difficulty setting with 4 star ratings or better to unlock the next difficulty level.



4

Once the song begins, move your affected limb up and down to catch the music notes before they pass. Do this without missing to multiply your score.

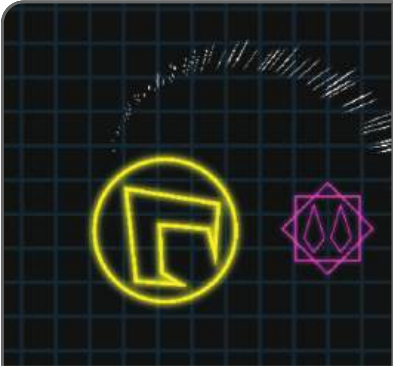


5

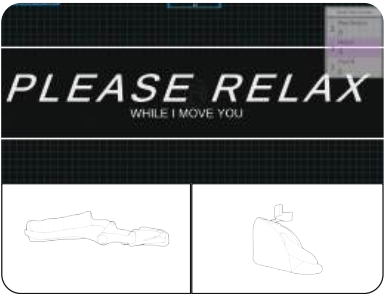
Once the song is over, you can choose to hit continue which will play the song again or you can change the song by hitting "Change Song"

EXCERSISES

SHAPE SHOOTER

 GAME GOAL Aim to shoot enemy ships within map	THERAPEUTIC GOAL To help your brain relearn the ability to smoothly control your wrist and hand/ ankle and foot.	SCORING SYSTEM	
		POINTS	EXPLANATION
		10-X	Acquiring purple enemy corpses

HOW TO PLAY: STEP BY STEP



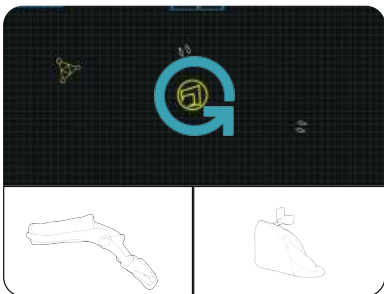
1

Rest: After pressing play, the game will instruct the user to relax while the muscle pumps them up to the midpoint to their range of motion.



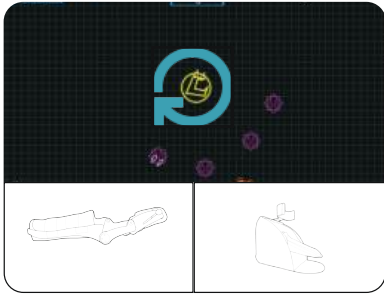
2

Next, the user will be full control of their ship, the yellow circular shape in the center of the screen. The user will see enemy shapes spawn around their ship.



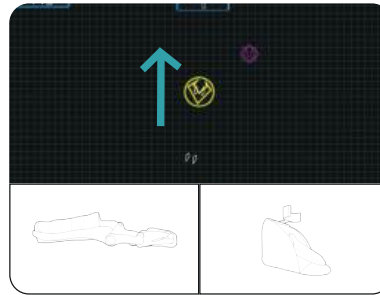
3

Active: To avoid being attacked, flex hand up/extend foot down to move ship counterclockwise to shoot enemies.



4

Moving your wrist up into extension will make the ship turn clockwise.



5

Keeping your wrist and hand in the center of your range of motion will make the ship travel in a straight path.

SHIP GUIDE

Enemy Ship Color Guide

**Red**
1 life

**Orange**
2 lives

**Yellow**
3 lives

**Green**
4 lives

**Blue**
5 lives

**Indigo**
6 lives

**Violet**
7 lives

EXCERSISES
SLOT MACHINE



GAME GOAL

Try your luck by betting what you think you will score

THERAPEUTIC GOAL

Flexing the wrist or extending the ankle down to pull the lever down

SCORING SYSTEM

POINTS	EXPLANATION
-100	Placing a bet
1000	Winning a bet

 **BEWARE**

Running out of bets will restart the game, losing all accrued points!

HOW TO PLAY: STEP BY STEP



1

Rest: After pressing play, the user should relax while the muscle pumps the user up to the midpoint of their range of motion



2

Bet: Next, the user will place a bet by tapping the “BET ONE” button on the screen. If the button is not pressed. A bet will automatically be placed after 5 seconds if not chosen



Active: Then, the user should extend wrist up or flex foot up, as indicated by the green arrows pointing up



4

If the user is not able to lift the bar, the muscle will start to inflate and assist the user in extending their hand or foot upward



5

Active: Once lever has reached to the top, the user should flex wrist down or extend foot down, as indicated by green arrows pointing down



6

If the user moves down, the muscle will begin to slowly deflate, and gravity should assist them in flexing down to pull the lever.

EXCERSISES
SOLITAIRE



GAME GOAL
Make moves to acheive a winning board

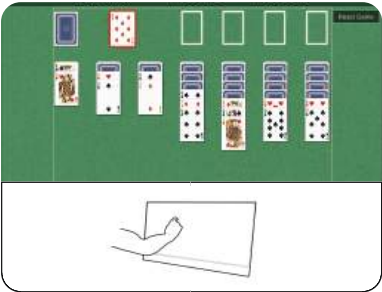
THERAPEUTIC GOAL

To work on improving the strength and range of motion of your hand/foot.

SCORING SYSTEM

POINTS	EXPLANATION
100	Completing mini game to move card
X	Winning the game; Less moves will give user more points

HOW TO PLAY: STEP BY STEP



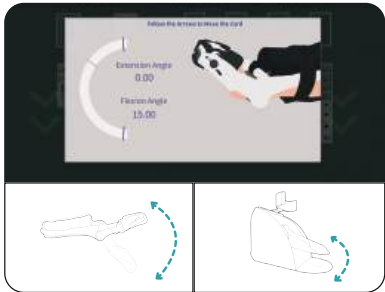
1

After pressing play, user will be presented with the game field. Tap a card with your unaffected hand, then to the desired location.



2

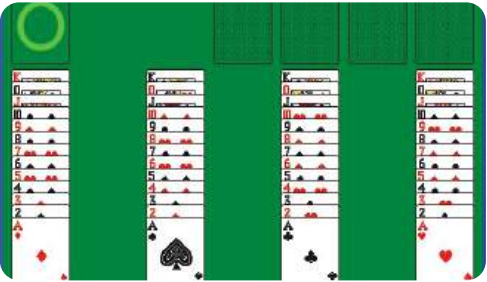
Rest: Select another card to move, by tapping the card and then the location to be moved to. A rest phase will initiate.



3

Mini-game: A mini-game will appear in order to complete a movement. User will be prompted to extend/flex all the way up and down to complete the mini-game

SOLATAIRE TIPS
Winning Game Board



To win, you must stack all 4 slots with cards sequenced with **alternating color** in the following order: K (high), Q, J, 10, 9, 8, 7, 6, 5, 4, 3, 2, A (low)

Moving cards
Cards on the **Tableau** must alternate in color (red and black).
Cards on the **Foundation** must match in color and suit.
If the user believes no moves can be made, user can select the **Stock** to refresh the Tableau.

Staying idle
There is a timer at the top left counter. If no movement is made, the counter will reach 0 and a mini game will be initiated.

Not completing a game
If user is not able to completely stack all the cards in your deck, progress will be maintained between sessions. It may take several sessions to win a game.

EXCERSISES

SPACE SHOOTER

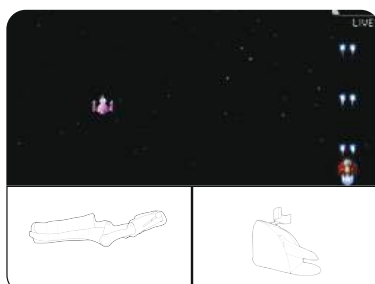
	THERAPEUTIC GOAL to practice uncoupling flexion and extension movements that are critical to successfully engage in daily activities.	SCORING SYSTEM <table><tr><th>POINTS</th><th>EXPLANATION</th></tr><tr><td>10-100</td><td>Based on type of enemy ship killed</td></tr><tr><td></td><td></td></tr></table>	POINTS	EXPLANATION	10-100	Based on type of enemy ship killed		
POINTS	EXPLANATION							
10-100	Based on type of enemy ship killed							
GAME GOAL Aim to shoot enemy ships		 BEWARE If user takes too many hits, reducing life to 0, user will restart game as well as user hitting a wall.						

HOW TO PLAY: STEP BY STEP



1

After pressing play, the game will immediately start.



2

Active: Extending wrist up/ flexing ankle up will cause your ship to move to the right.



3

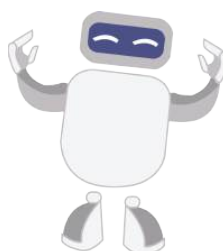
Active: Flexing wrist down/ extending ankle down will cause your ship to move to the left.



4

The user's projectiles will destroy enemy ships but will not destroy asteroids. Getting hit by anything will cause user to lose a life.

For users with their left limbs as the affected side, the extending up will cause your ship to move to the left, and flexiung will cause your ship to move to the right



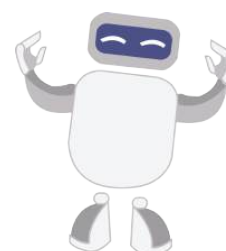
Gain 500 points

Increase ships rate of fire



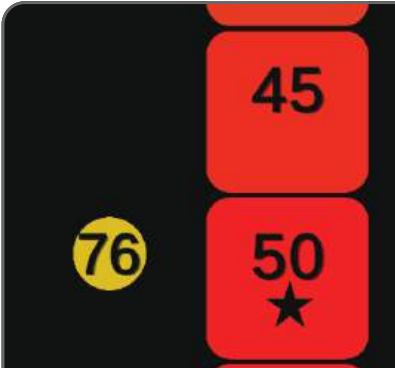
Gain 250 points

Gain 1 extra life



EXCERSISES

SPHERO

 76 45 50 ★	THERAPEUTIC GOAL to work on improving the strength and range of motion of your wrist or foot	SCORING SYSTEM <table><tr><th>POINTS</th><th>EXPLANATION</th></tr><tr><td>X</td><td>Based on value of block</td></tr><tr><td>3X</td><td>3 x value of the block ball passes through</td></tr></table>	POINTS	EXPLANATION	X	Based on value of block	3X	3 x value of the block ball passes through
POINTS	EXPLANATION							
X	Based on value of block							
3X	3 x value of the block ball passes through							
GAME GOAL Strategically move through blocks to score								

HOW TO PLAY: STEP BY STEP



1

Rest: After pressing play, the game will instruct the user to relax while the muscle pumps them up to the midpoint to their range of motion.



2

In the beginning, user's sphere will have 50 points. The sphere will consume the value of the block it passes through. This will reduce the value of the sphere from the block's value.



3

Active: Move hand/foot up/down to consume smaller yellow balls. The value of the smaller balls will add to the main ball.

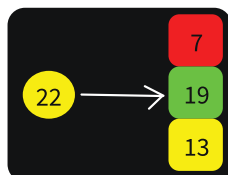
SPHERO GAME STRATEGIES



Safe-and-steady

Longer game endurance potential, less points earned

Aiming for lowest block value



High-Risk, High-Rewards

More points earned, less game endurance potential

Aiming for high value blocks

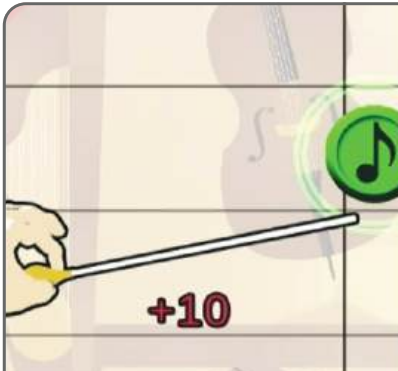
50

I am Invincible

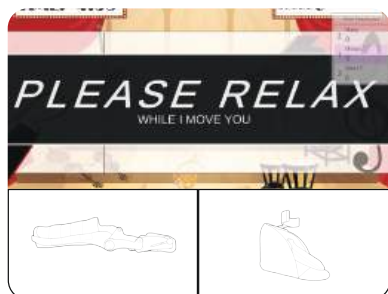
If sphere value is 51+ and user passes through a starred block, the ball does not lose value for going through blocks and still get points

EXCERSISES

SYMPHONY HERO

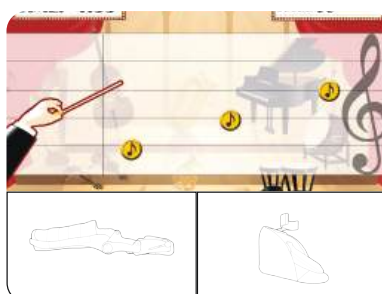
 GAME GOAL Match the conductor's baton to the beat	THERAPEUTIC GOAL To improve the coordination of the arm/leg with hand/foot, which is important for the dynamic control of your fine motor skills	<table><tr><th colspan="2">SCORING SYSTEM</th></tr><tr><th>POINTS</th><th>EXPLANATION</th></tr><tr><td>10</td><td>Correctly hitting a musical note</td></tr><tr><td>0</td><td>Missing a musical note</td></tr><tr><td></td><td></td></tr><tr><td></td><td></td></tr></table>	SCORING SYSTEM		POINTS	EXPLANATION	10	Correctly hitting a musical note	0	Missing a musical note				
SCORING SYSTEM														
POINTS	EXPLANATION													
10	Correctly hitting a musical note													
0	Missing a musical note													

HOW TO PLAY: STEP BY STEP



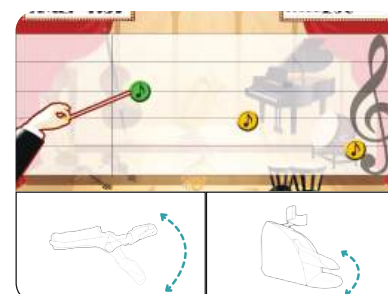
1

Rest: After pressing play, the game will instruct the user to relax while the muscle pumps them up to the midpoint to their range of motion.



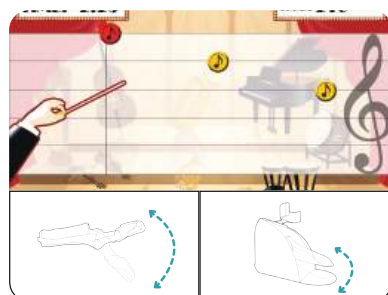
2

Next, the user will see a stream from musical notes moving from the right of the screen to the left. The user's hand/foot is represented by the conductor's hand with baton.



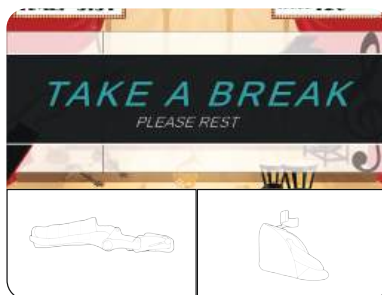
3

Active: The user should extend/flex their hand/foot to meet the conductor's hand with the musical note. If the note changes to green, the user has successfully hit the note.



4

If the note changes red, the note has been missed.

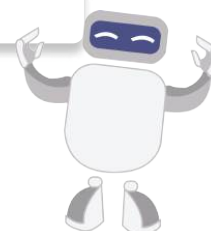


5

Once a musical segment has ended, user will be instructed to begin a rest phase.

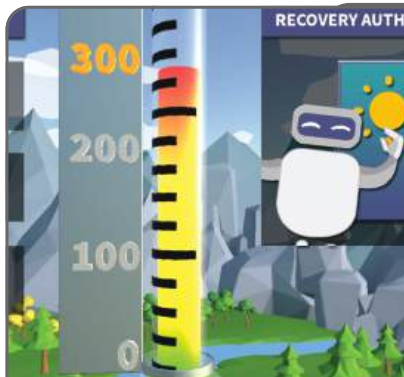
MOBOT ADVICE

Once you get in the rhythm of the music, you will be amazed at your skills!



EXERCISES

Thermometer



GAME GOAL

Keep the temperature as warm as possible.

THERAPEUTIC GOAL

To stretch the hand/foot to prep for the rest of the session.

SCORING SYSTEM

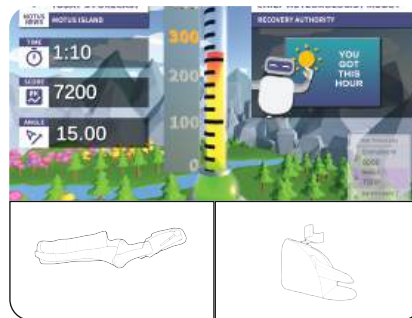
POINTS	EXPLANATION
100	Reaching to 100 marker
200	Reaching to 200 marker
300	Reaching to 300 marker
400	Reaching to 400 marker

HOW TO PLAY: STEP BY STEP



1

Rest: After pressing play, the game will instruct the user to relax while the muscle pumps them up to the maximum range of motion.



2

Active: Next, the user will be prompted to keep the thermometer's temperature high. More points are gained the warmer the thermometer is kept.



3

Rest: Next is a rest phase. The muscle will release all pressure; the user should relax their hand or foot and rest. Repeat Steps 1-3 until game ends.

MOBOT ADVICE

Get into the zone!

This game is a warm up exercise to prep you for the rest of the exercises for the hour.

