

BoBo Pro 2.0 / *App User-Guide*

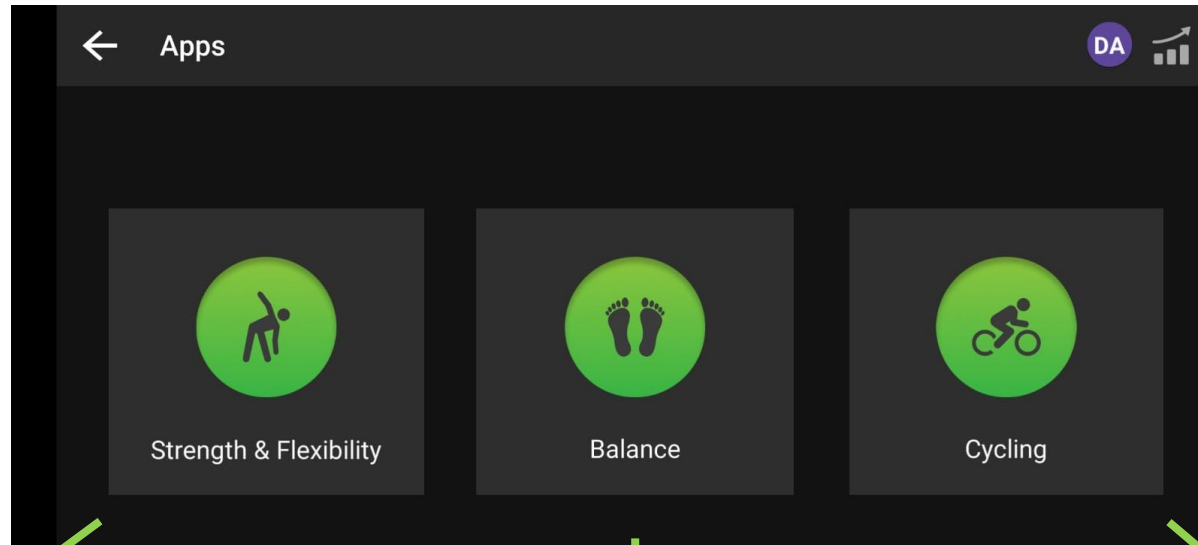


Version: 0.2.6
April 2022

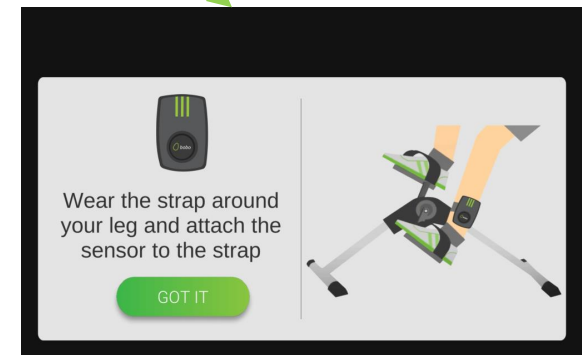
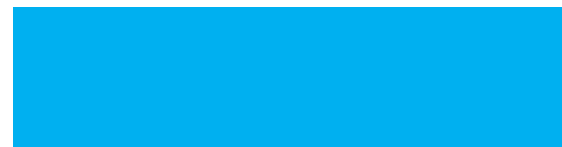
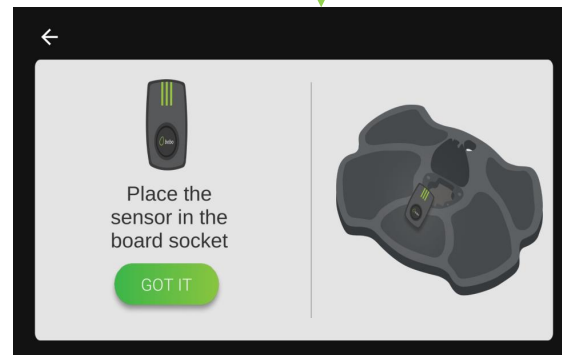
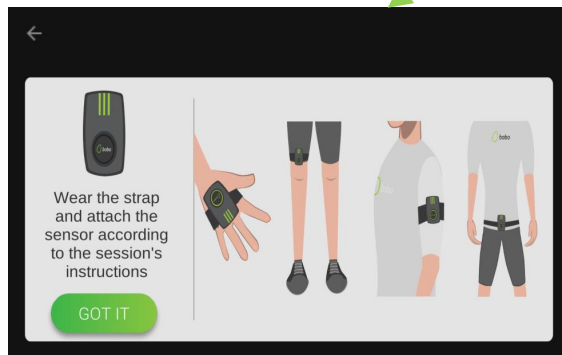
BoBo Pro 2.0 / Index

MAIN MENU	3
<u>Balance</u>	
BALANCE TRAINING	
Menu.....	5
Custom Programs.....	6-8
Preset Programs.....	9
Training sessions.....	10
Score Screen.....	11
BALANCE TEST	
Balance Test Parameters Settings.....	12
Balance Test - Static / Dynamic	13
Balance Test – Score Screen.....	14
BALANCE GAMES	15-24
BALANCE CHALLENGE	25-26
<u>Strength & Flexibility</u>	
Menu.....	27-28
Create a New Training Program.....	29-32
Start a Training Session.....	33
Attach Sensor & Calibrate.....	34
Session Feedback.....	35-36
Pain & Fatigue.....	37
Session Completed - Stats.....	38-40
<u>Cycling</u>	
Menu.....	41
Custom Ride.....	42
Feedback.....	43-44
Stats.....	45

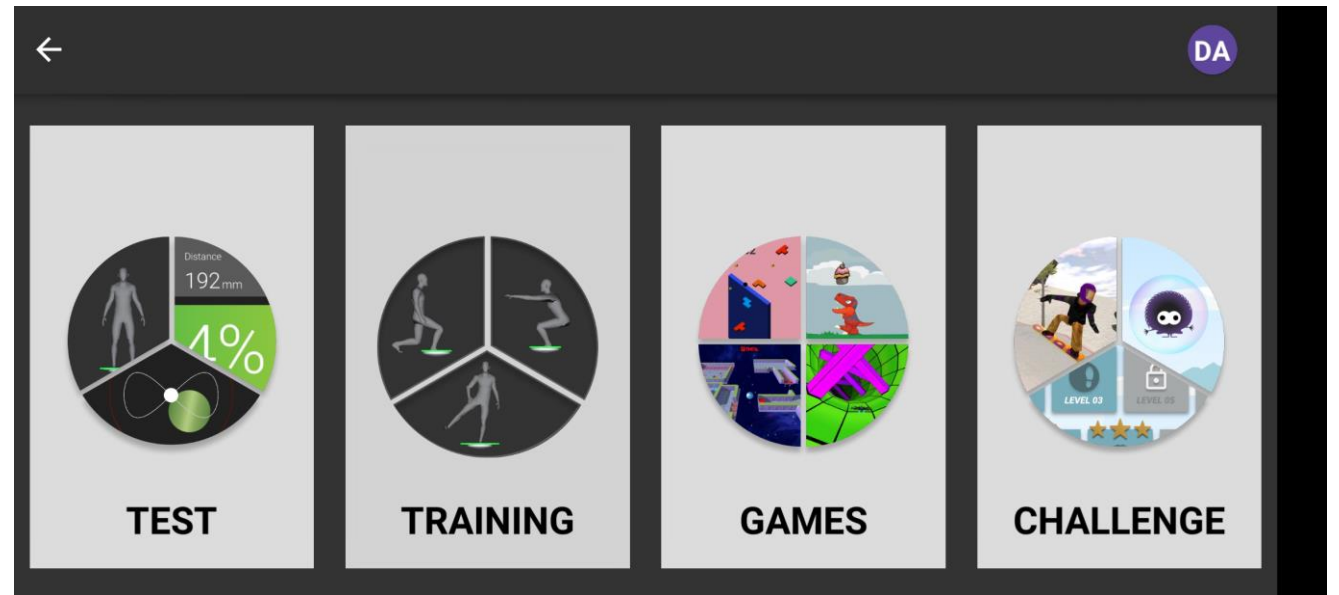
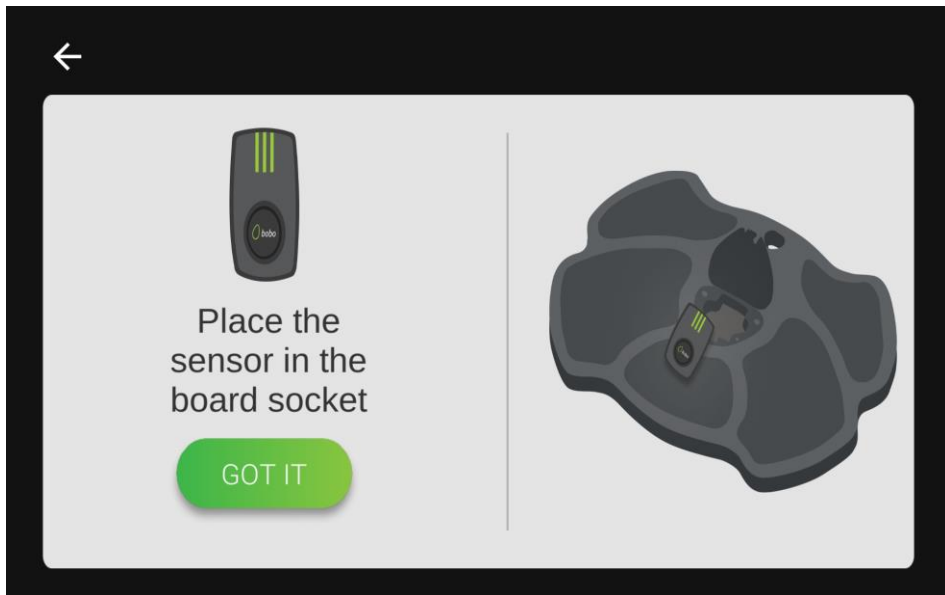
BoBo Pro 2.0 / Main Menu



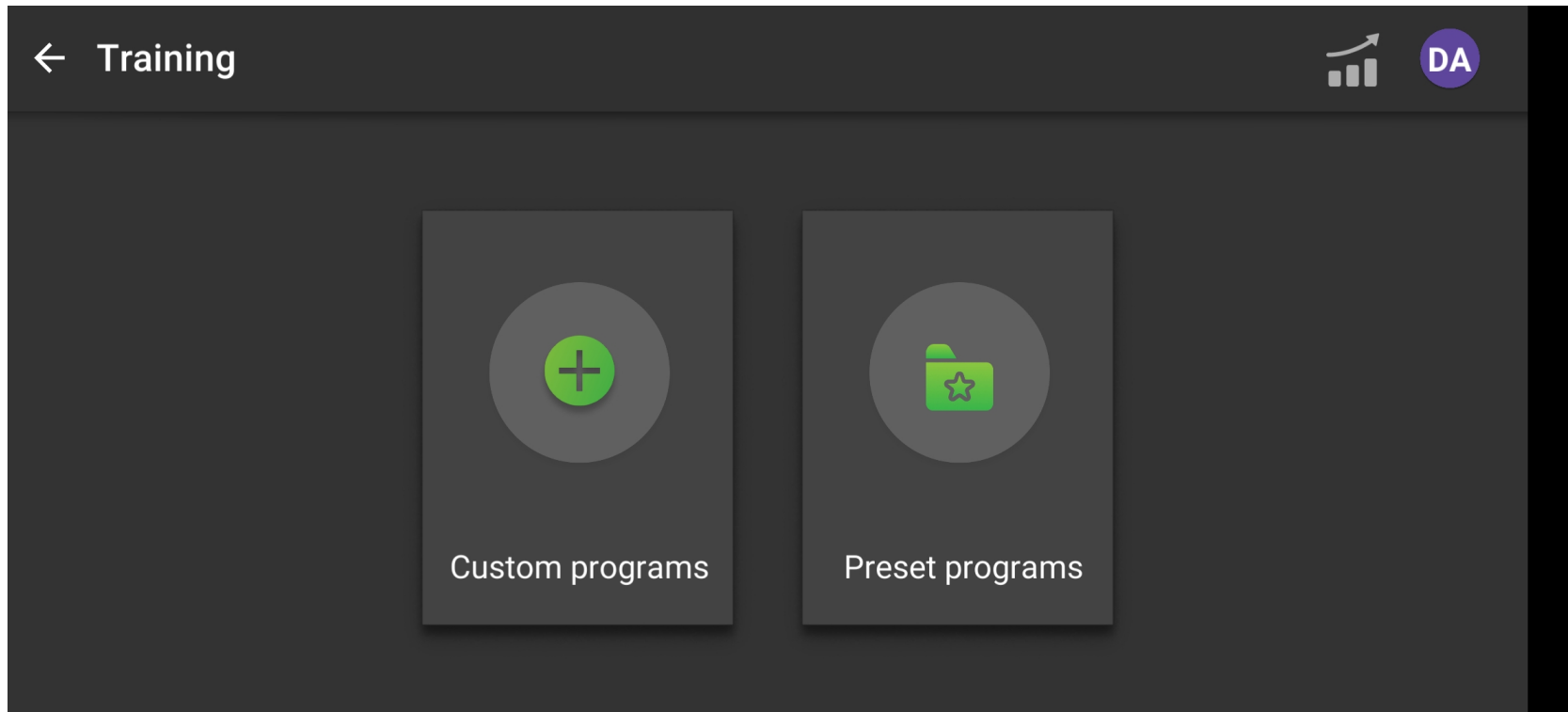
Patient's dashboard



Balance / Menu

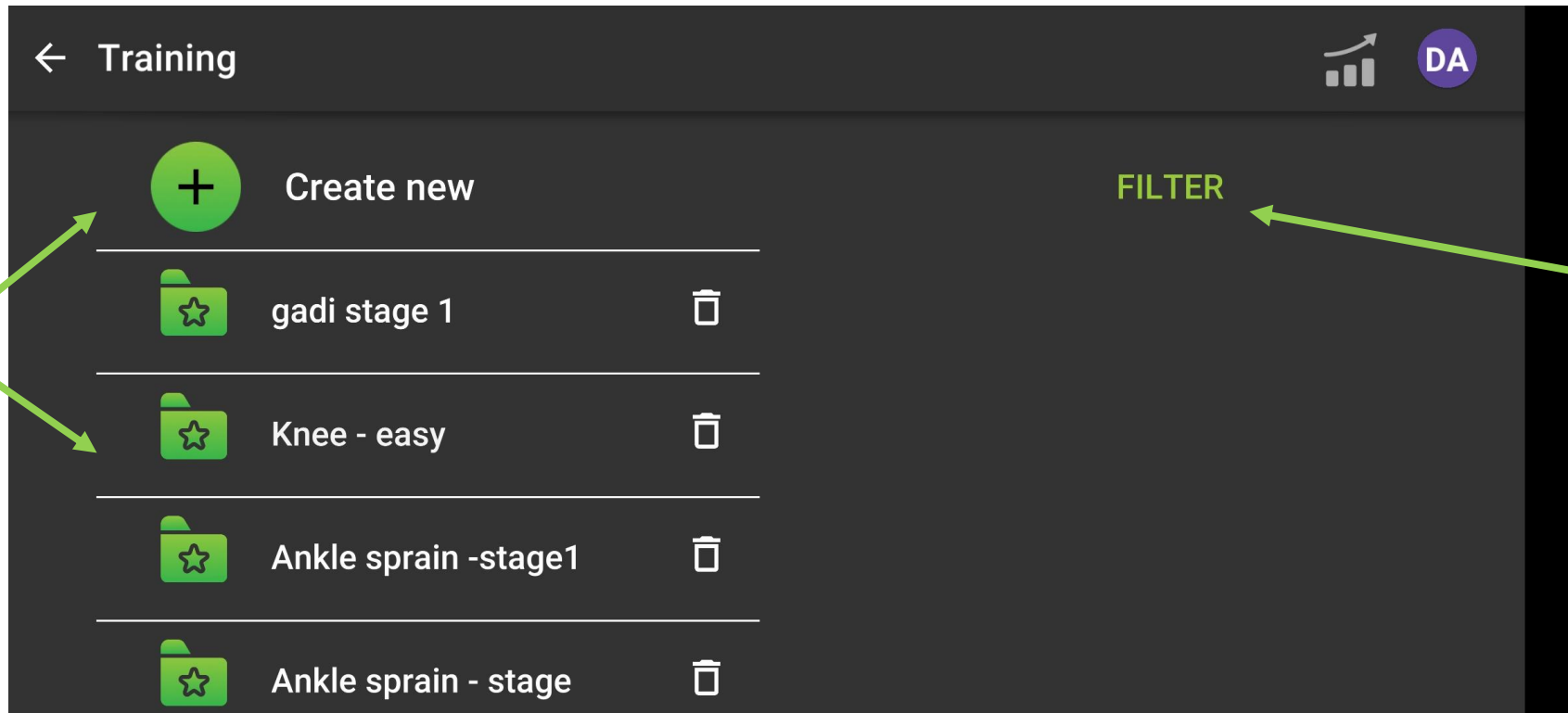


Balance / *Training*



Balance / Training / Custom Programs

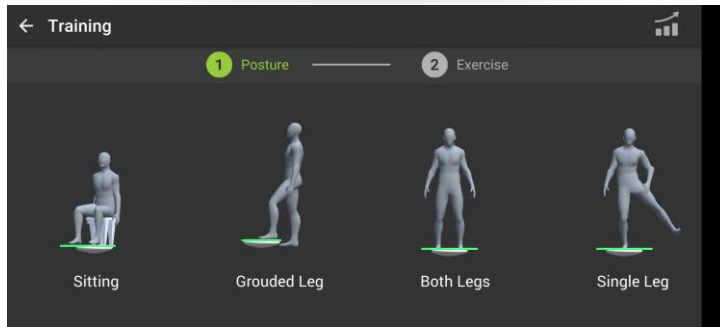
Create new customized training or choose one of your previous saved programs



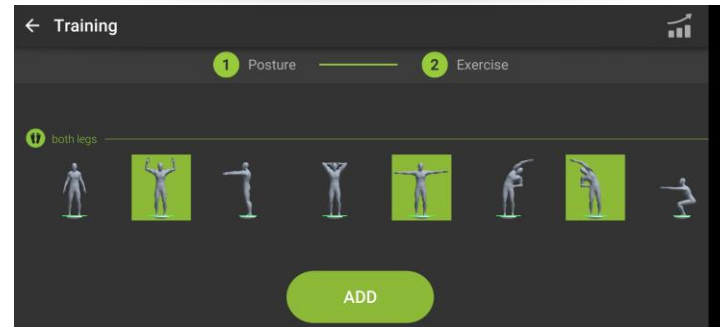
Tap the FILTER button and quickly find the training program you need

Balance Training / Custom Programs / **Create New**

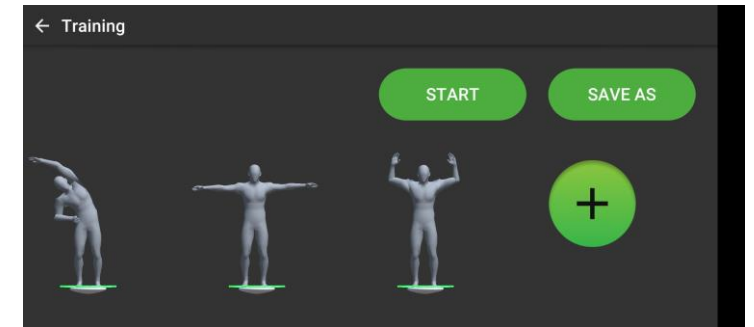
Choose the posture



Choose the exercise

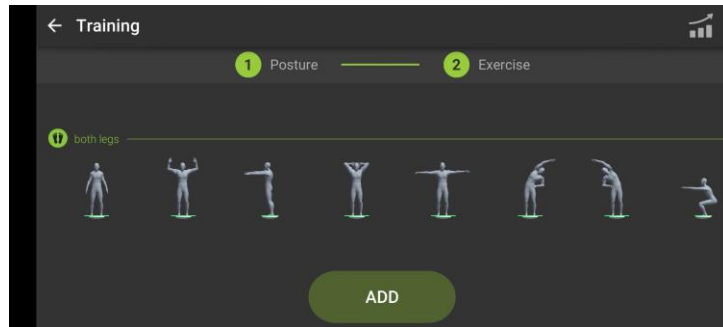


Save & Start

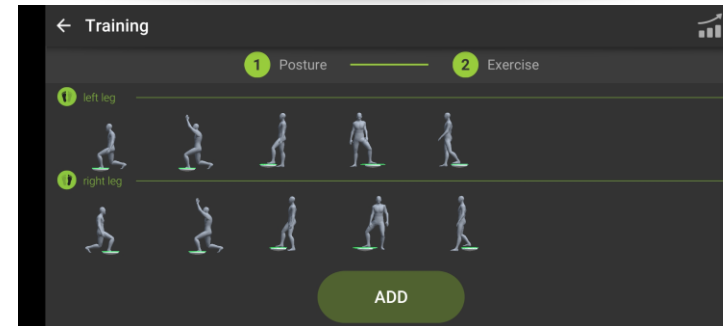


Balance Training / Custom Programs / Exercises

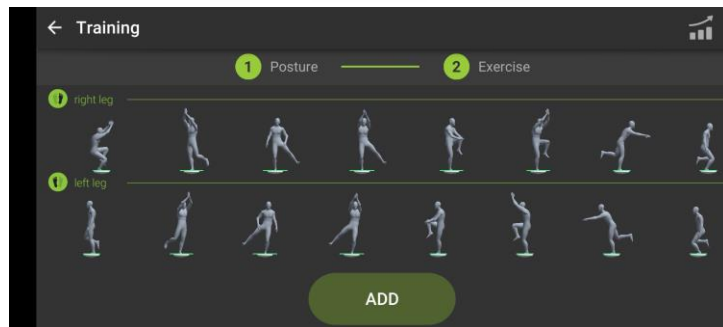
Both legs



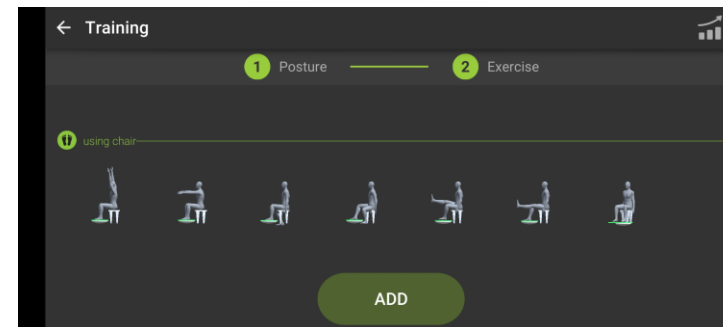
Grounded leg



Single leg

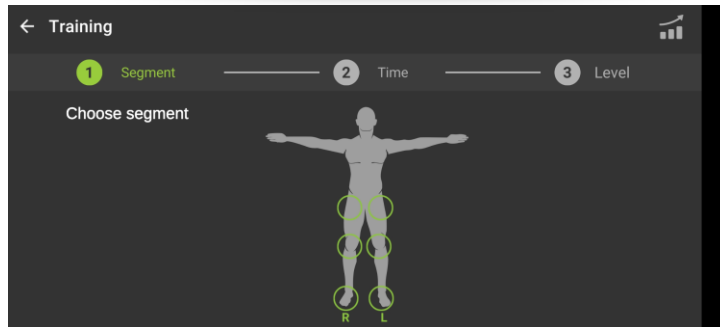


Sitting

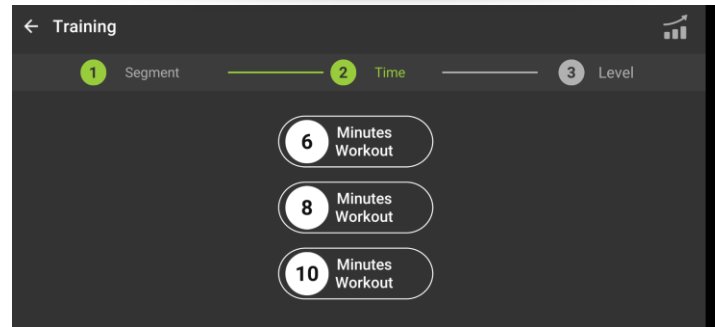


Balance Training / Preset Programs

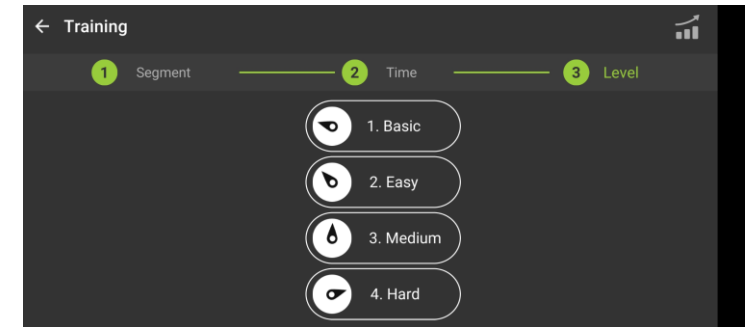
Choose the body part



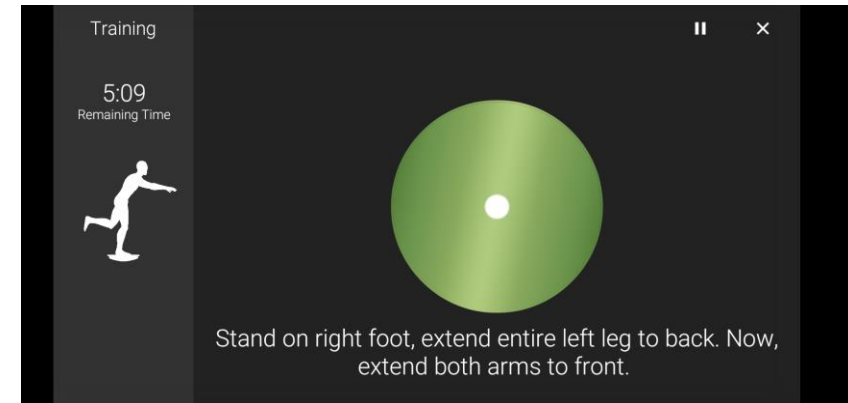
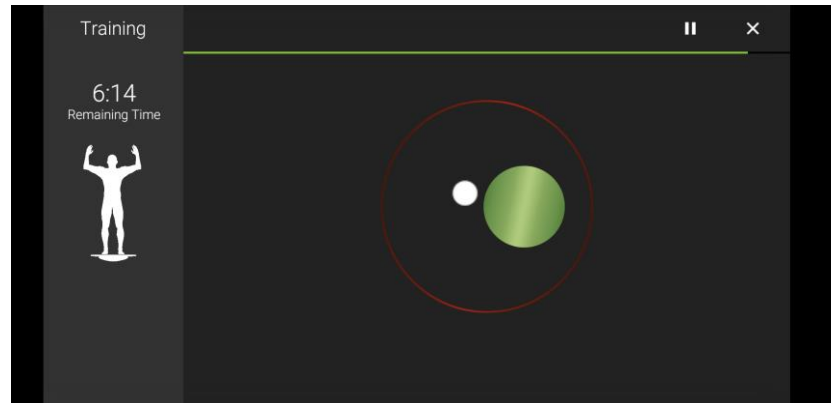
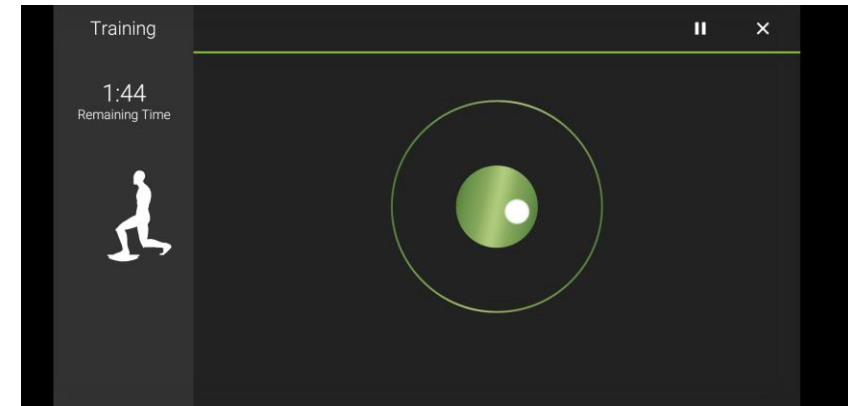
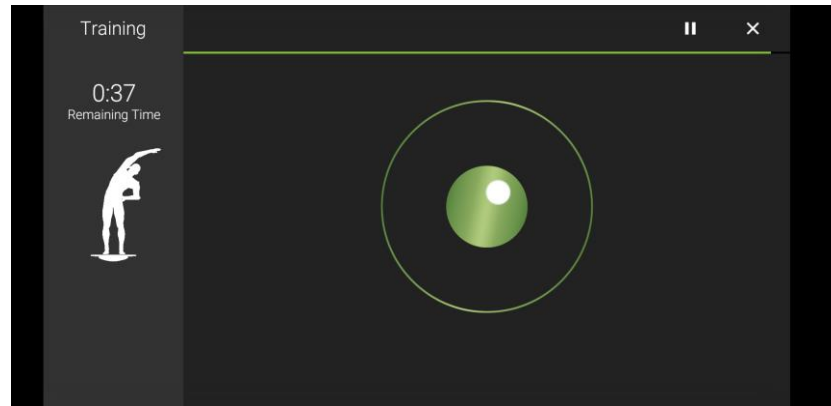
Time



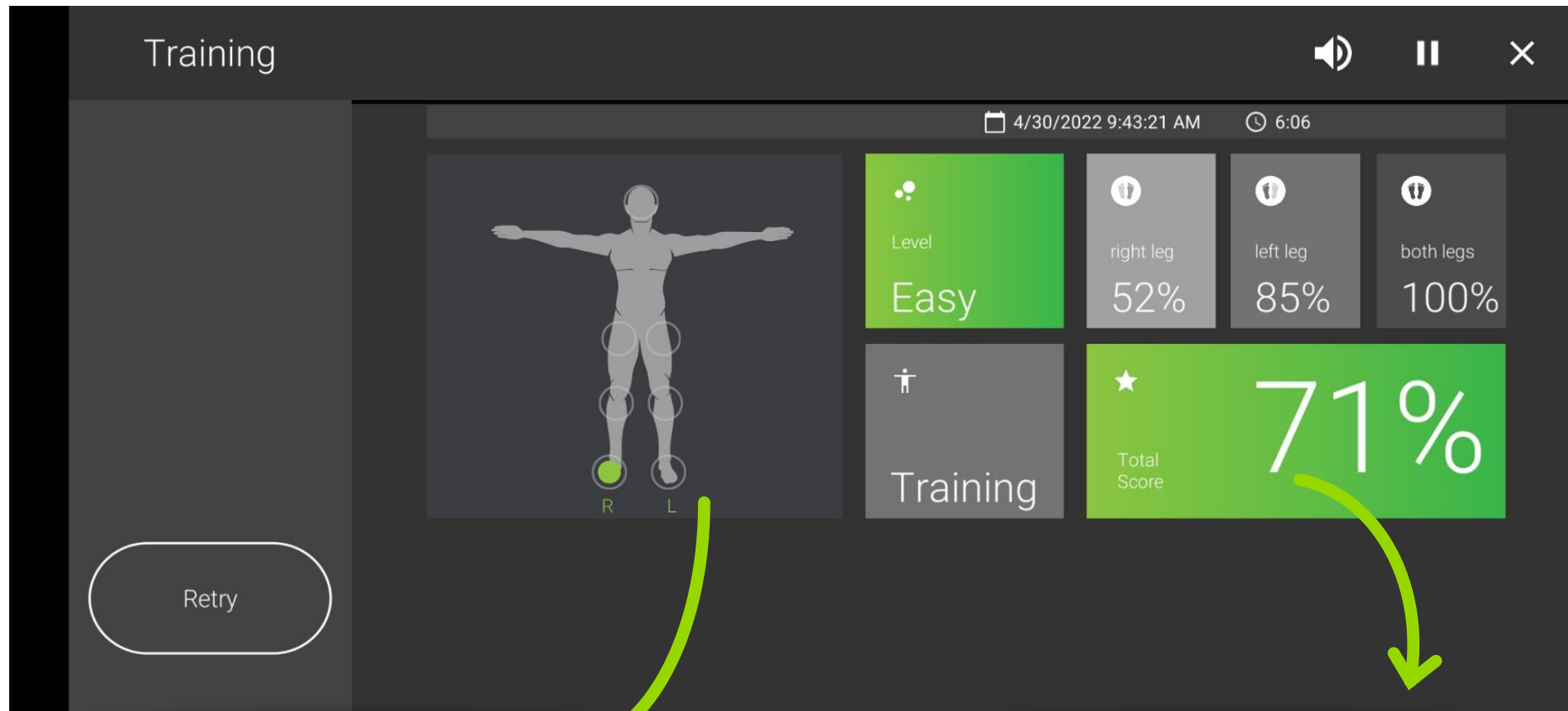
Level



Balance Training / Training sessions



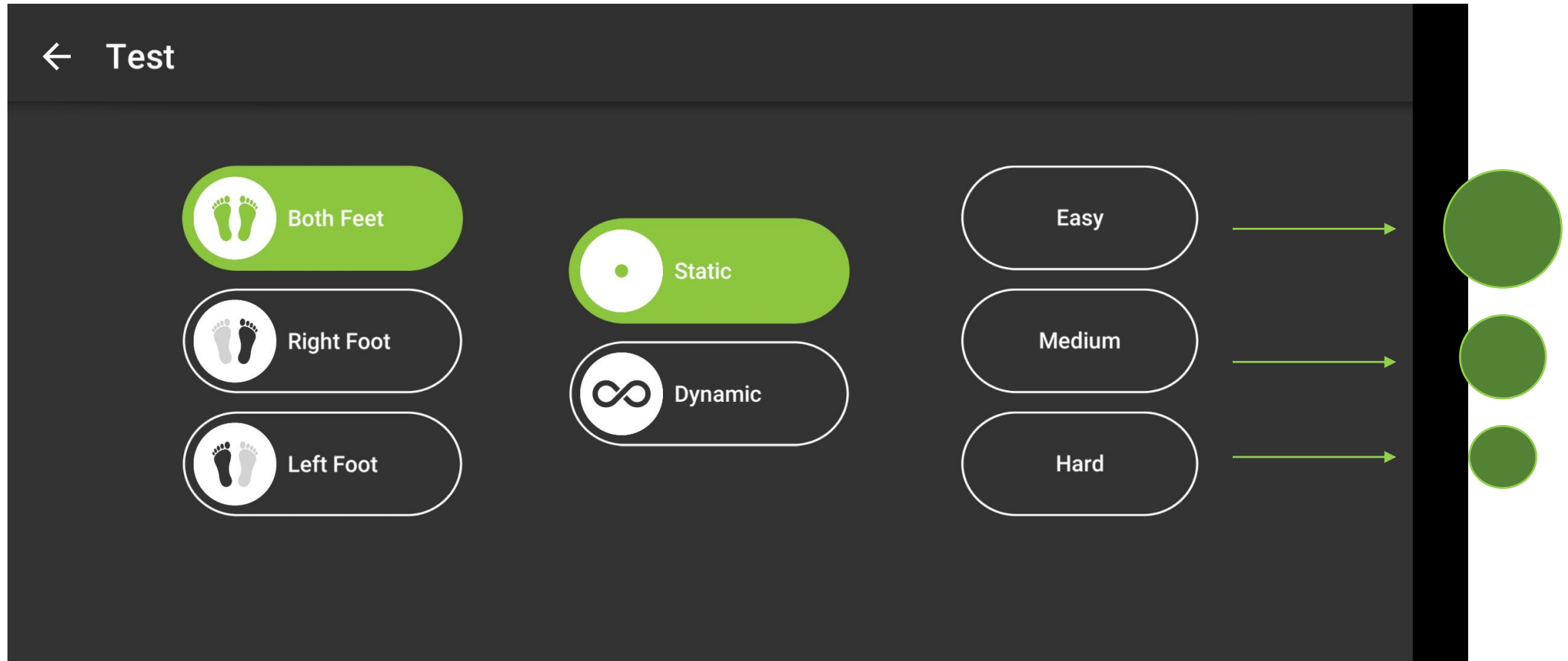
Balance Training / Score Screen



The chosen joint for the training program

Score = % of the time you kept the white dot inside the green circle

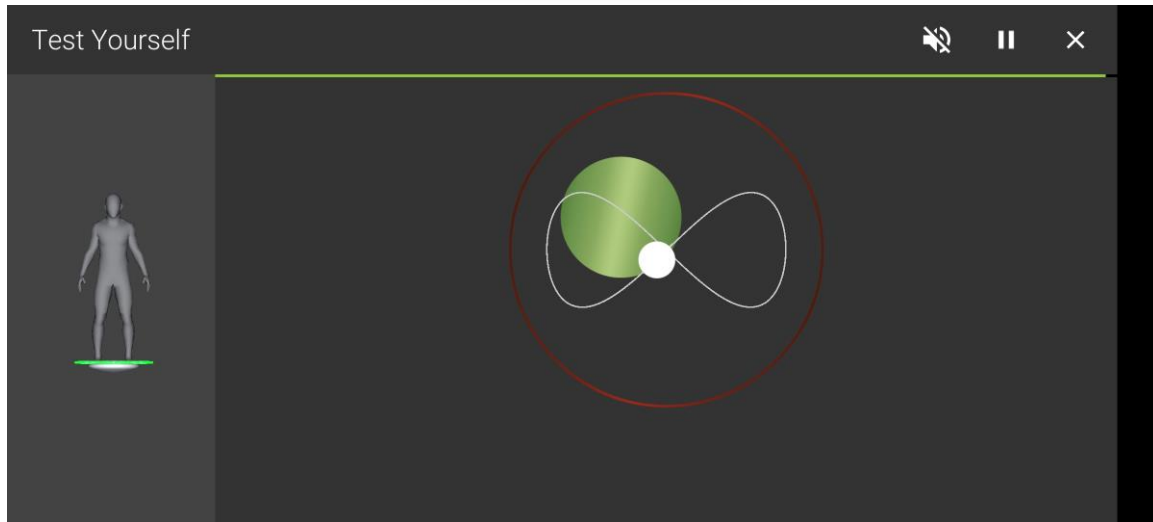
Balance / Test



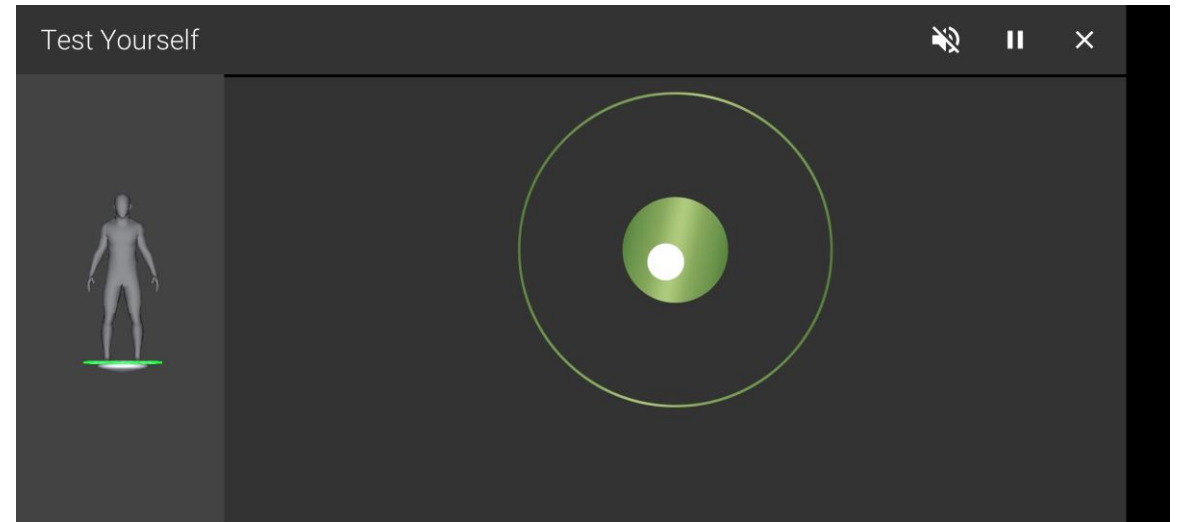
*Choose the exercise posture, type of balance test, and the difficulty
(the size of the green circle)*

Balance / Test / *Static & Dynamic*

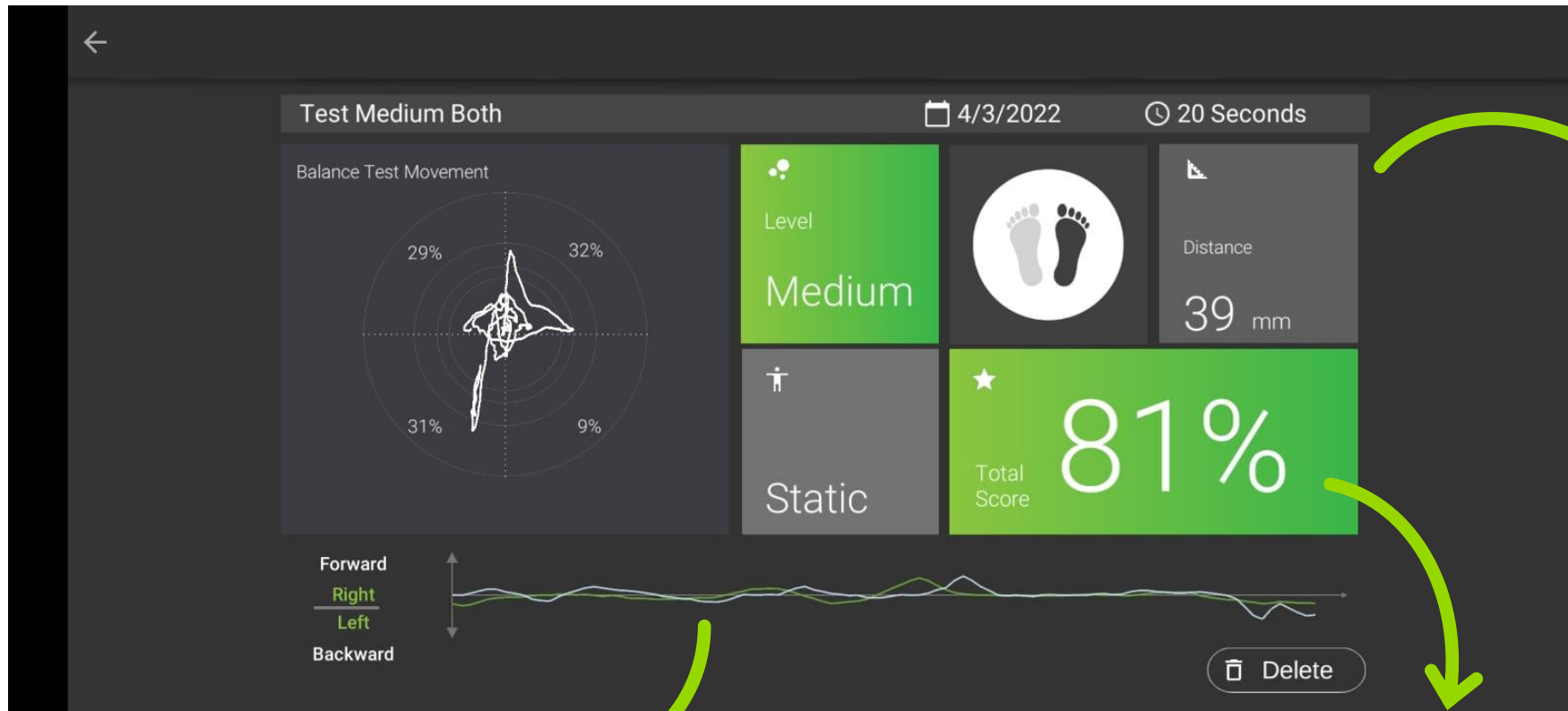
Dynamic Test



Static Test



Balance Test / Score Screen

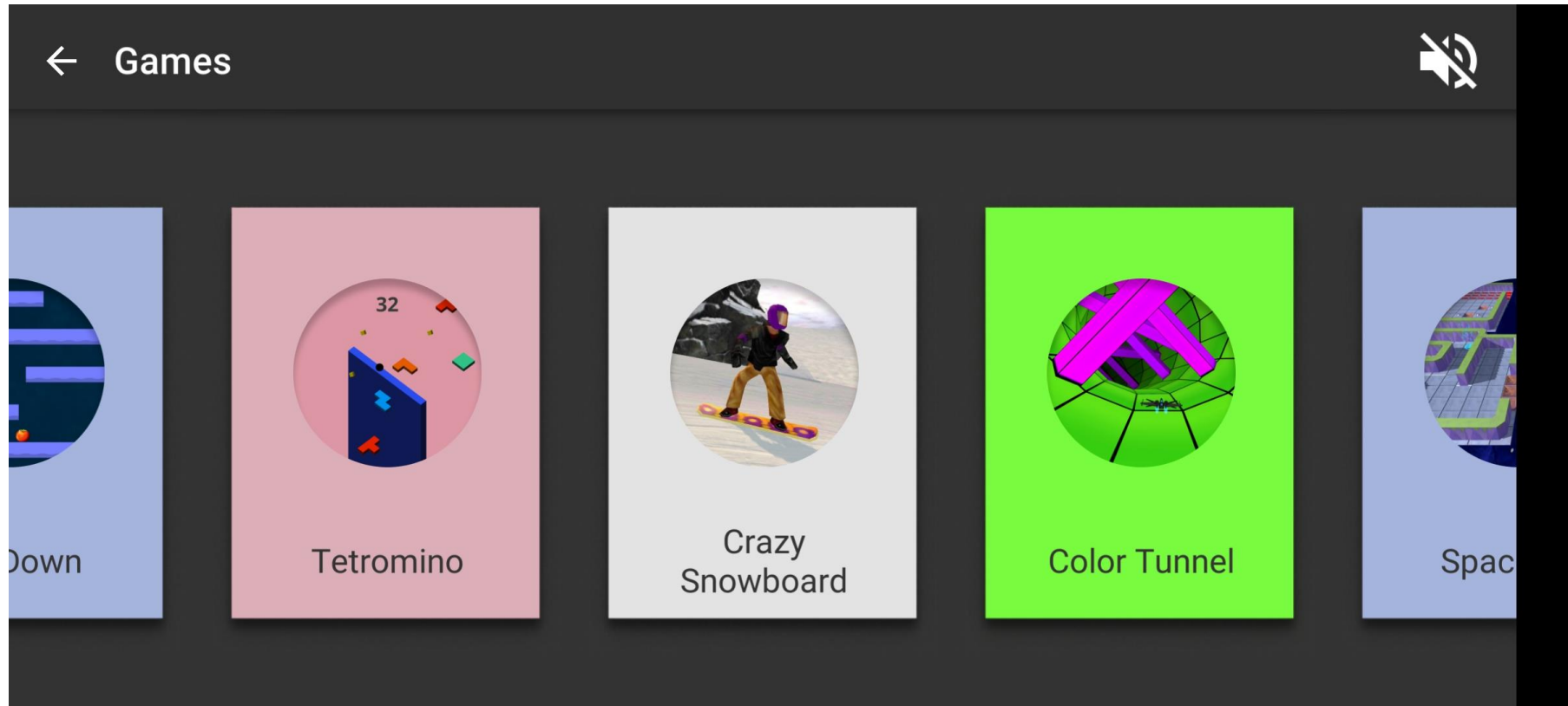


Movement's Distance = the length of the white line that represents the movement during the test

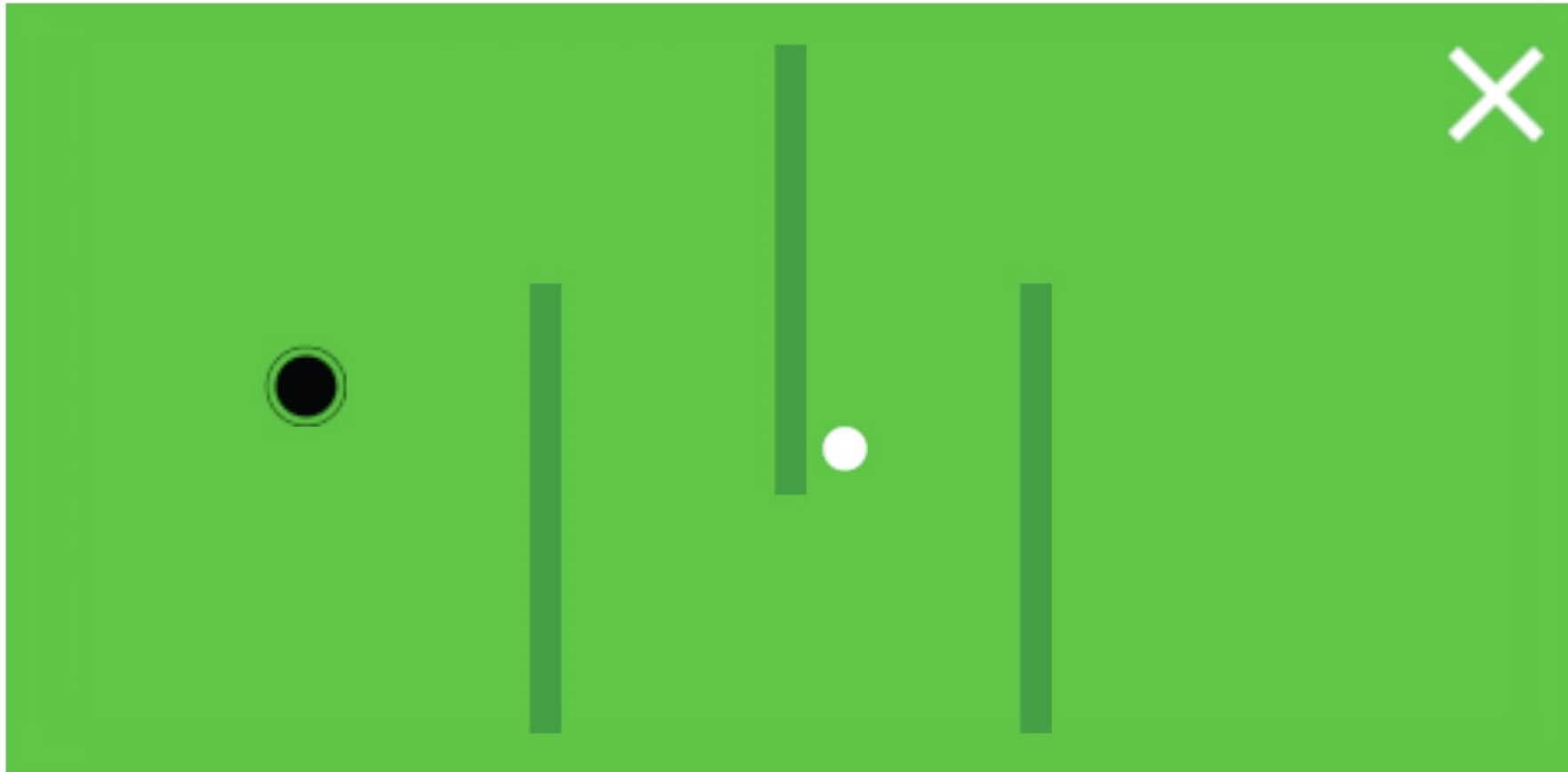
Movement's Amplitude –
Green = Right/Left movements
White = Backward/Forward movements

Score = % of the time you kept the white dot inside the green circle

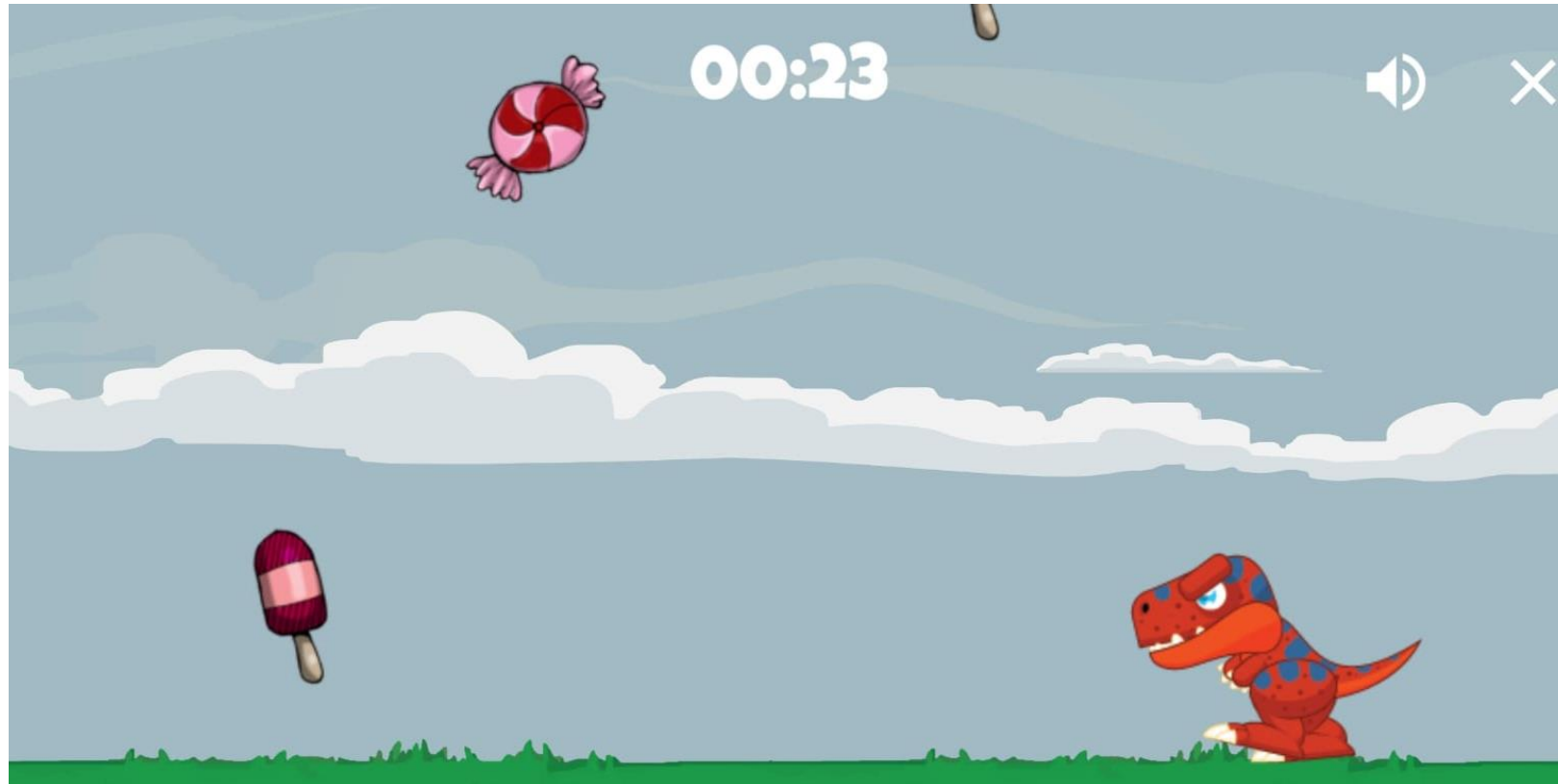
Balance / Games Menu



Balance Games / Candy Rex



Balance Games / Mini Golf



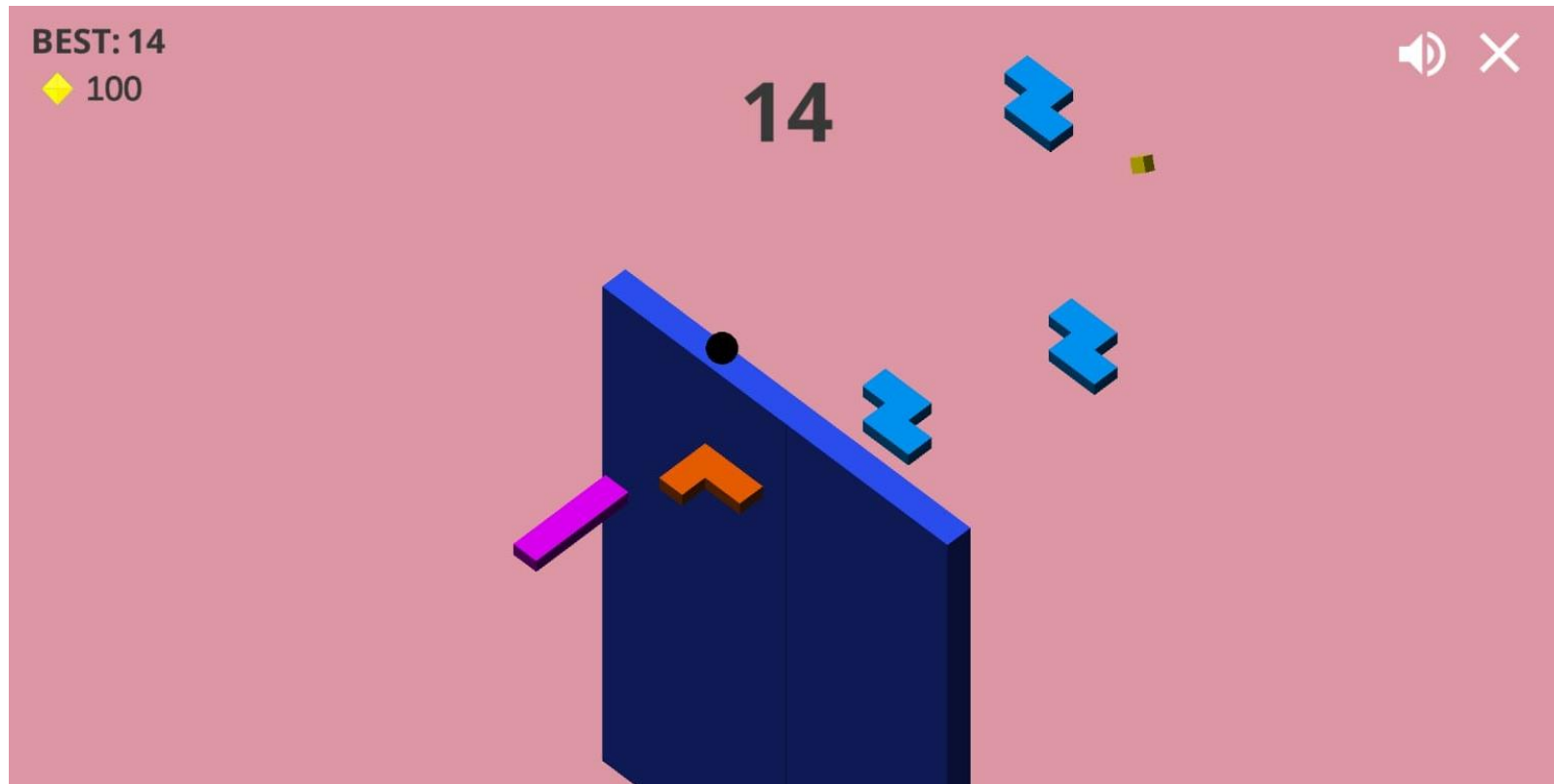
Collect all the sweets falling from the sky. Each candy adds 5 seconds to the game-timer. The game is over when the game-timer count down to 0

Balance Games / Ice Adventure

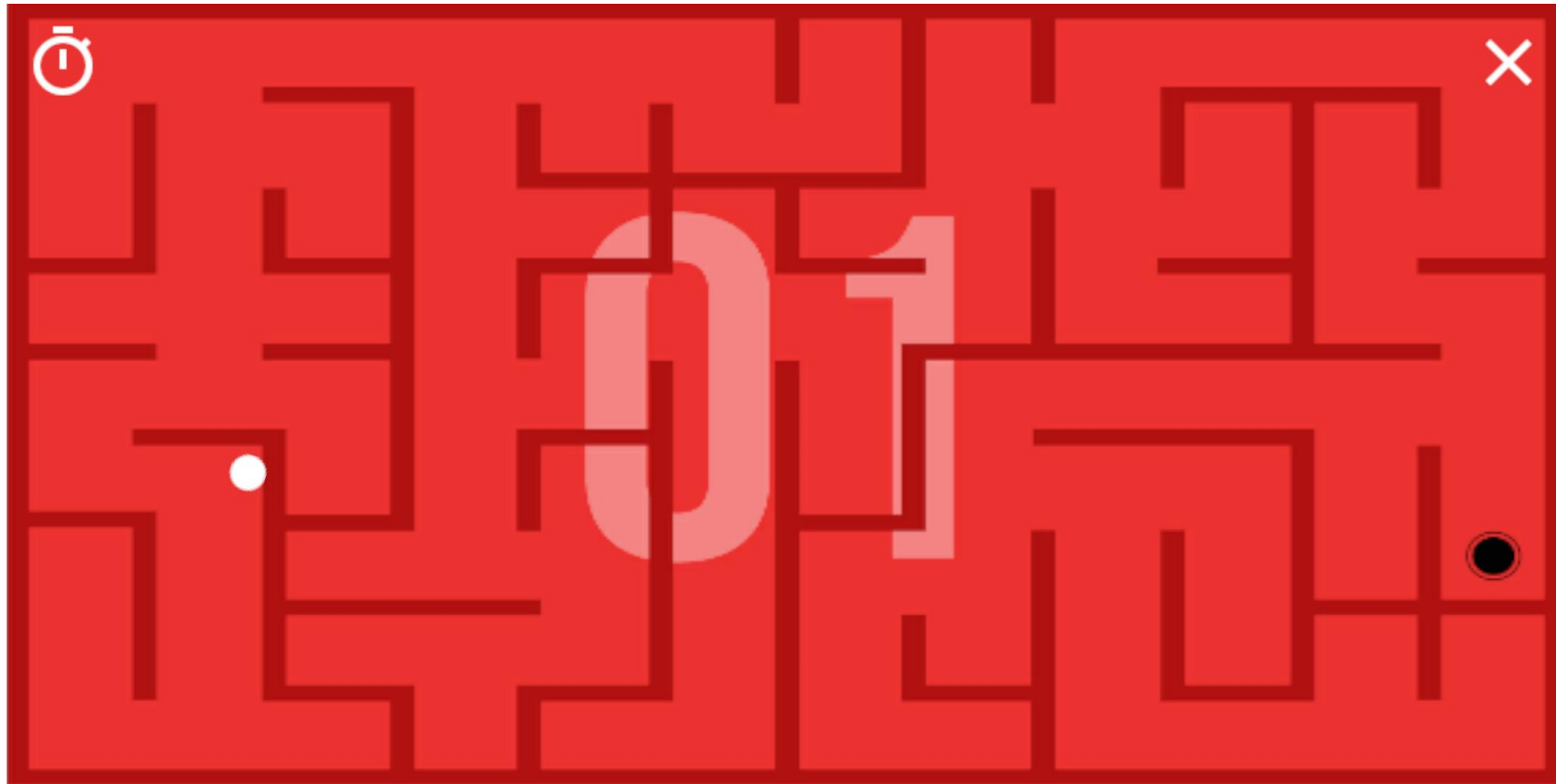


Mission: Tilt the black line to move the white ball and break all eggs. Try to keep the ball on the black line. Game over when the white ball falls from the line 3 times

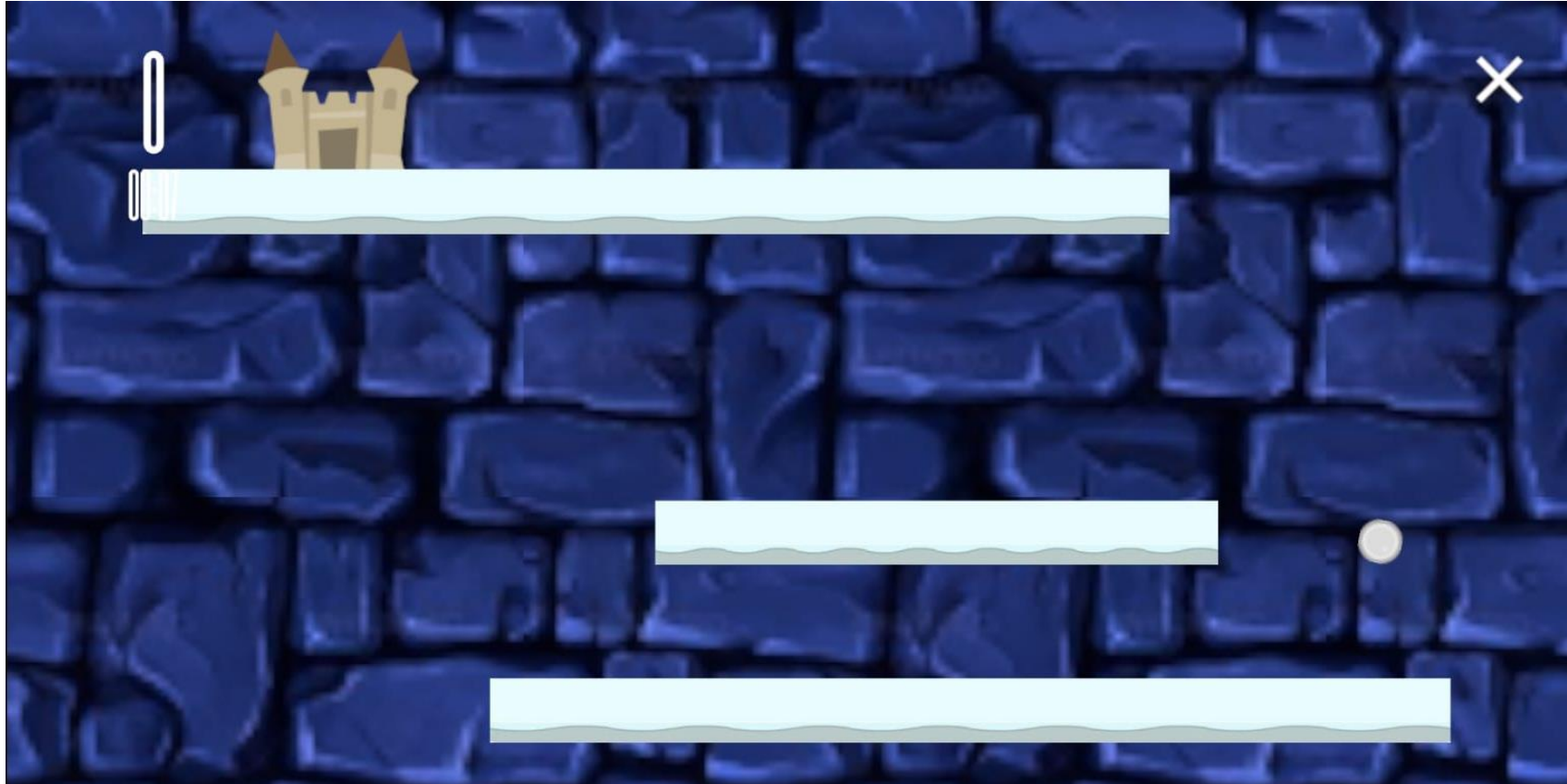
Balance Games / Tetromino



Balance Games / Maze

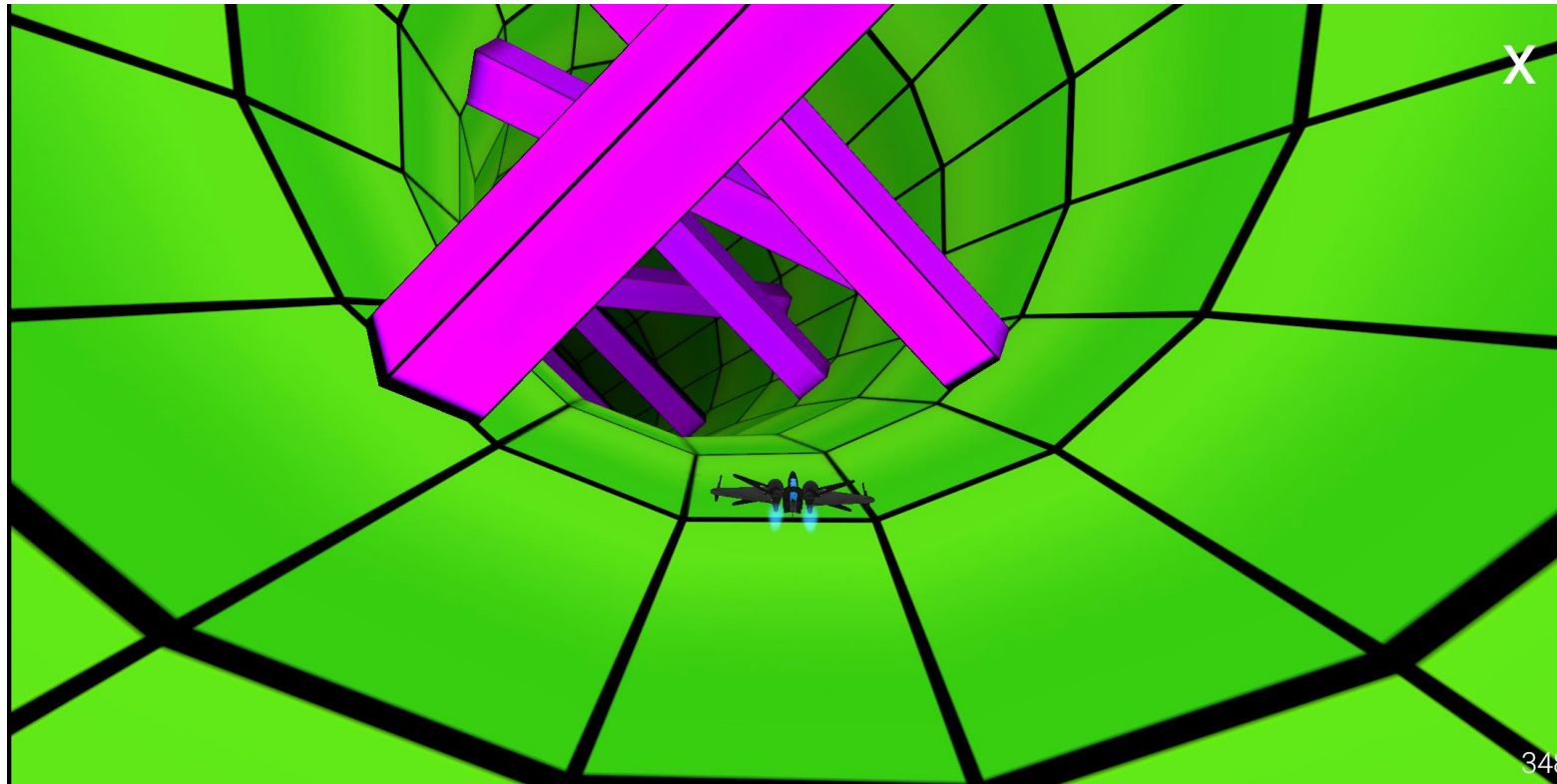


Balance Games / Fall Down



Tilt right and left to keep the ball from falling down. The game is over when the ball touches the top of the screen

Balance Games / Color Tunnel

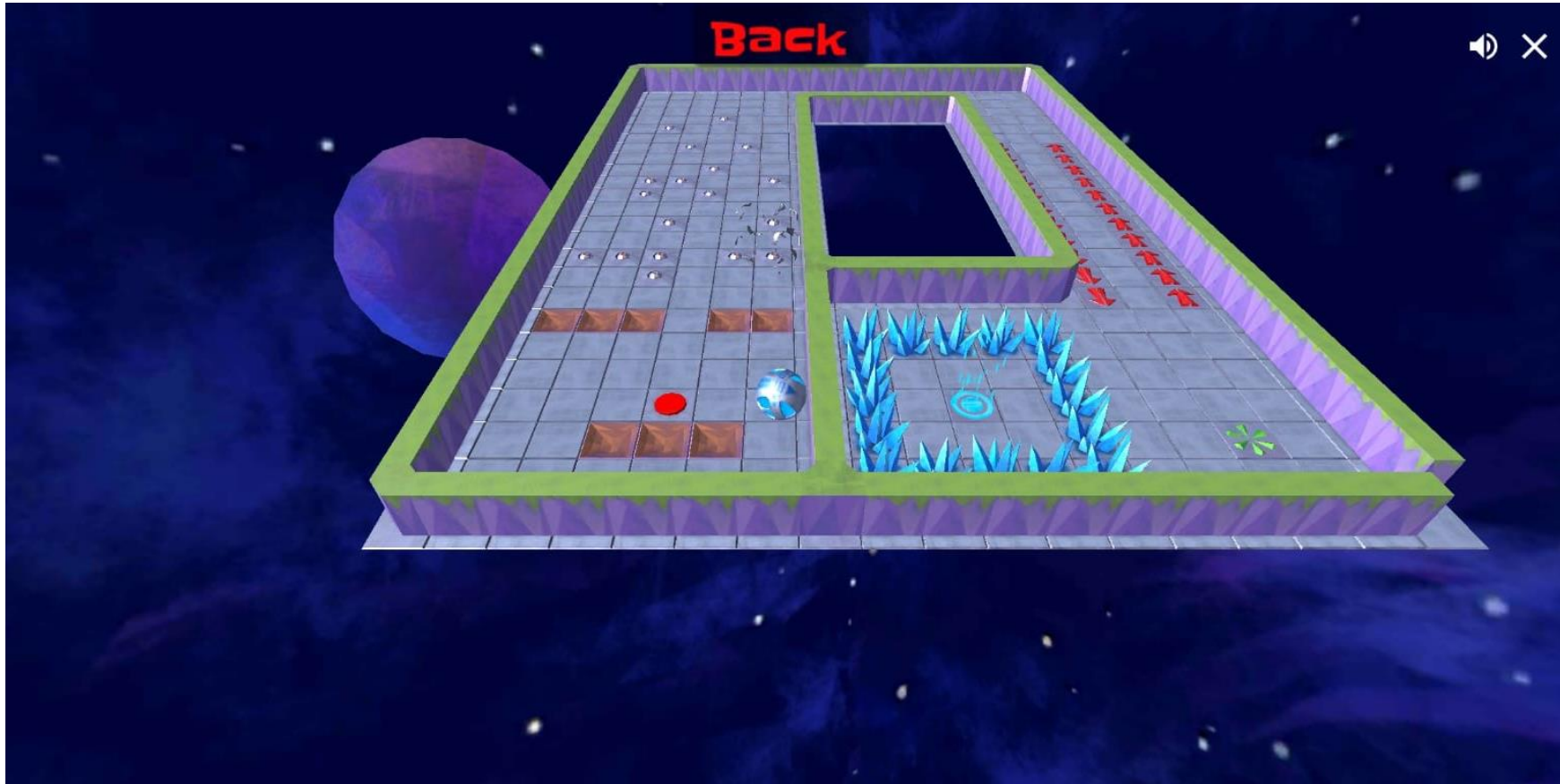


Balance Games / Harvest Rush

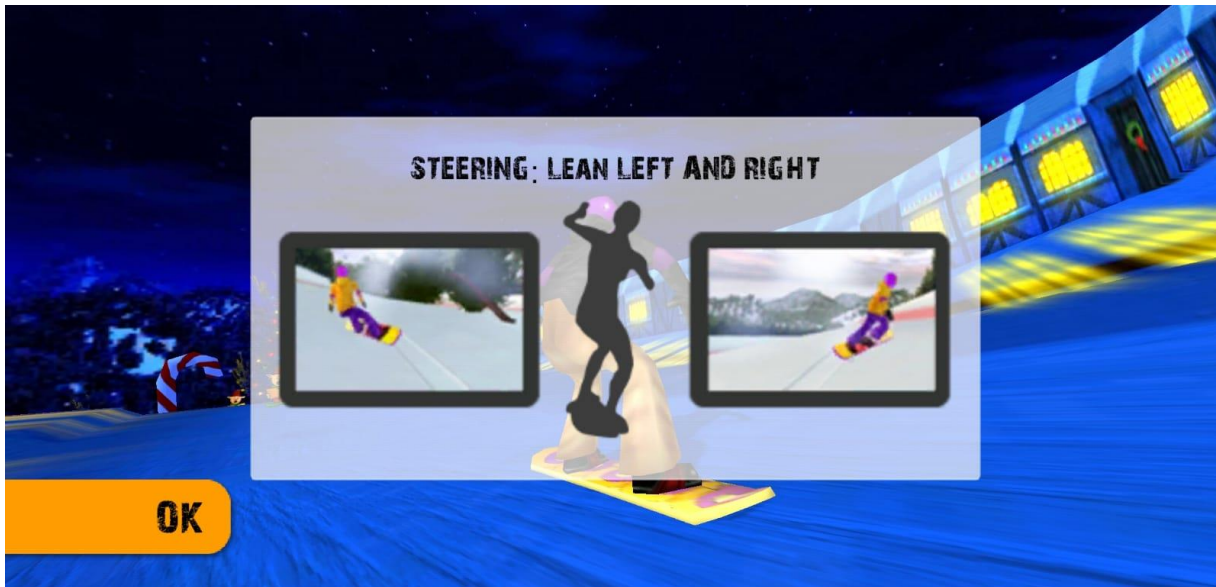


Tilt the board right and left to cut the corn and the wheat. Try not to hit the obstacles

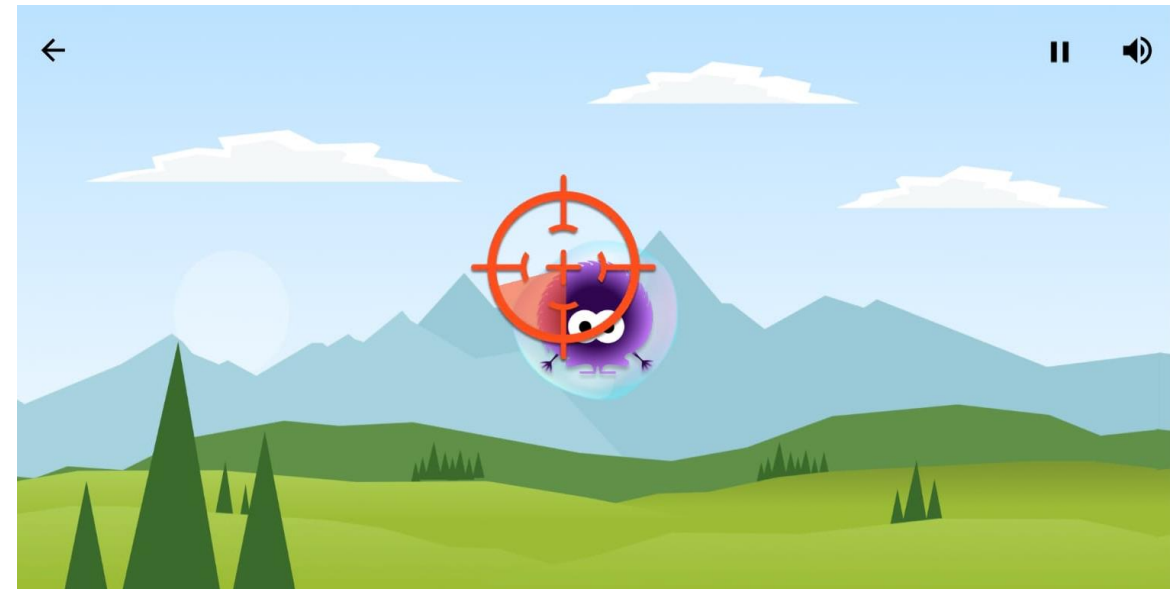
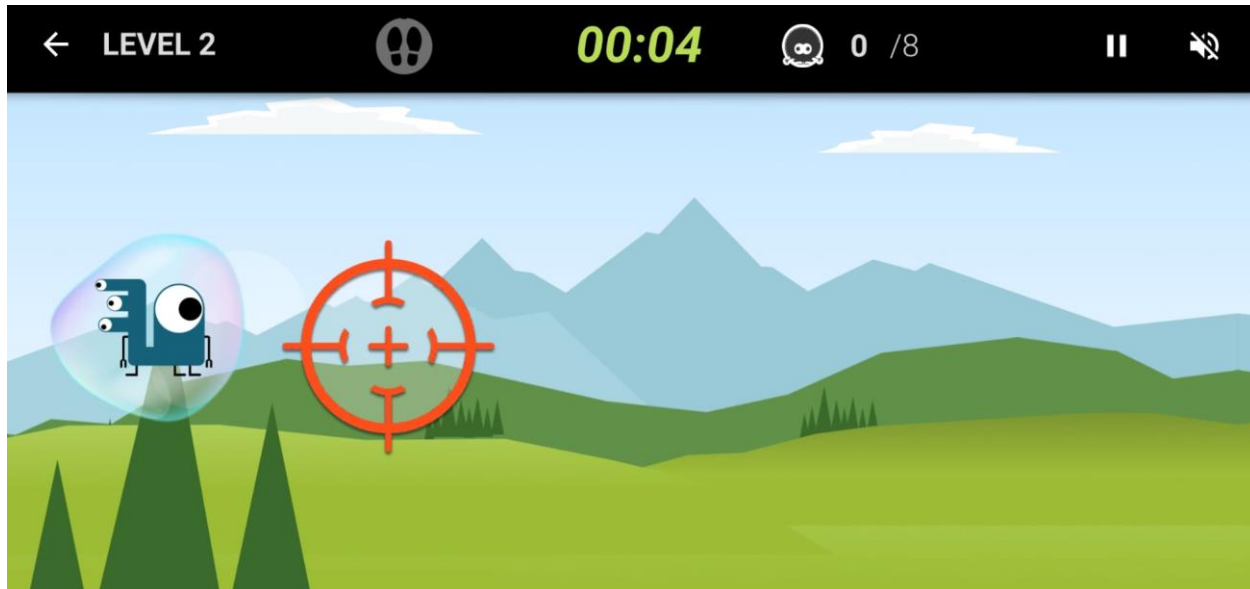
Balance Games / Space Ball



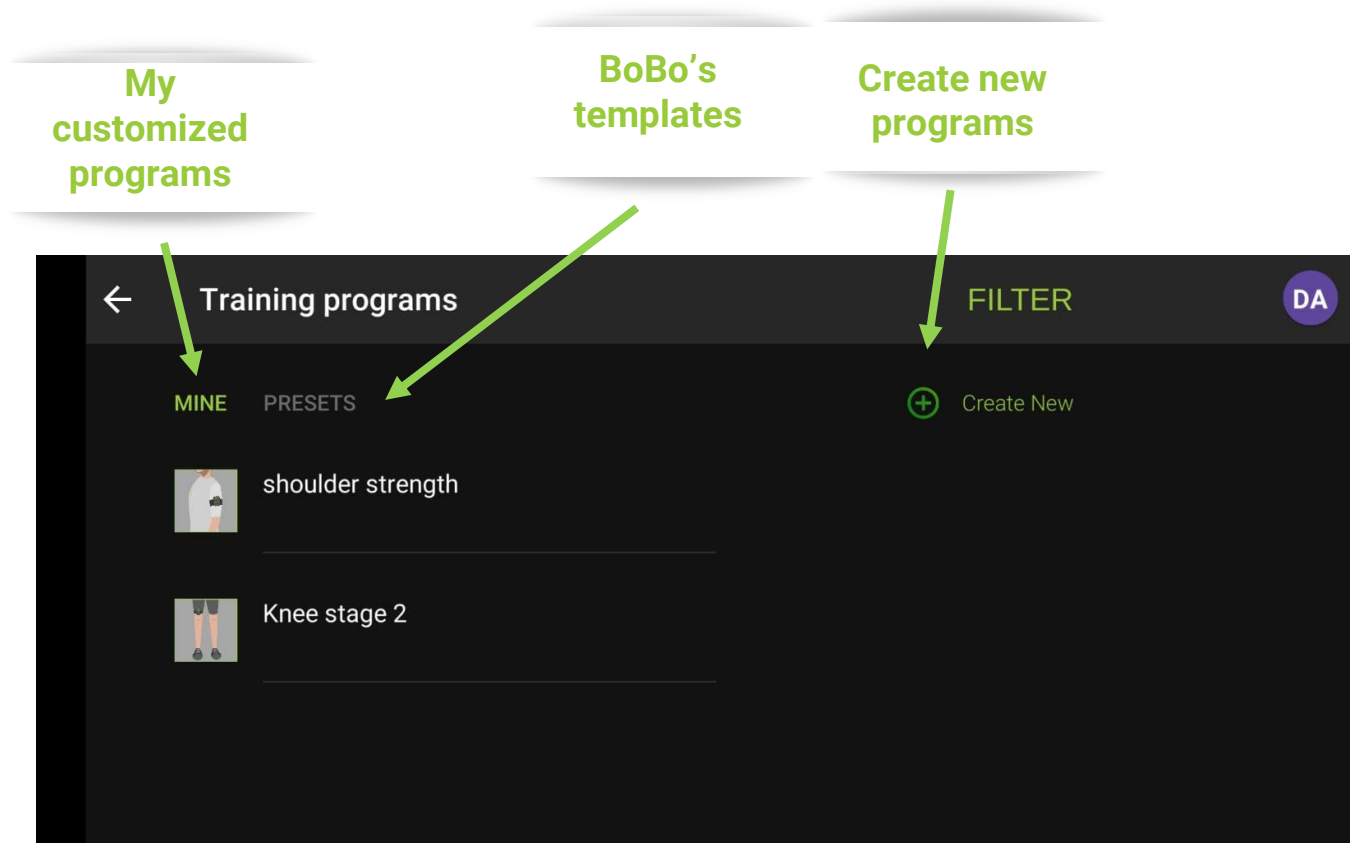
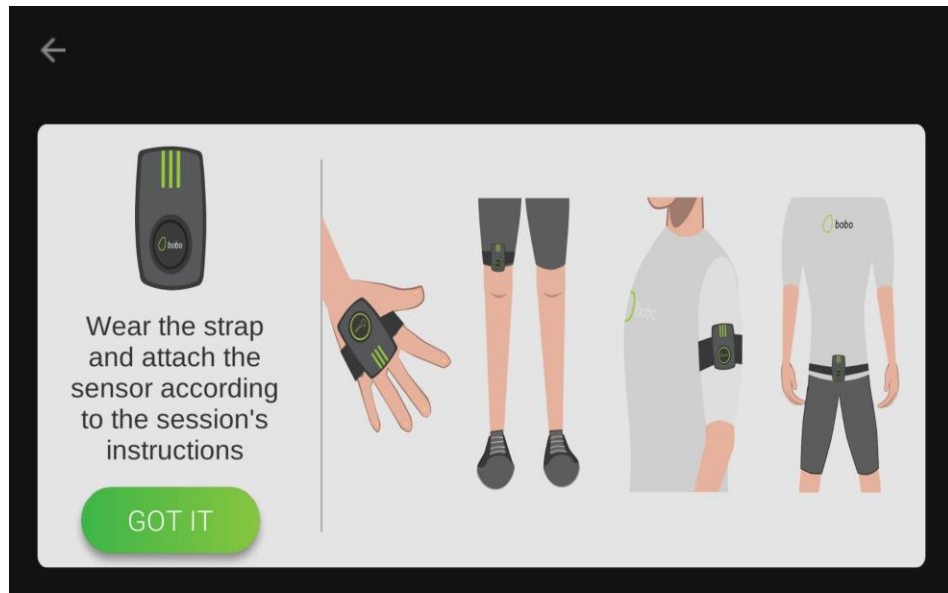
Balance Challenge / Snowboard



Balance Challenge / Monster

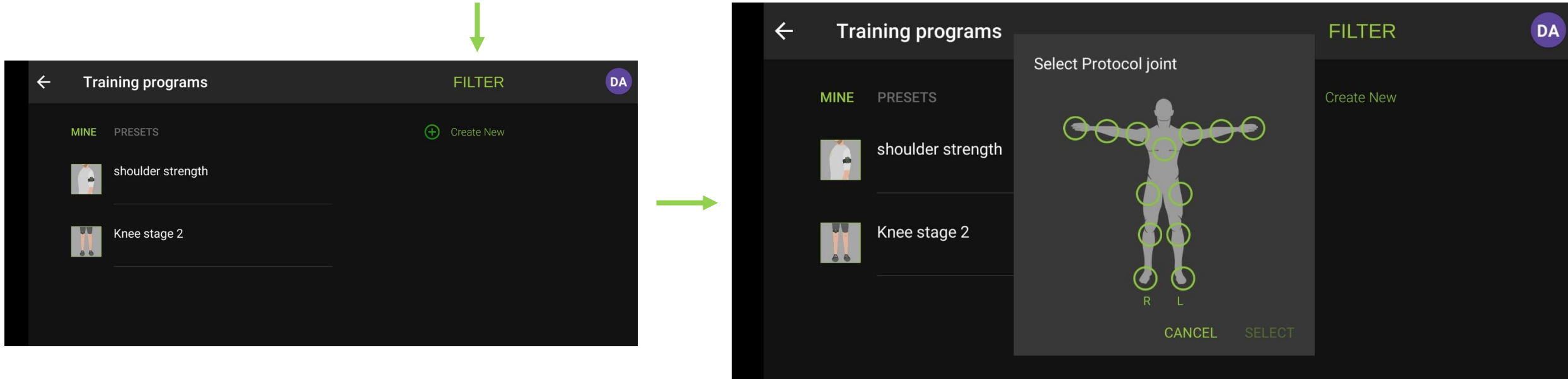


Strength and Flexibility / Menu

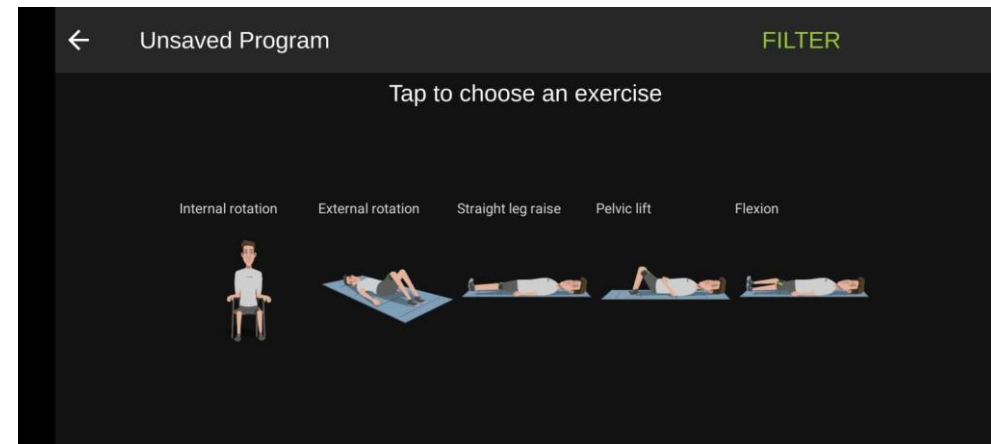
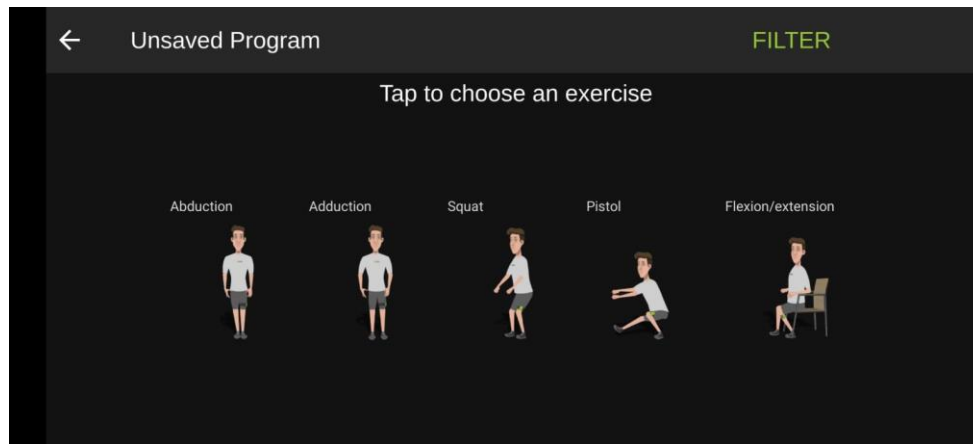
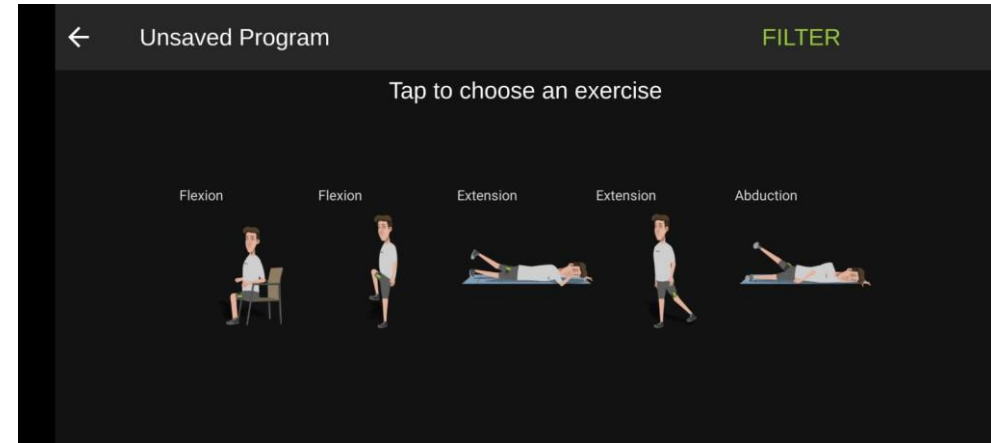
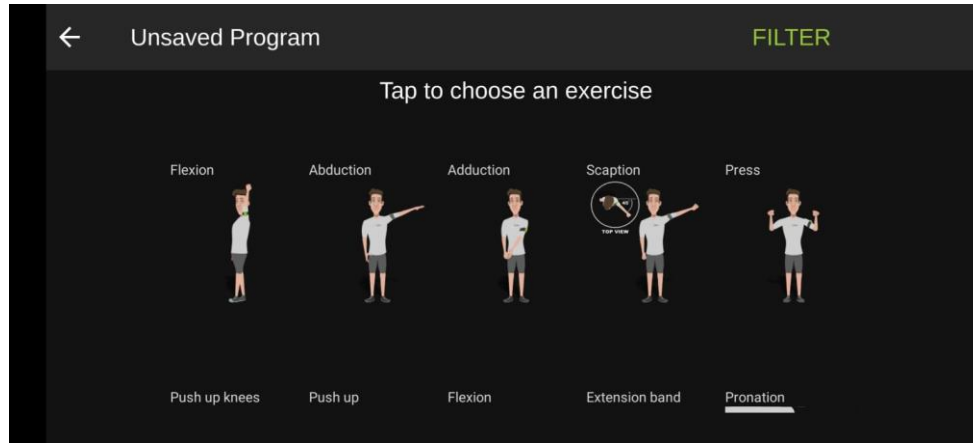


Strength and Flexibility / Menu / *Filter button*

Tap the **FILTER** button and quickly find the training program you need



Strength and Flexibility / Create New



Strength and Flexibility / Create New / Add New Exercise

← Add a new Exercise ADD TO PROTOCOL

Abduction band

Tools

None

Band

Weight

ROM

0 - 180 0 - 135

0 - 45 30 - 130

0 - 90 150 - 180

Adjust

Reps

2 3 4

Sets

2 3 4

Rest

2 3 4

ROM 0 - 180

Choose the side L/R

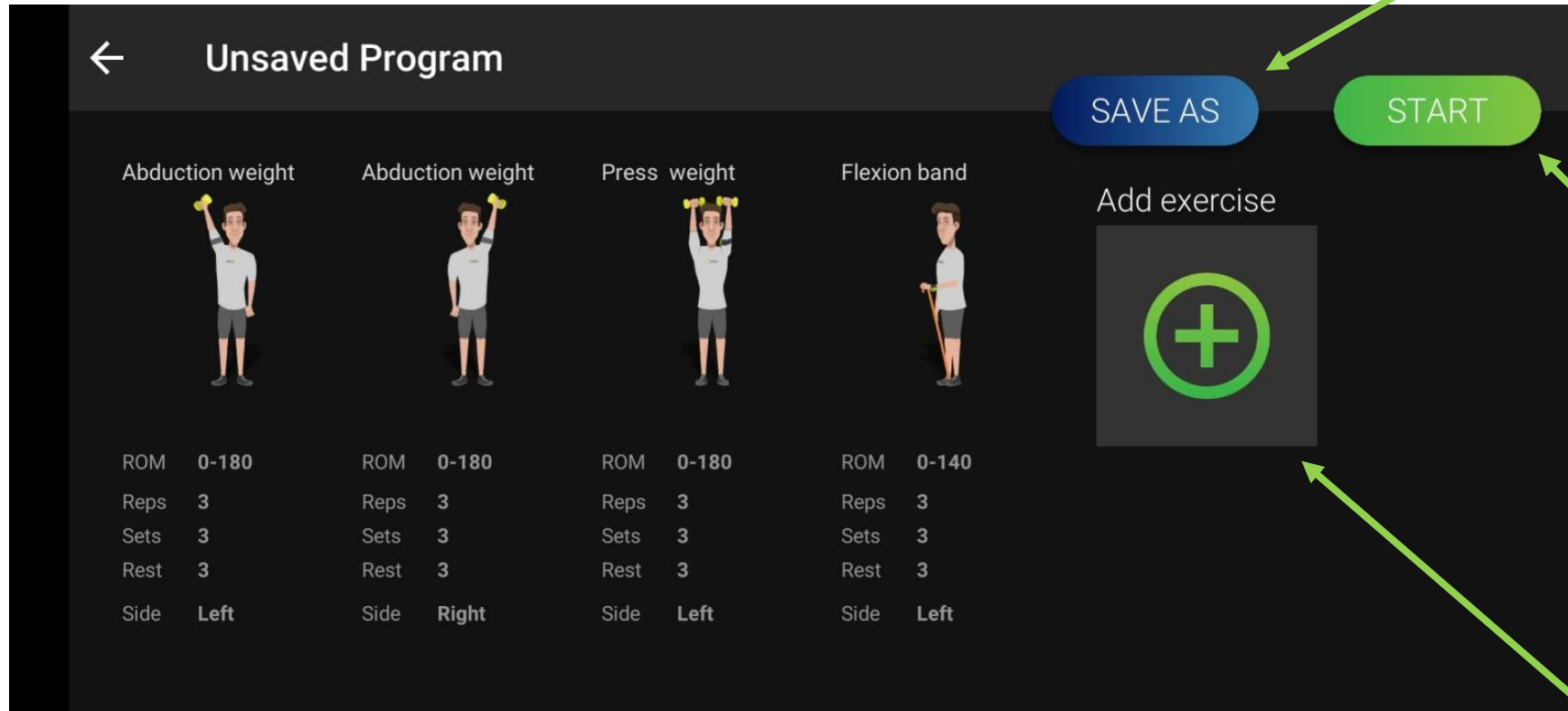
Prescribed range of motion

Choose the ROM by tapping one of the fast-programmed buttons, or adjust it manually

Tap here once you have completed the settings

Scroll to set the exercise parameters

Strength and Flexibility / Create New / Save or Start

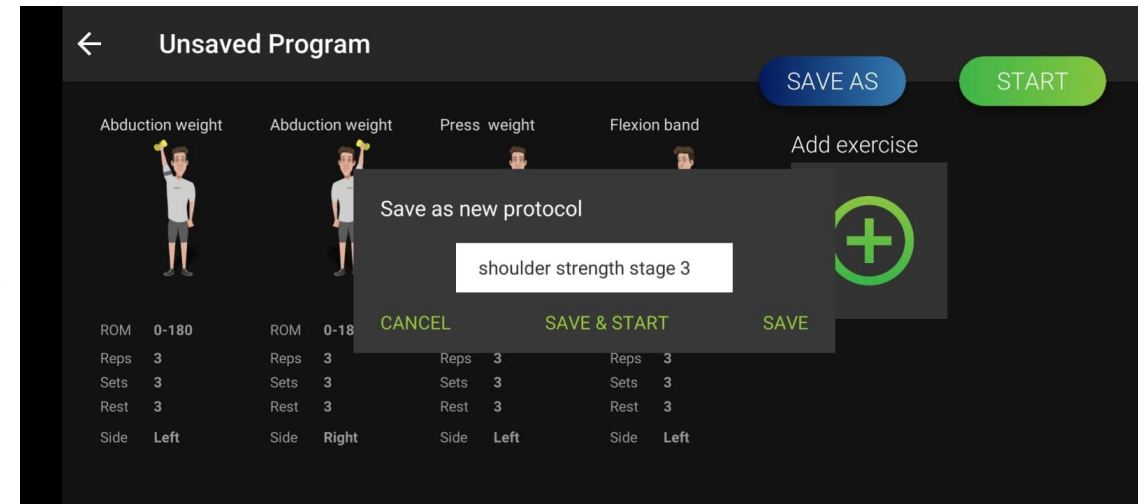
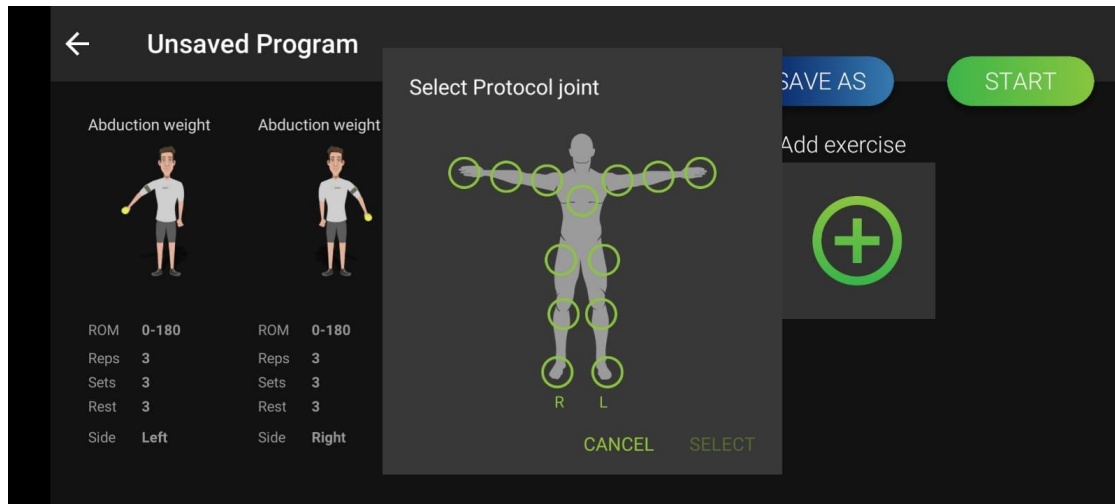


Save your customized training program so you can access it later

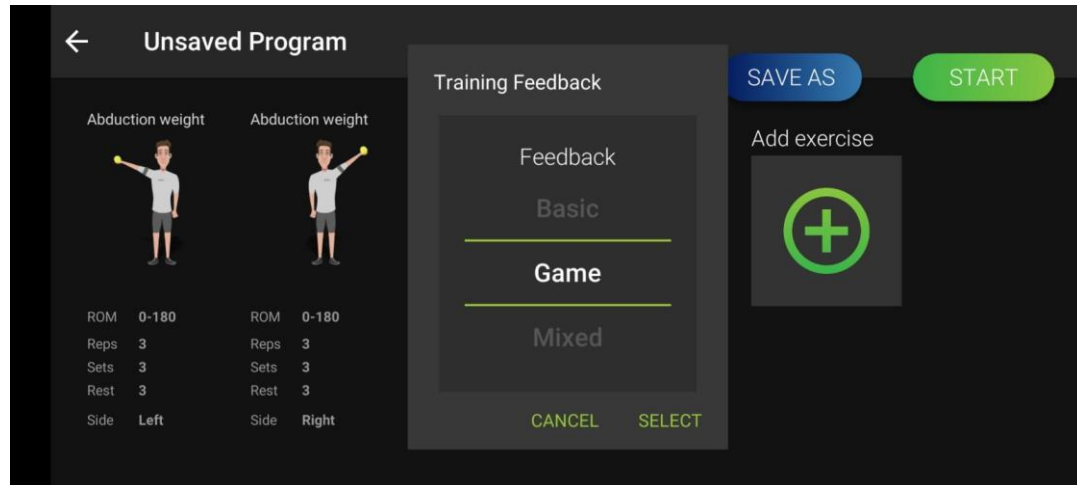
Start without saving

Add one more exercise to the program

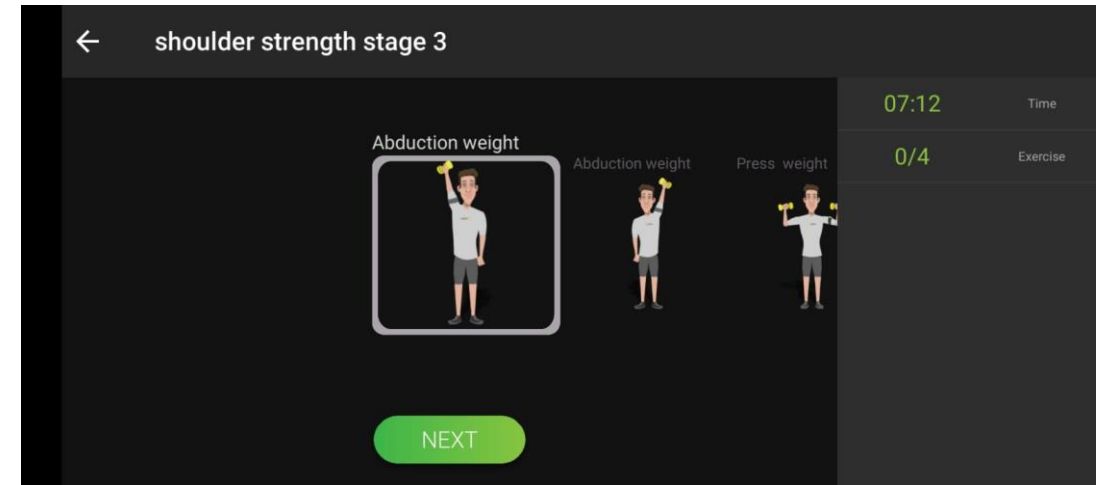
Strength and Flexibility / Create New / Save



Strength and Flexibility / Start a Training Session

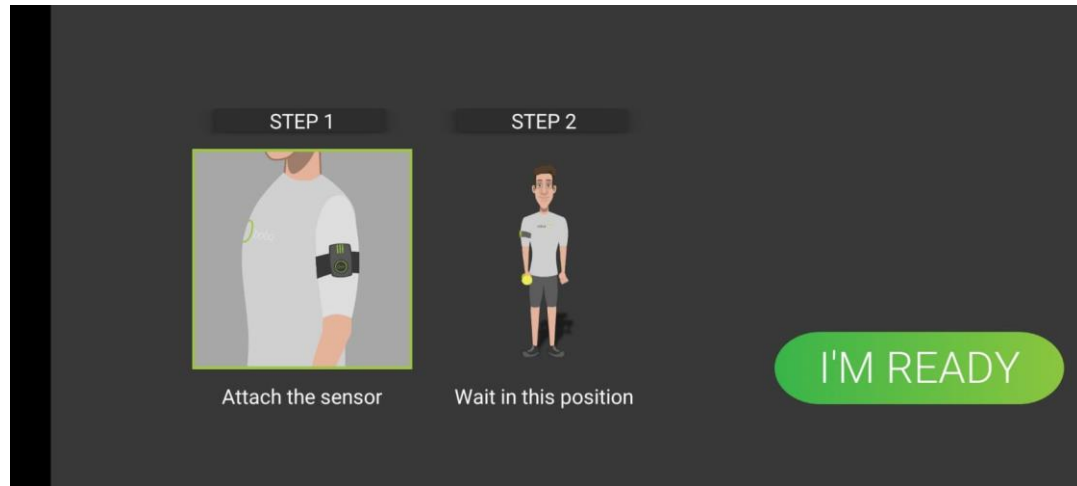


Choose the training feedback
Basic = Protractor

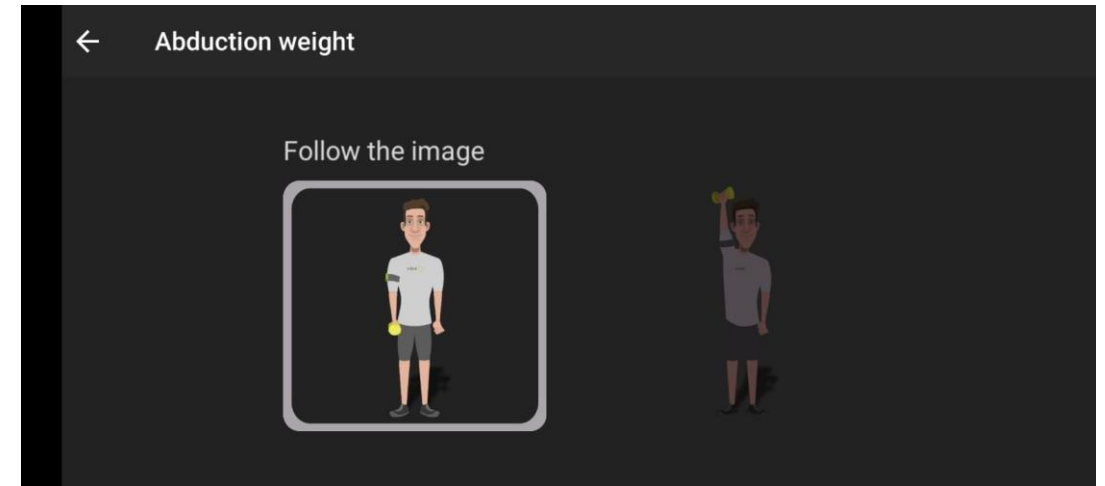


Scroll to the right to see your
whole program

Strength and Flexibility / Start a Training Session / **Attach & Calibrate**



Attach the sensor exactly as shown in the picture

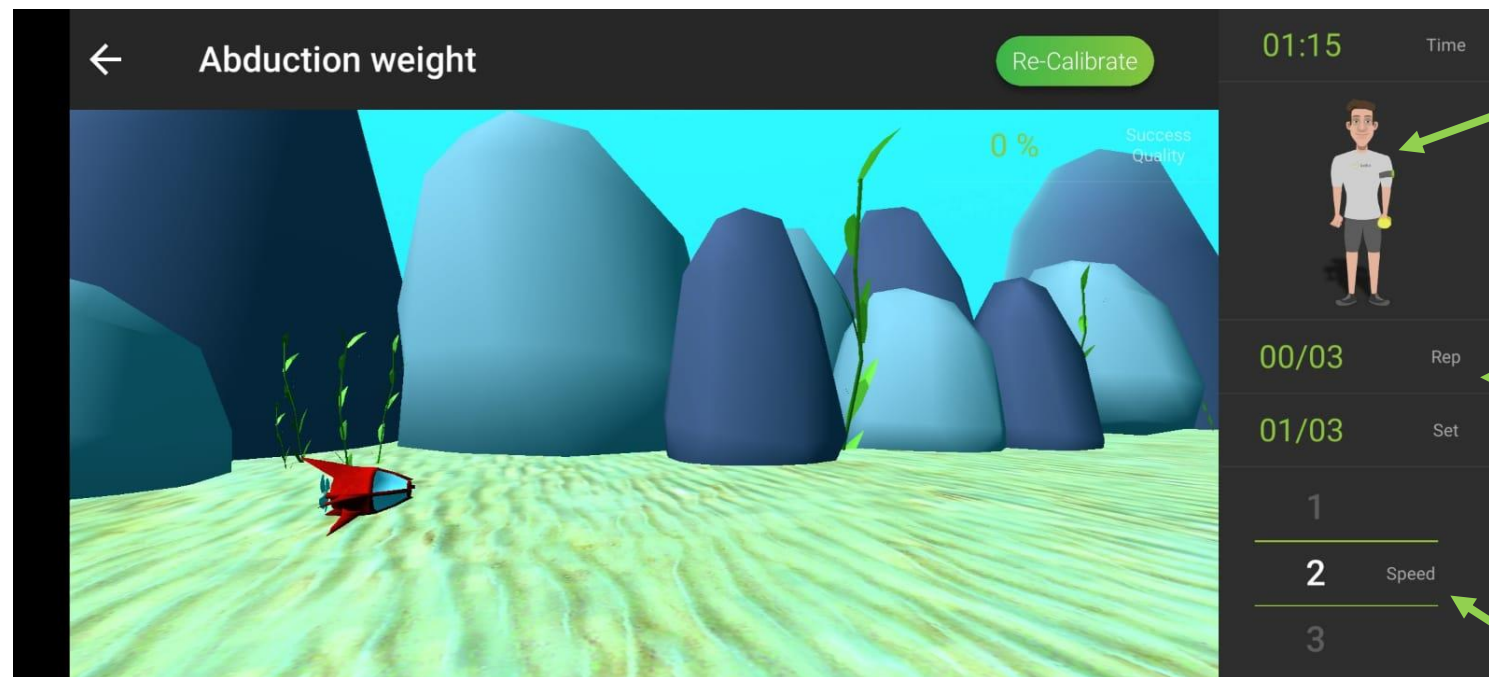


Calibration: Hold the posture shown in the picture and move only when instructed

Strength and Flexibility / Training Session / *Basic Feedback*

The screenshot shows a mobile application interface titled "Flexion band". At the top left is a back arrow and the title. At the top right is a "Re-Calibrate" button. Below the title, there is a progress indicator showing "0 %" and "Success Quality". The central part of the screen features a circular gauge with a white pointer and a green shaded area. A callout "Bring the white pointer to the green area by moving the specific body part" points to the gauge. Above the gauge is a callout "Maximum angle" and below it is "Minimum angle". To the right of the gauge is a 3D cartoon character of a person standing, with a callout "Follow the exercise animation" pointing to it. Below the character is a counter showing "00/03" and "Rep", and "01/03" and "Set", with a callout "Reps and sets counter" pointing to it.

Strength and Flexibility / Training Session / *Game-Based Feedback*



Follow the exercise animation

Reps and sets counter

Scroll to speed up the movements

Strength and Flexibility / Pain & Fatigue

How much pain did you feel in this session?

No Pain Discomfort Moderate Intense Very Severe Worst Possible

How much fatigue did you feel in this session?

No Fatigue A Little Tired Moderately Tired Tired Extremely Tired Exhausted

Strength and Flexibility / Session Completed

← shoulder strength stage 3

00:00 Time
4/4 Exercise

Abduction weight	Abduction weight	Press weight	Flexion band
Success Quality: 11 %	Success Quality: 11 %	Success Quality: 0 %	Success Quality: 100 %
Stats	Stats	Stats	Stats

Tap to see the stats for each one of the exercises

Result Graph

Flexion band

Motion Target

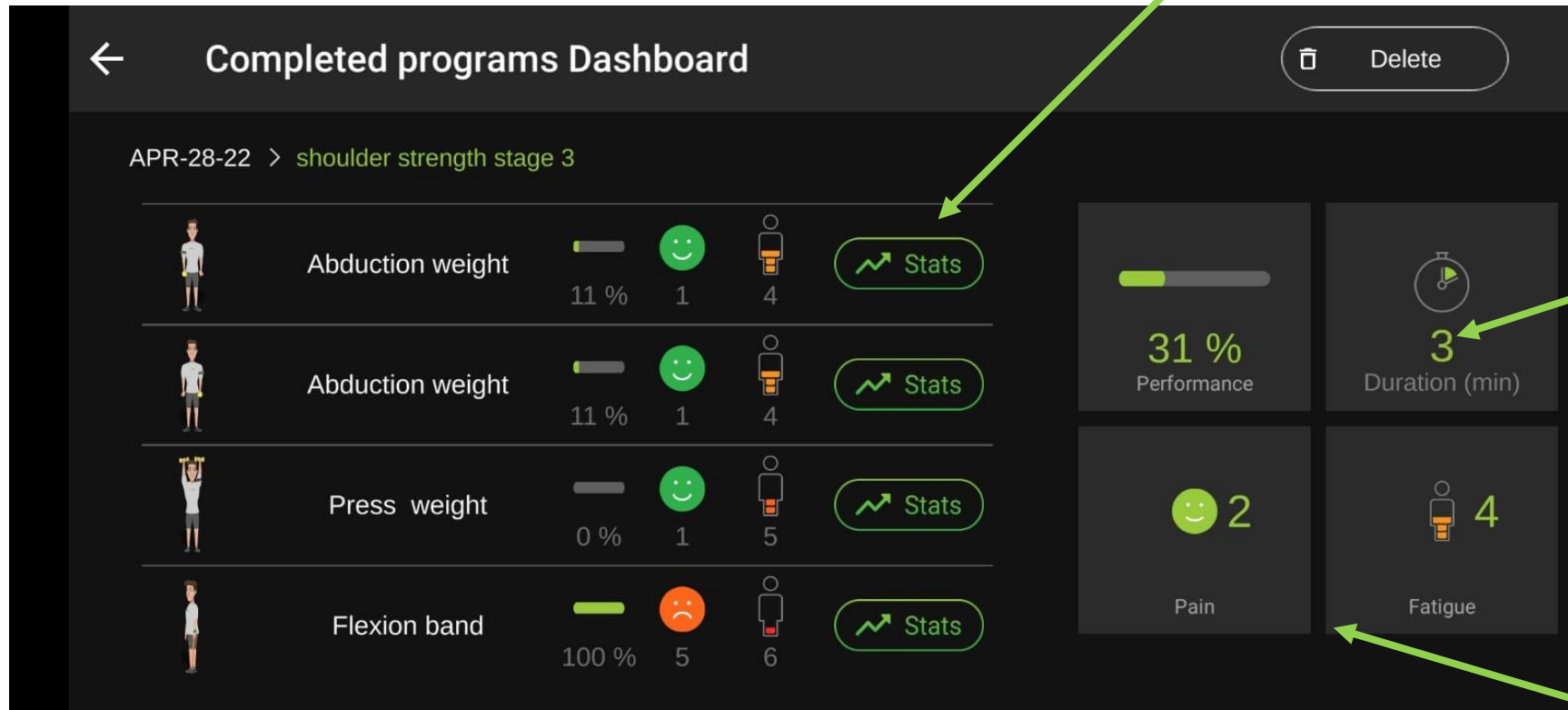
ROM 0°- 140°
Reps 3
Sets 3
Rest 3
Side Left

100 % Performance
-54°- 134° Measured Range
Pain 5
Fatigue 6

RETURN

Strength and Flexibility / Session Stats

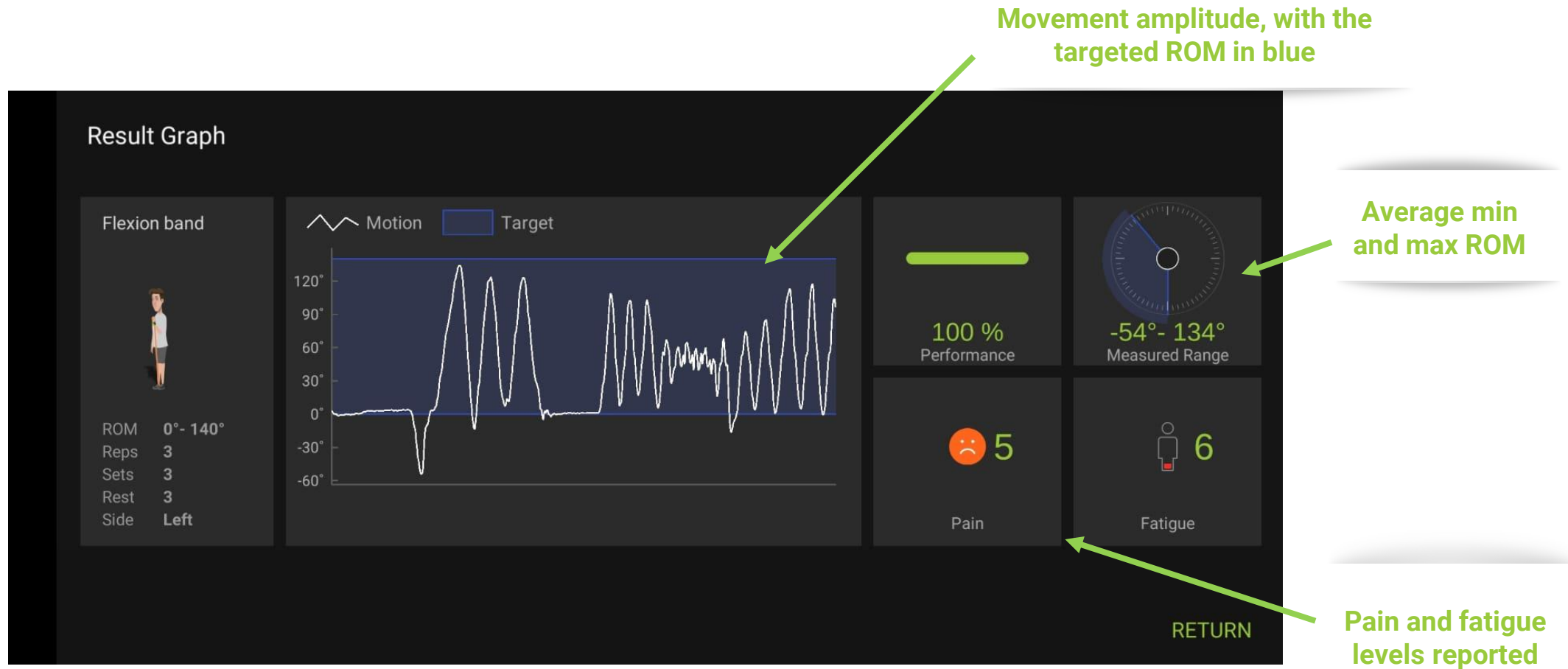
A deep dive into a single exercise's data



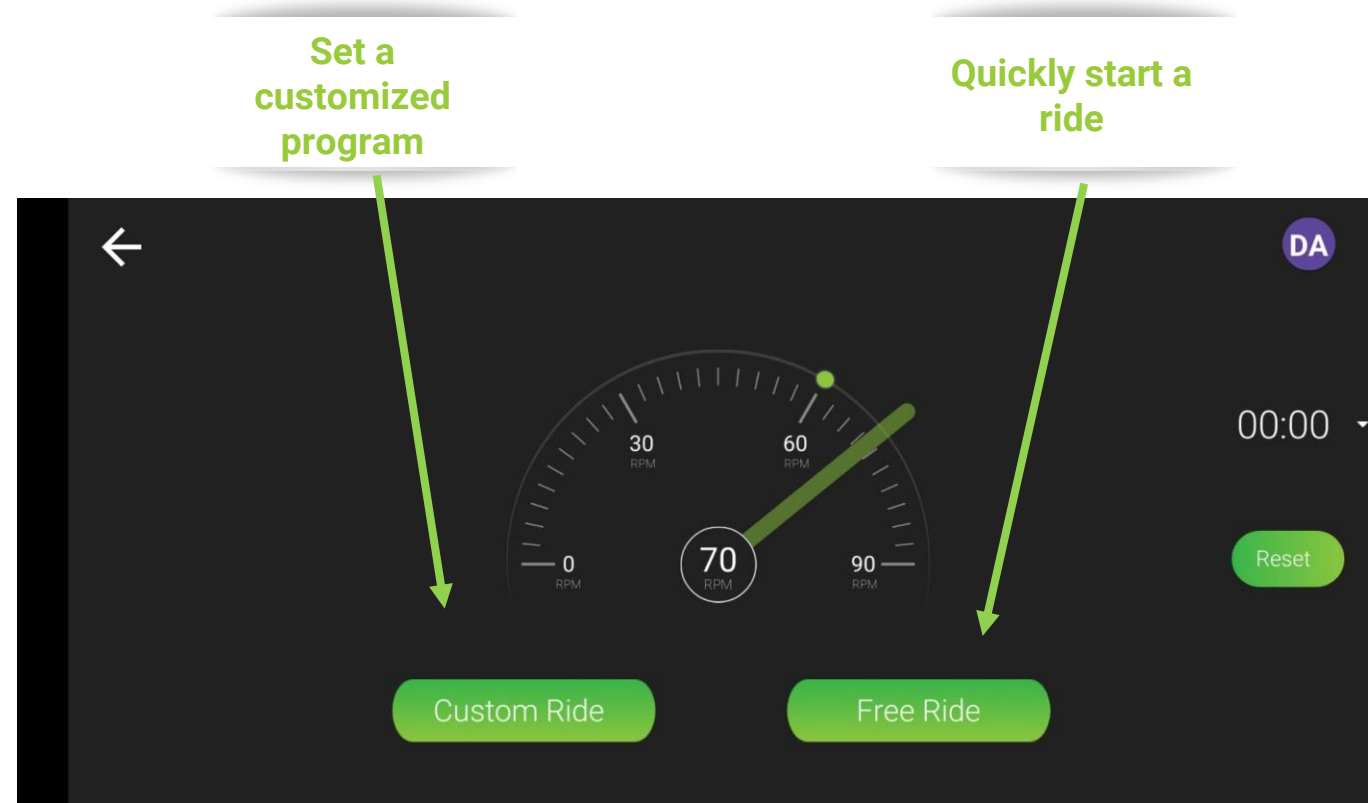
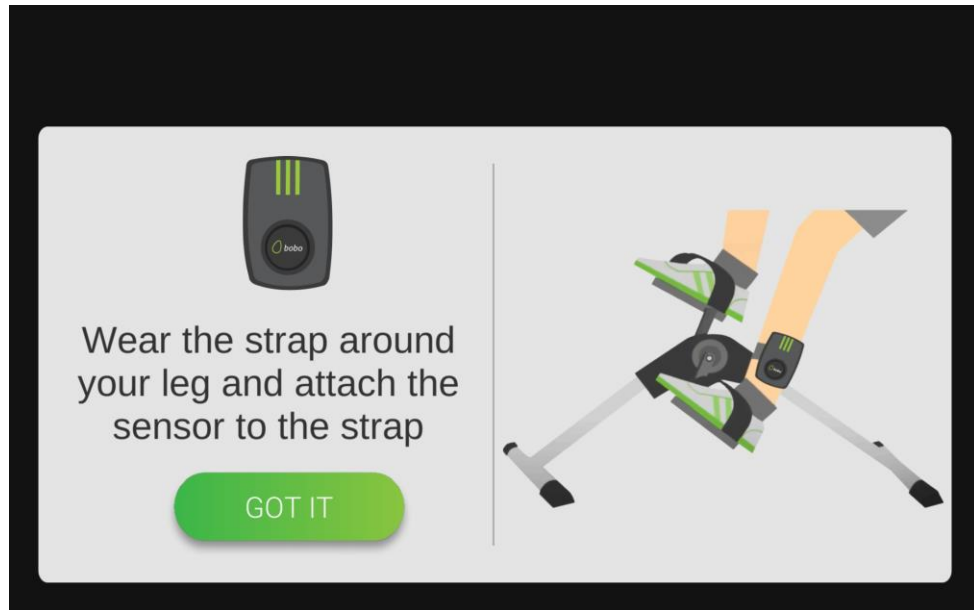
Session duration

Pain and fatigue average levels reported during the session

Strength and Flexibility / A Single Exercise Stats



Cycling / Menu

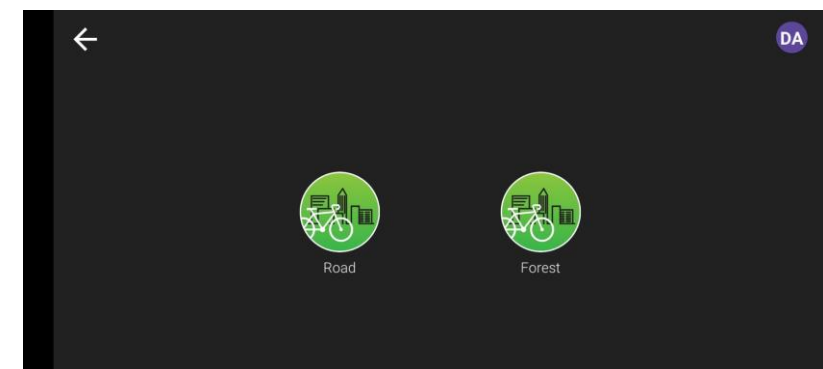
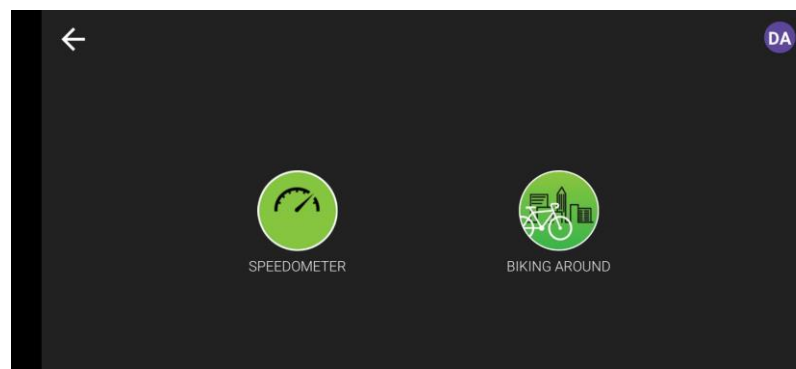
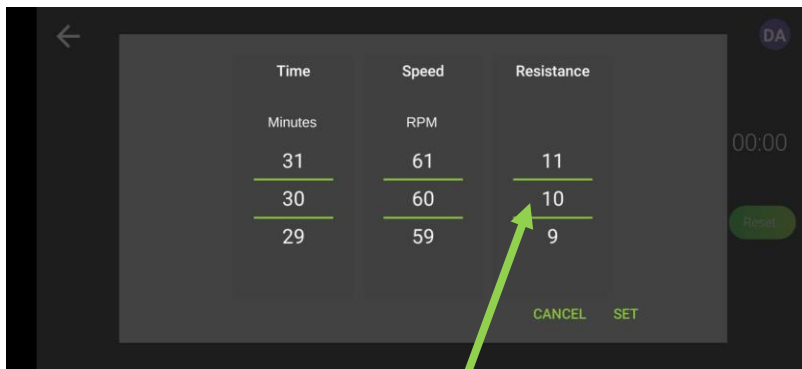


Cycling / Custom Ride

Set the parameters

Choose the type of feedback

Choose the environment



Set the resistance according to the bikes resistance level

Cycling / Biking Around Feedback

Road

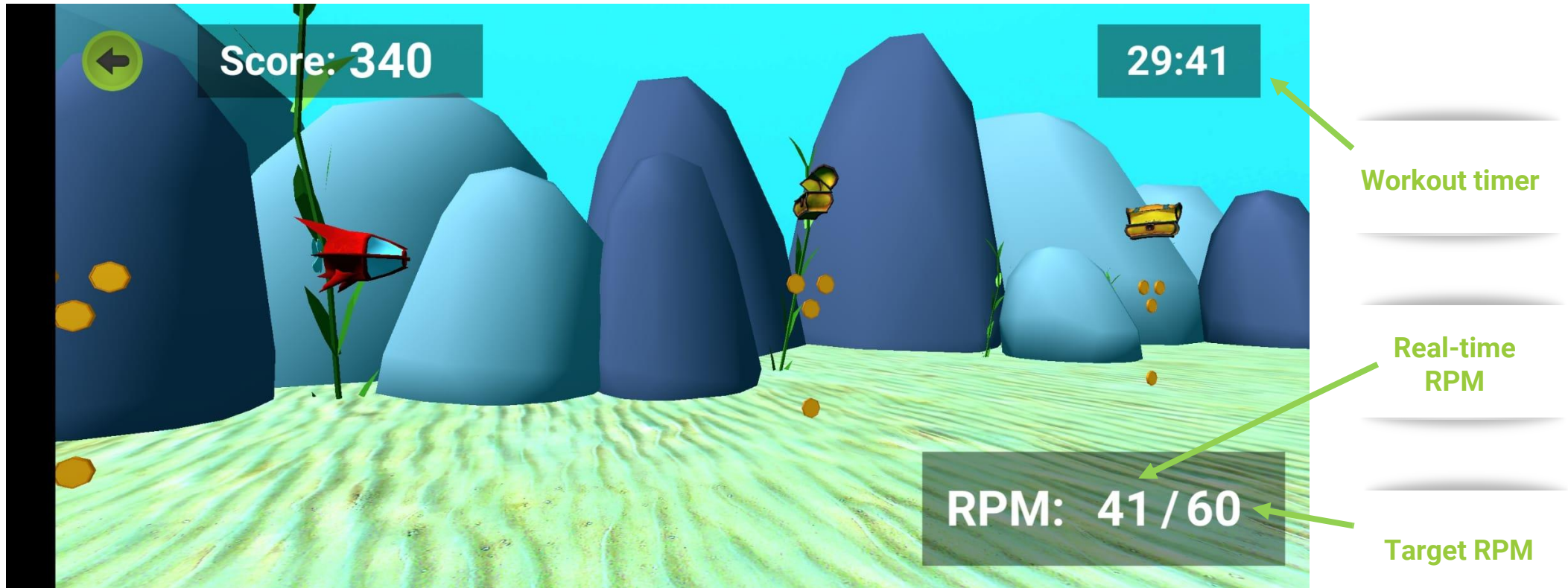
Forest



Speedometer & Timer

*To speed up the movie, increase the cycling speed. Try to stick to the prescribed target speed.
As soon as you stop cycling, the movie stops*

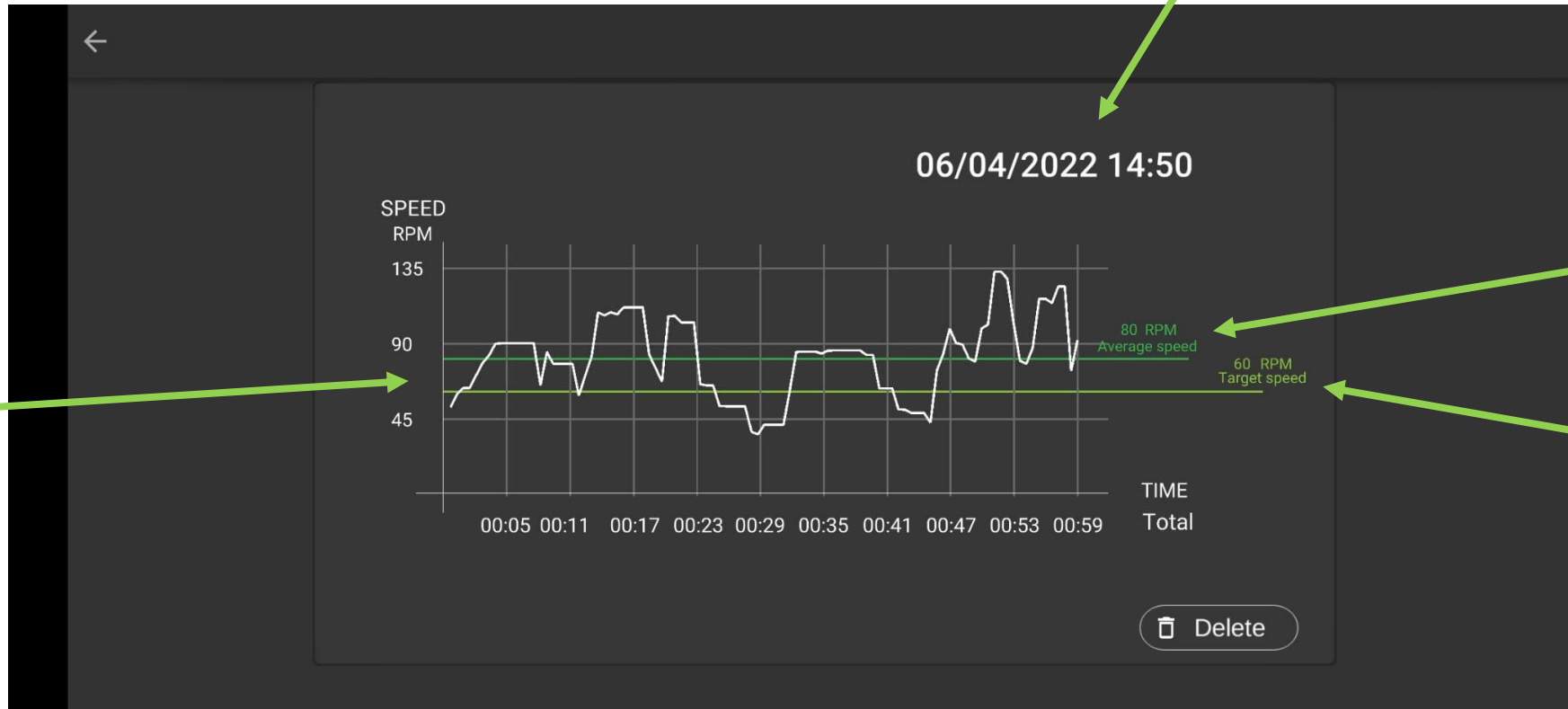
Cycling / Game-Based Feedback



*How to play: Increase the cycling speed to move the submarine up.
Aim of the game: Collect the coins and avoid the mines*

Cycling / Score Screen

Date & Hour



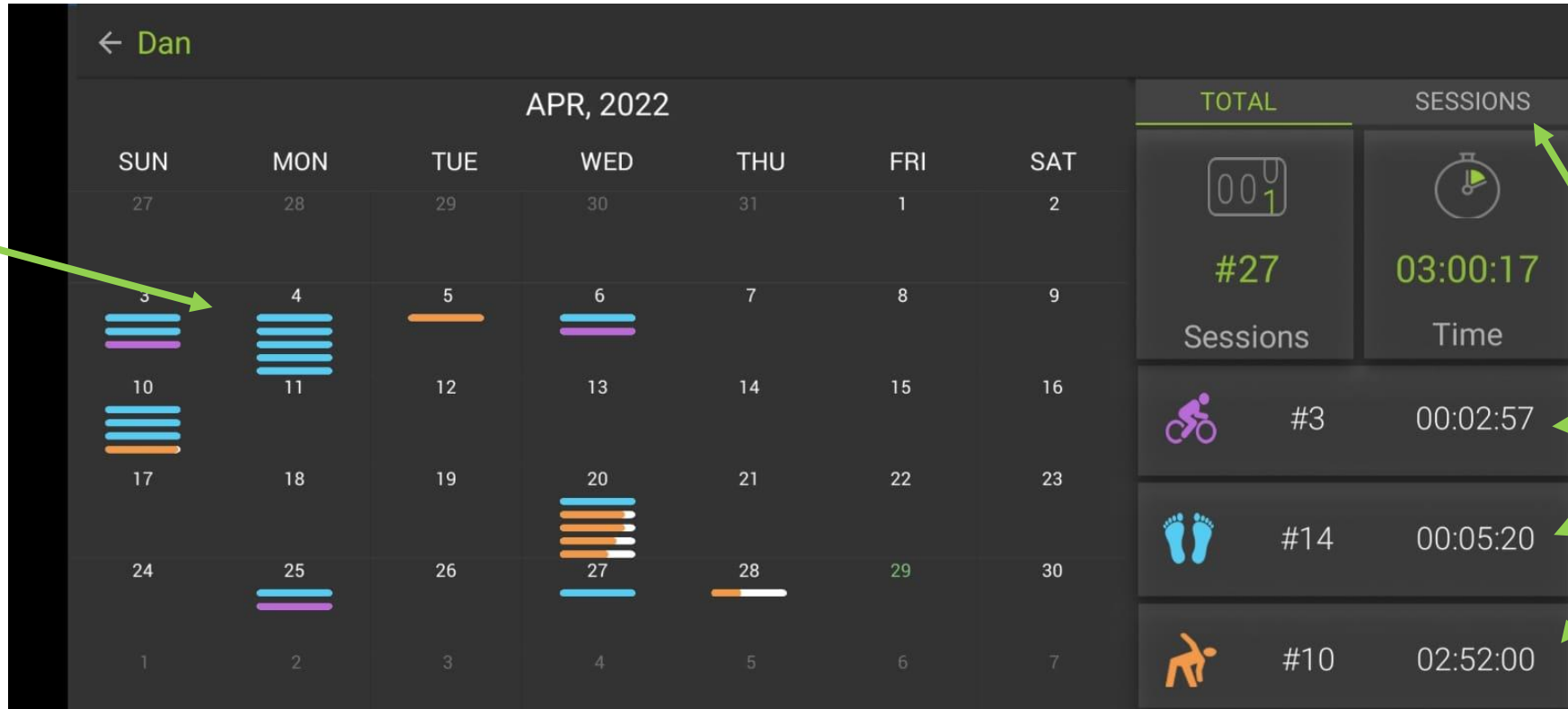
The speed amplitude

Average session's RPM

Prescribed RPM

Strength and Flexibility / Patient's Dashboard

You can track patients' compliance with the exercise calendar



Toggle between the different exercises to deep-dive into each and every one of the sessions and exercises