

# **BoBo Pro 2.0 / *App User-Guide***

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*Version: Remote care app  
February 2023*

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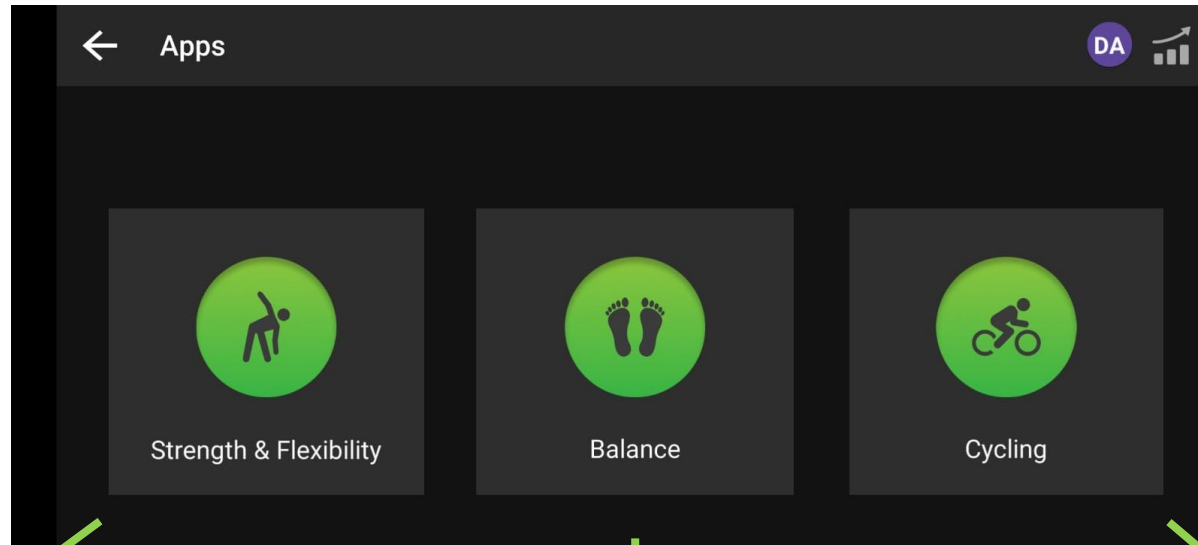
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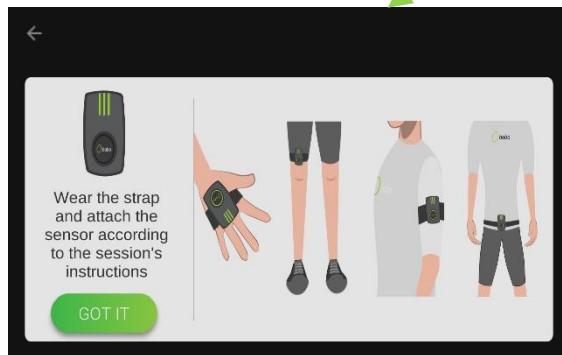
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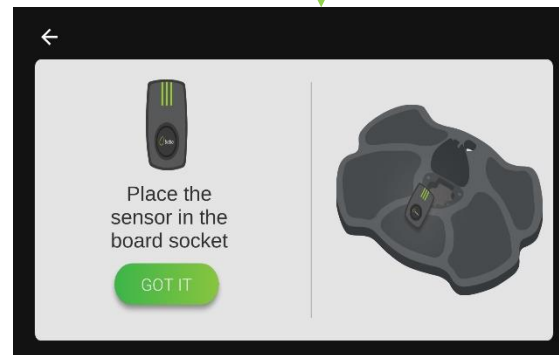
# BoBo Pro 2.0 / Main Menu



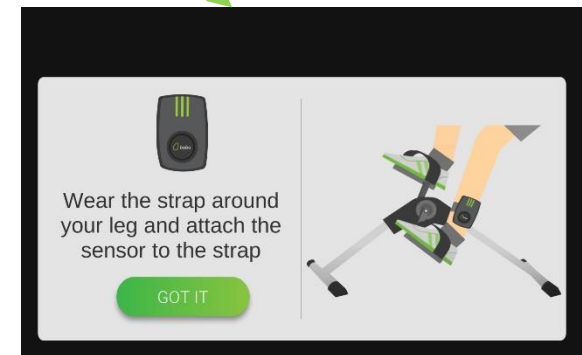
Patient's dashboard



Motion

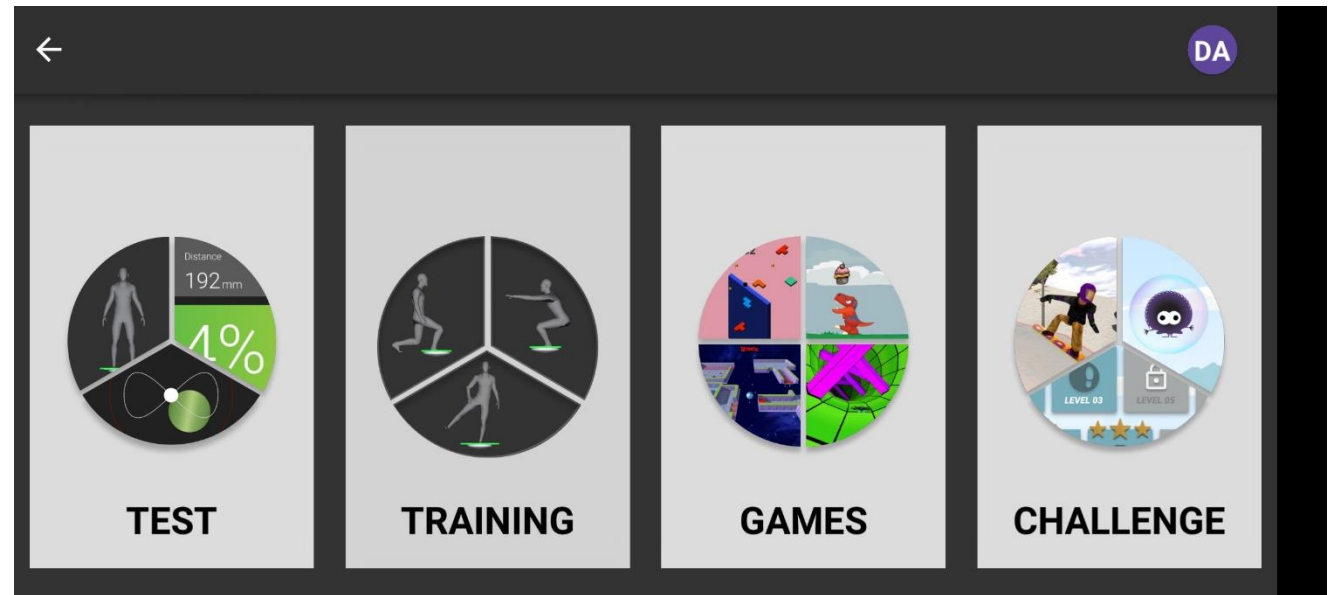
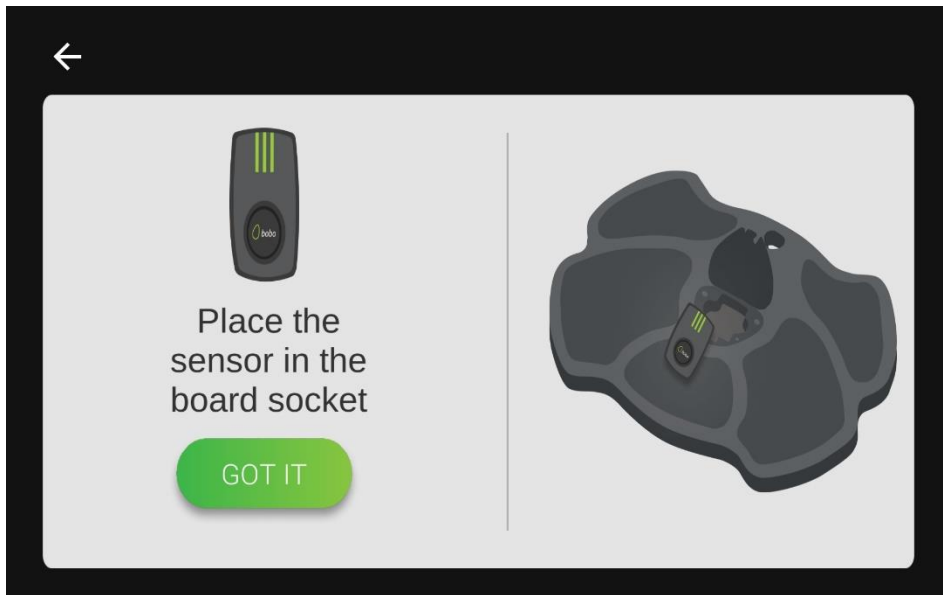


Balance



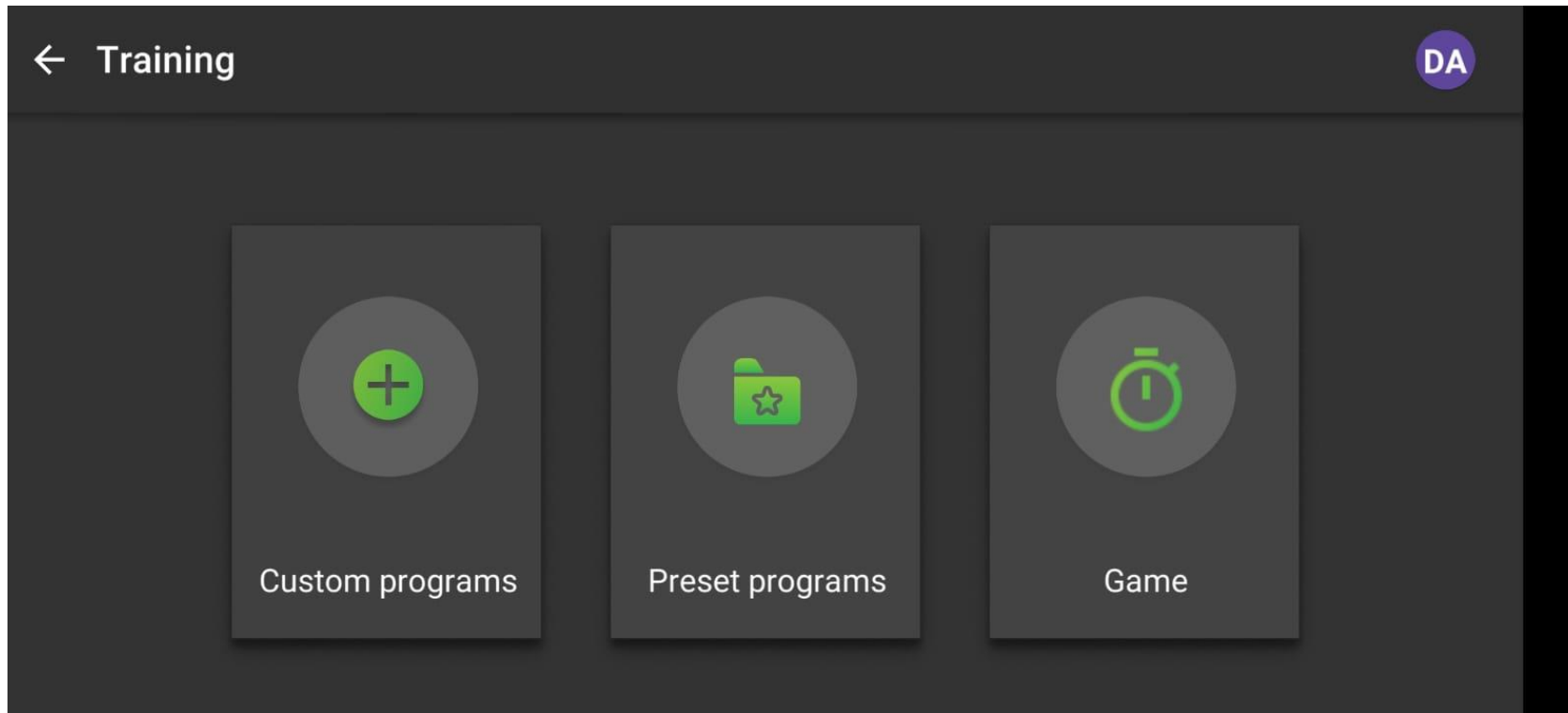
Aerobics

# Balance / Menu



# Balance / *Training*

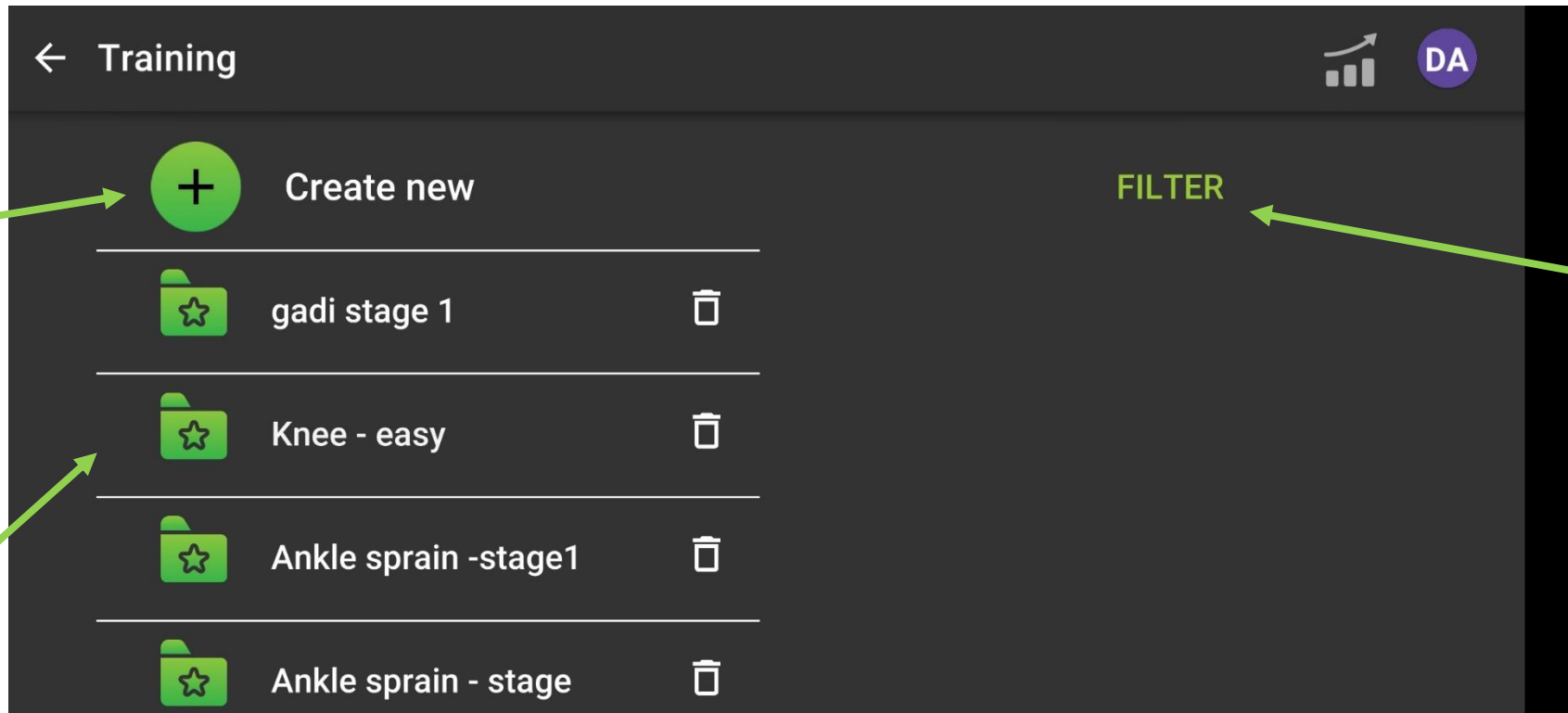
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# Balance / Training / Custom Programs

Create new customized training program

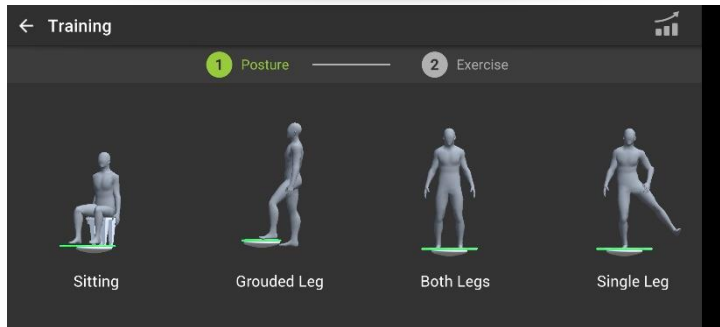
Choose one of your previous saved programs



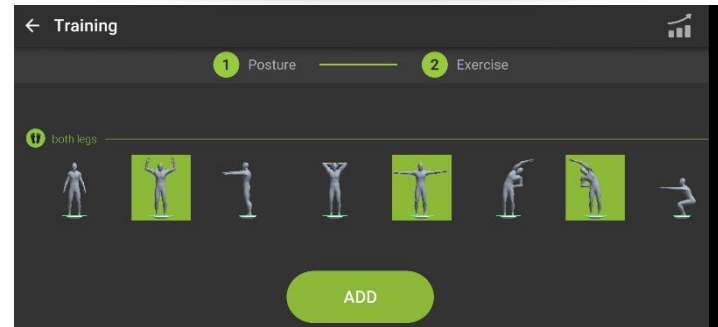
Tap the FILTER button and quickly find the training program you need

# Balance Training / Custom Programs / Create New

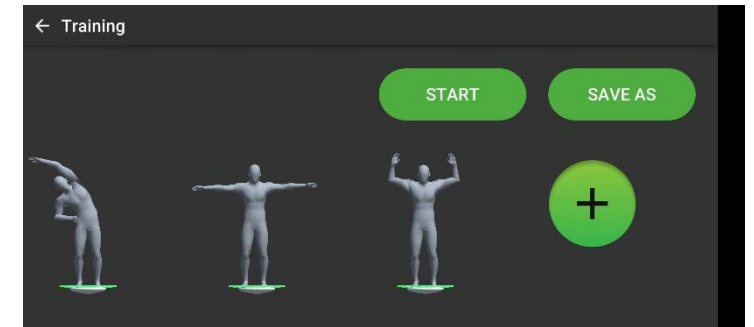
## Choose the posture



## Choose the exercise

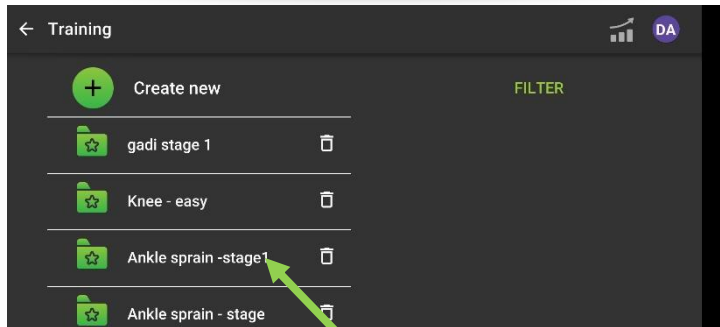


## Save & Start



# Balance Training / Custom Programs / Share

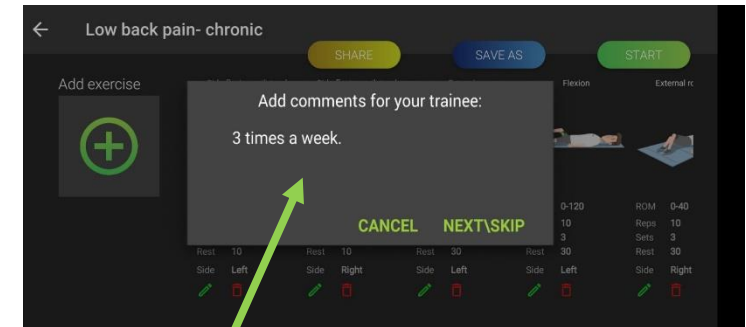
Choose a program from the saved list



Tap SHARE



Add comments for your trainee

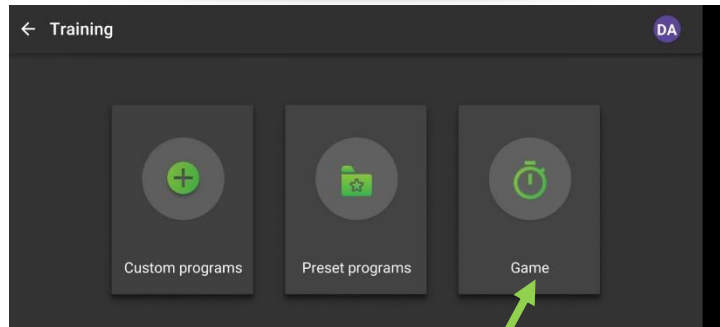


Share your saved programs

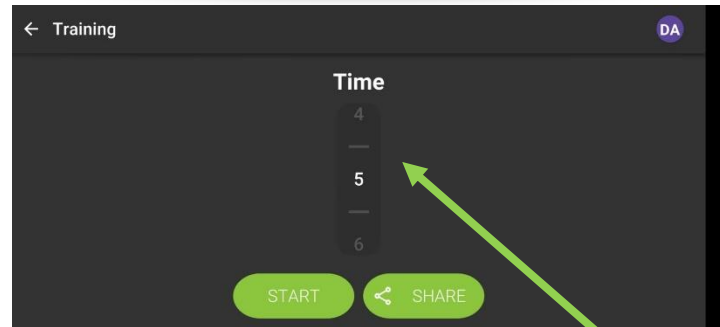


# Balance Training / Game/ Share

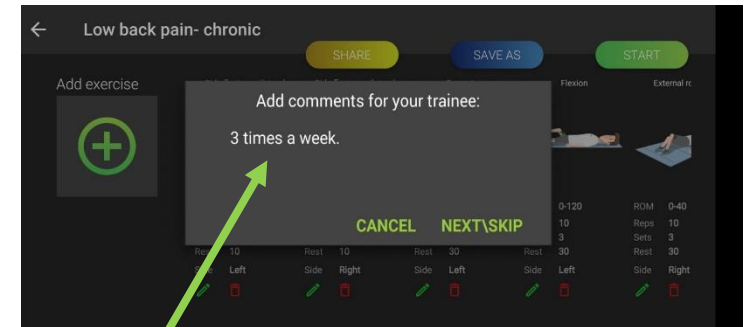
Click "Game" on the menu



Set the time and tap SHARE



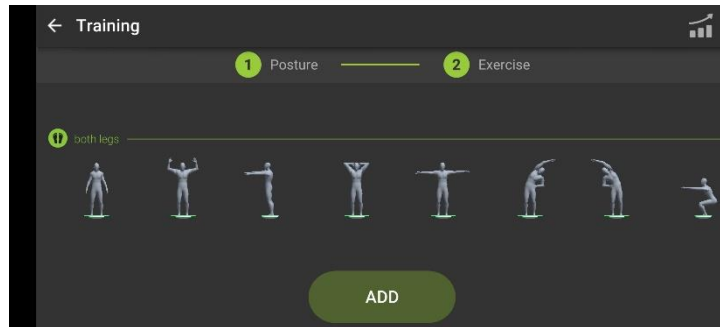
Add comments for your trainee



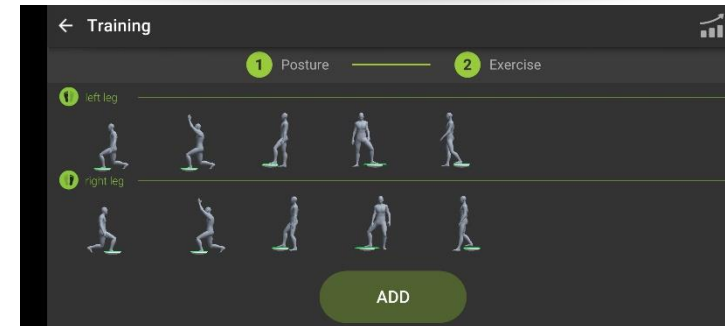
**Share a game training session.  
Trainees can choose the game they want to train with.**

# Balance Training / Custom Programs / Exercises

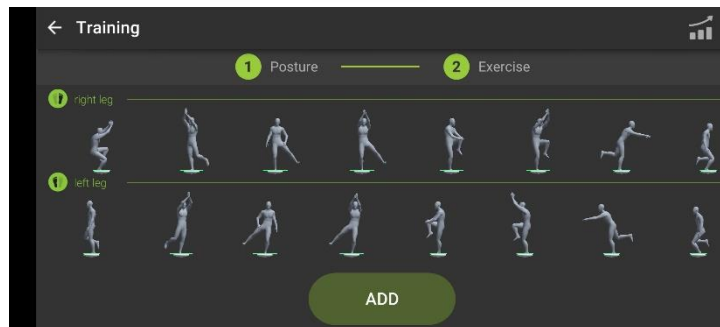
## Both legs



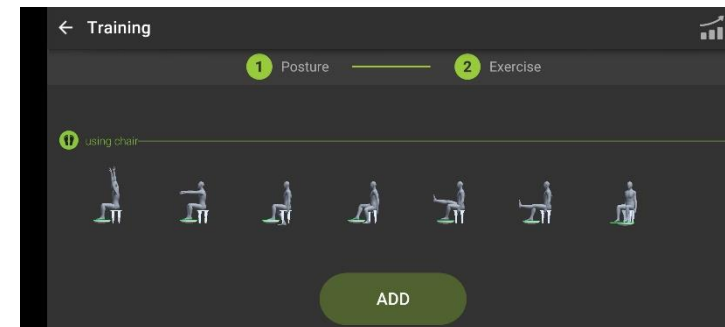
## Grounded leg



## Single leg

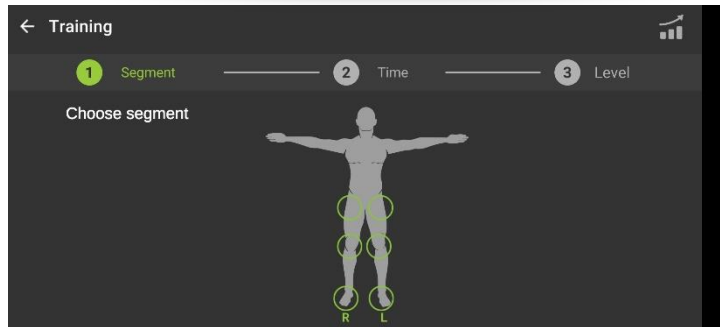


## Sitting

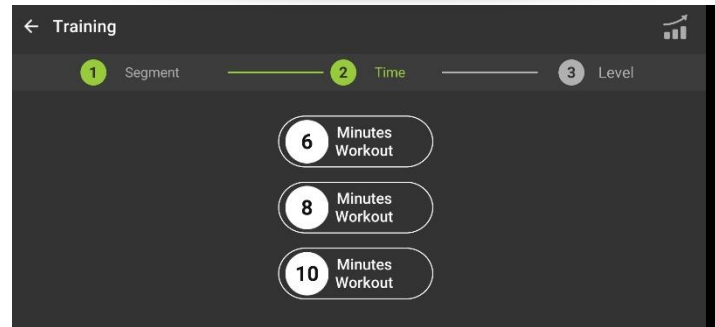


# Balance Training / Preset Programs

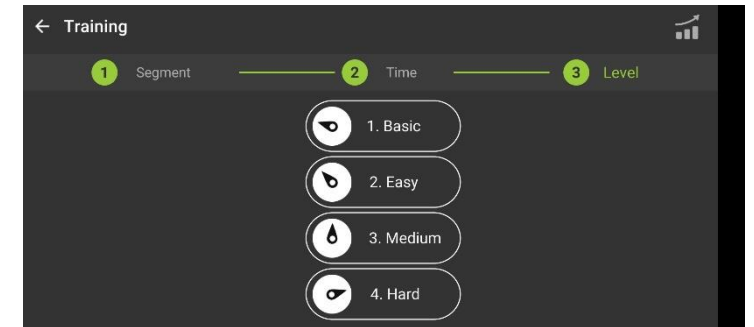
Choose the body part



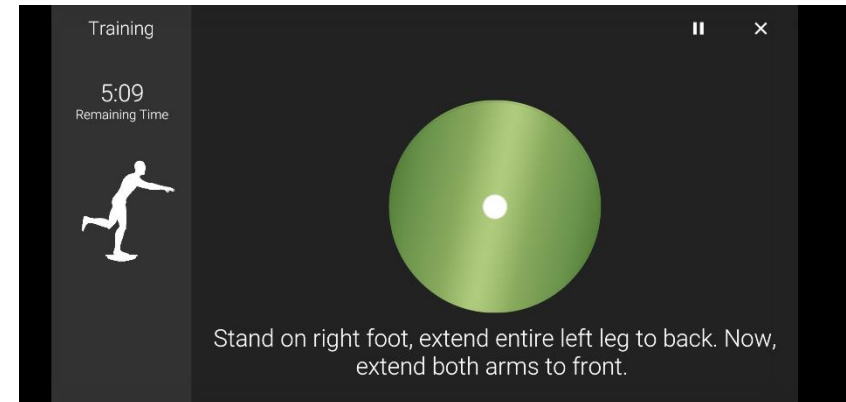
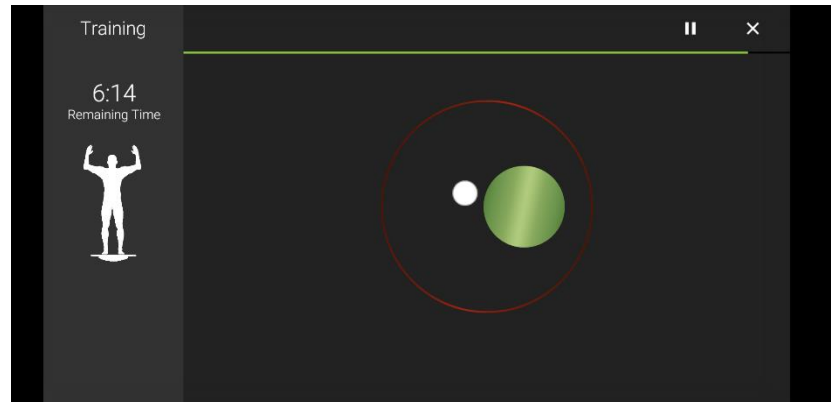
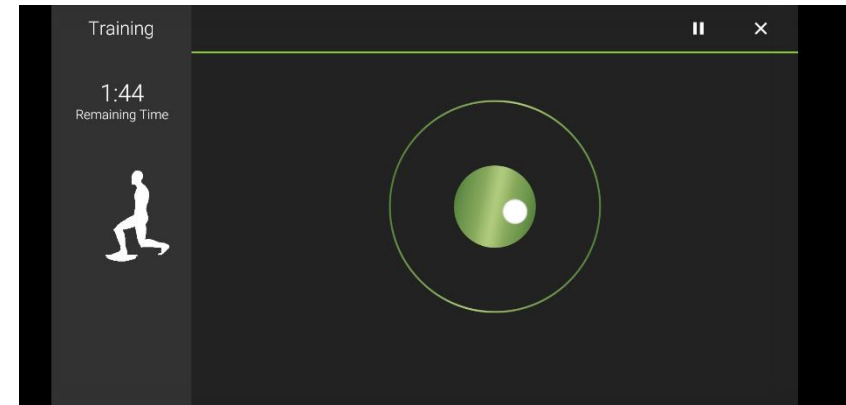
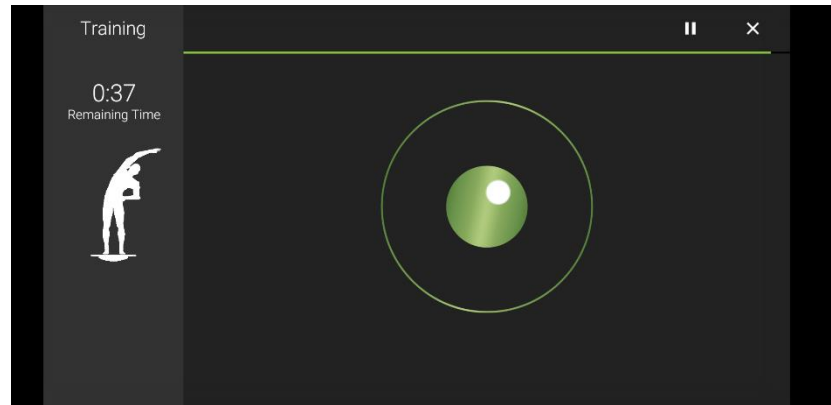
Time



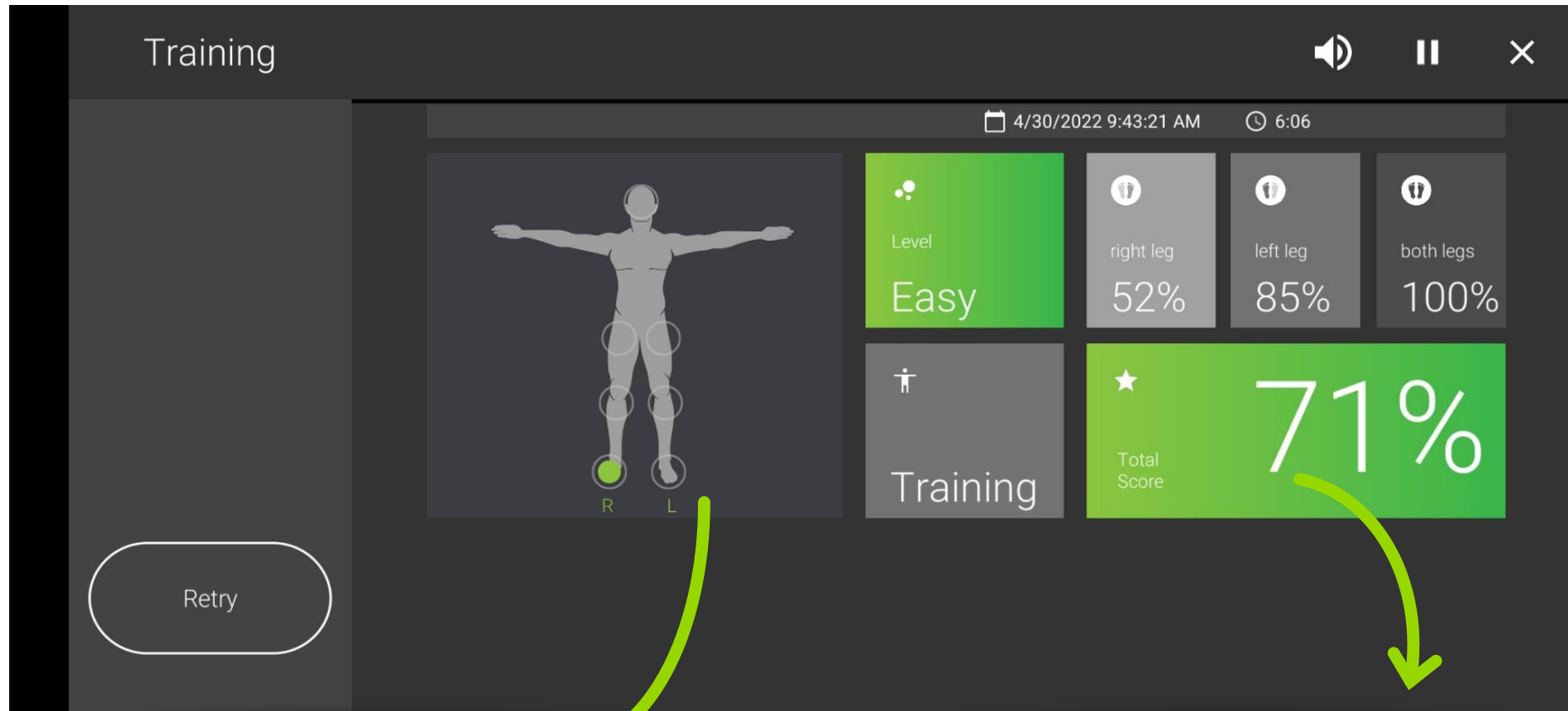
Level



# Balance Training / Training sessions



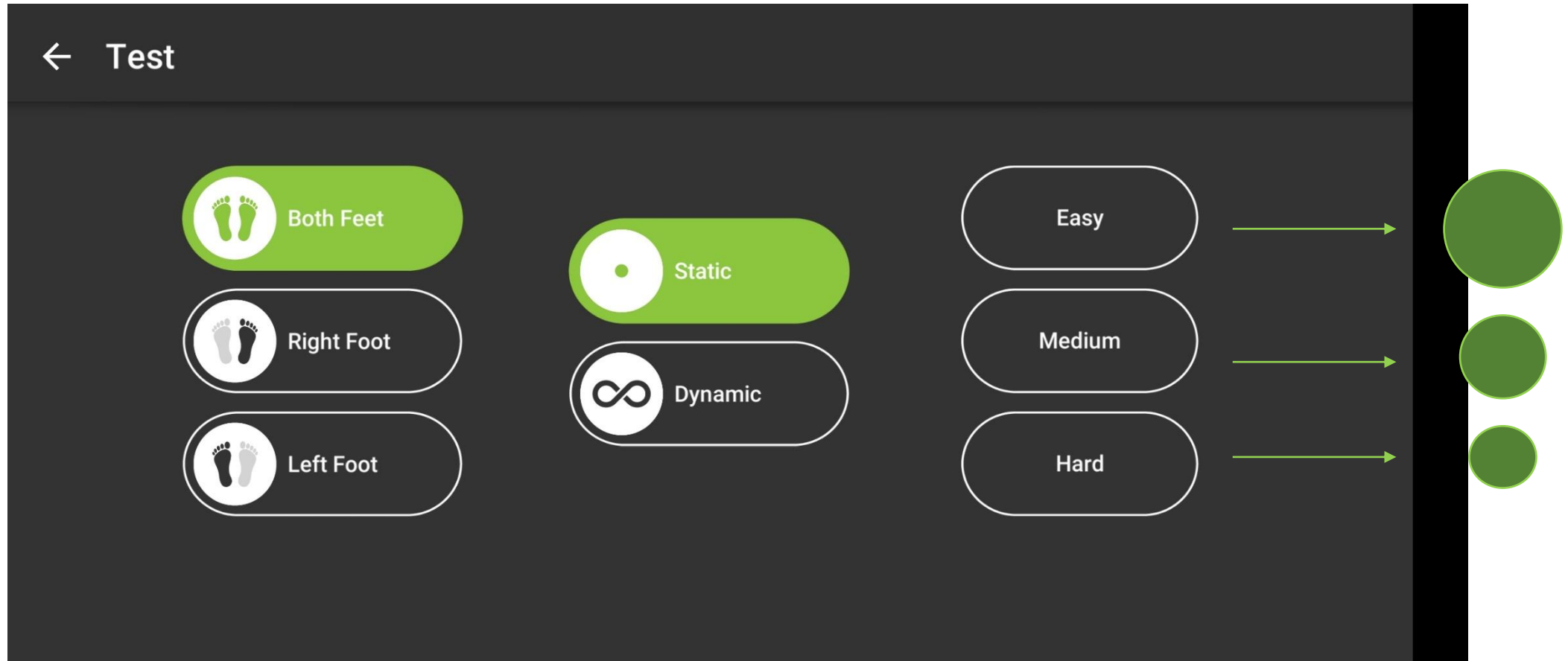
# Balance Training / Score Screen



The chosen joint for the training program

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

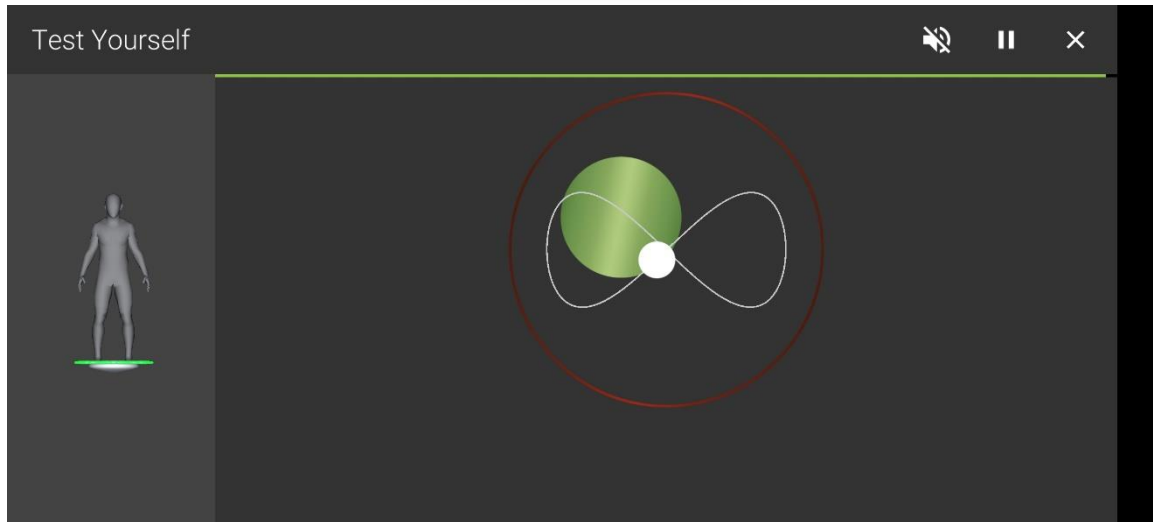
# Balance / Test



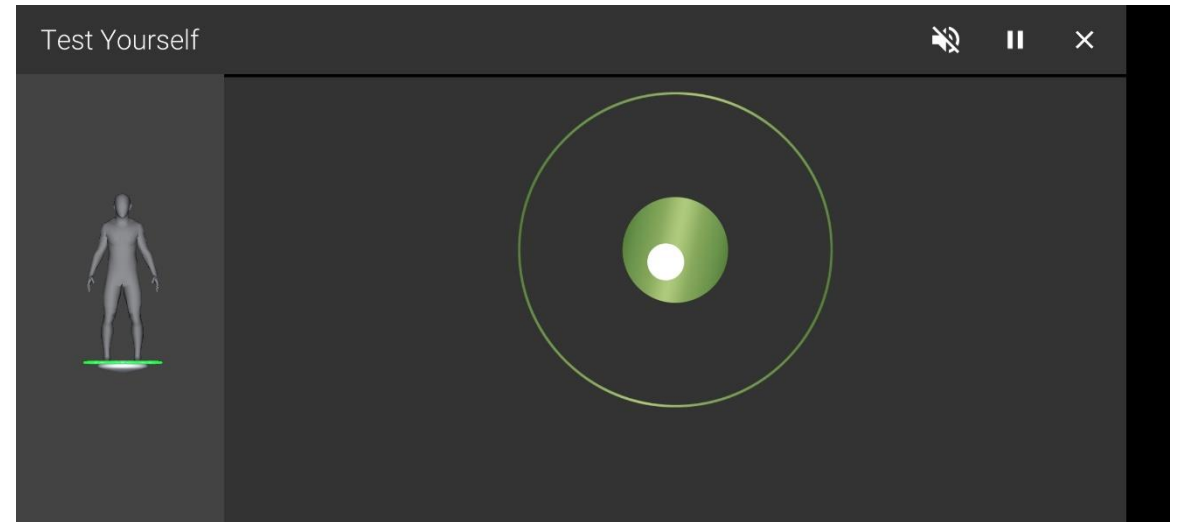
*Choose the exercise posture, type of balance test, and the difficulty (the size of the green circle)*

# Balance / Test / *Static & Dynamic*

## Dynamic Test



## Static Test



# Balance Test / Score Screen



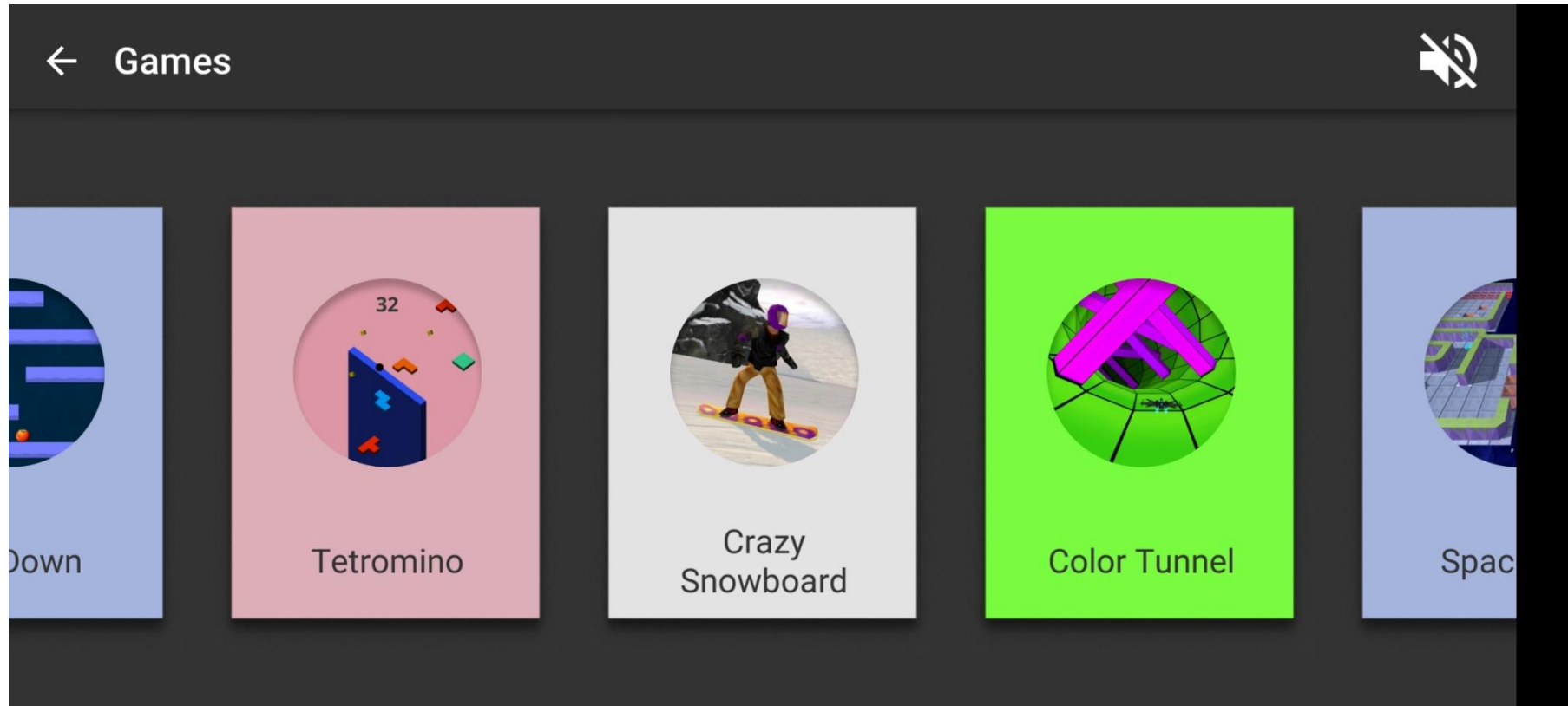
Movement's Distance = the length of the white line that represents the movement during the test

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

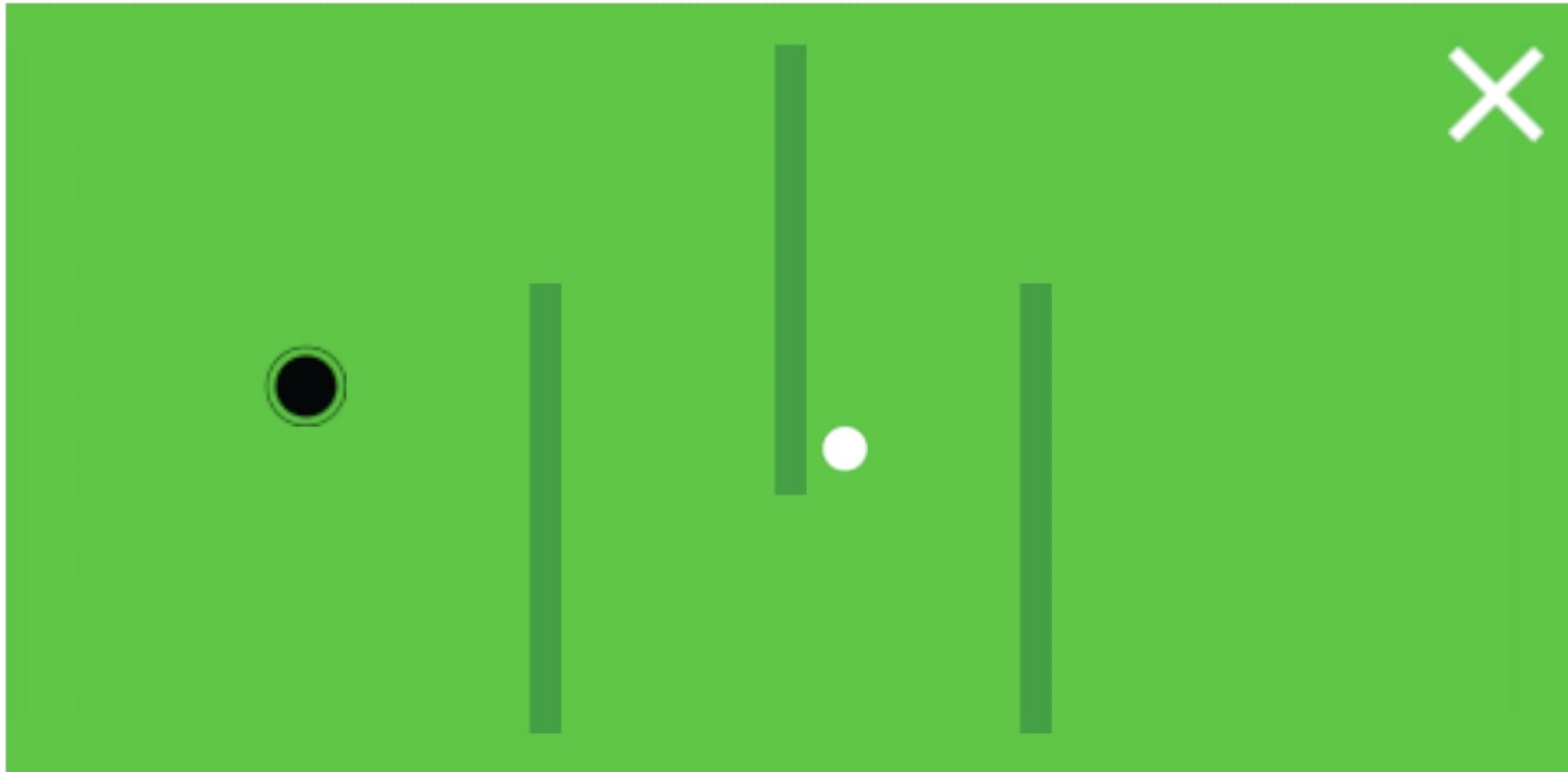
Score = % of the time you kept the white dot inside the green circle



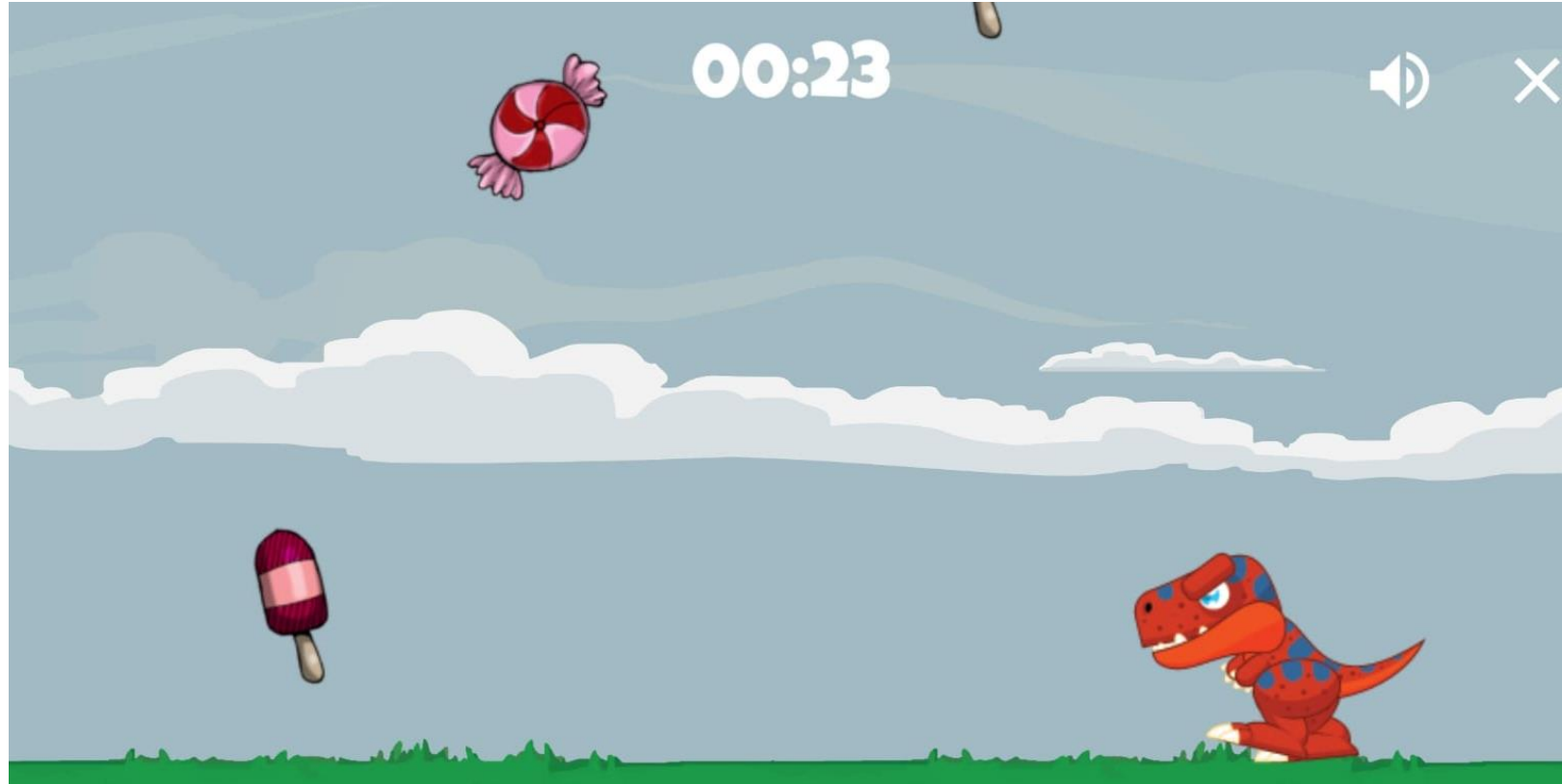
## Balance / Games Menu



## ***Balance Games / Candy Rex***



## Balance Games / Mini Golf



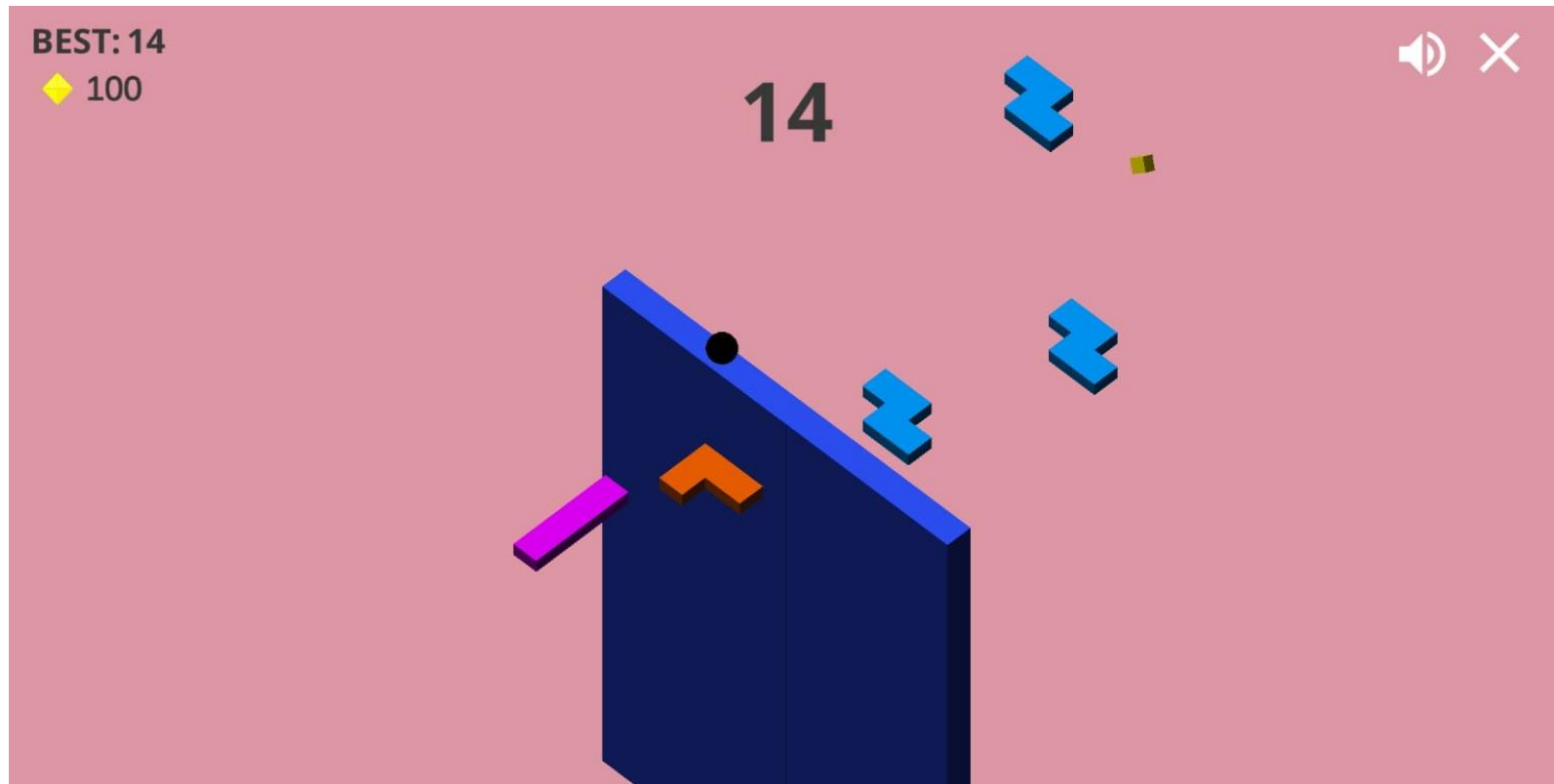
Collect all the sweets falling from the sky. Each candy adds 5 seconds to the game-timer. The game is over when the game-timer count down to 0

## Balance Games / Ice Adventure

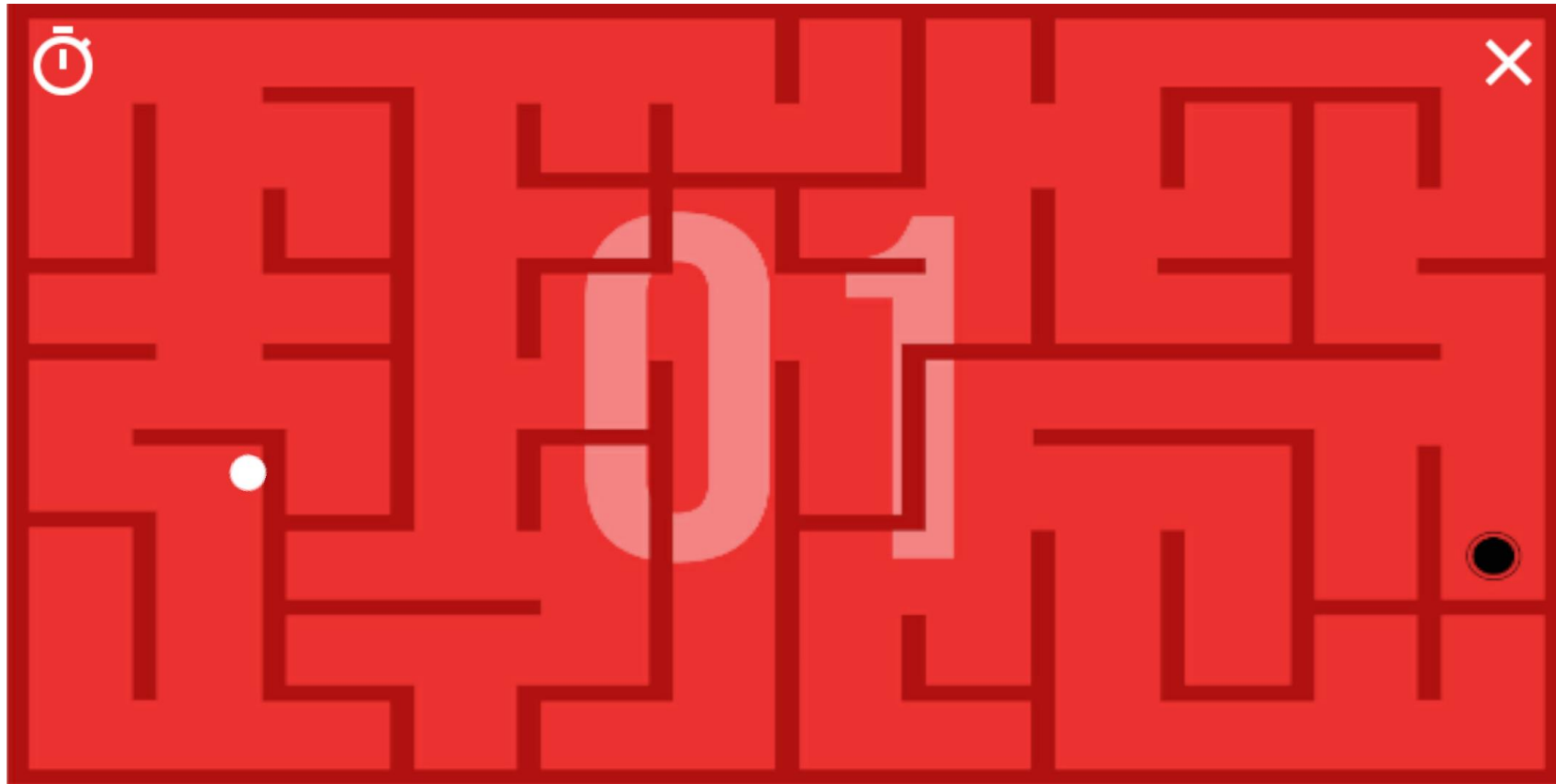


**Mission: Tilt the black line to move the white ball and break all eggs. Try to keep the ball on the black line. Game over when the white ball falls from the line 3 times**

# Balance Games / Tetromino



## Balance Games / Maze

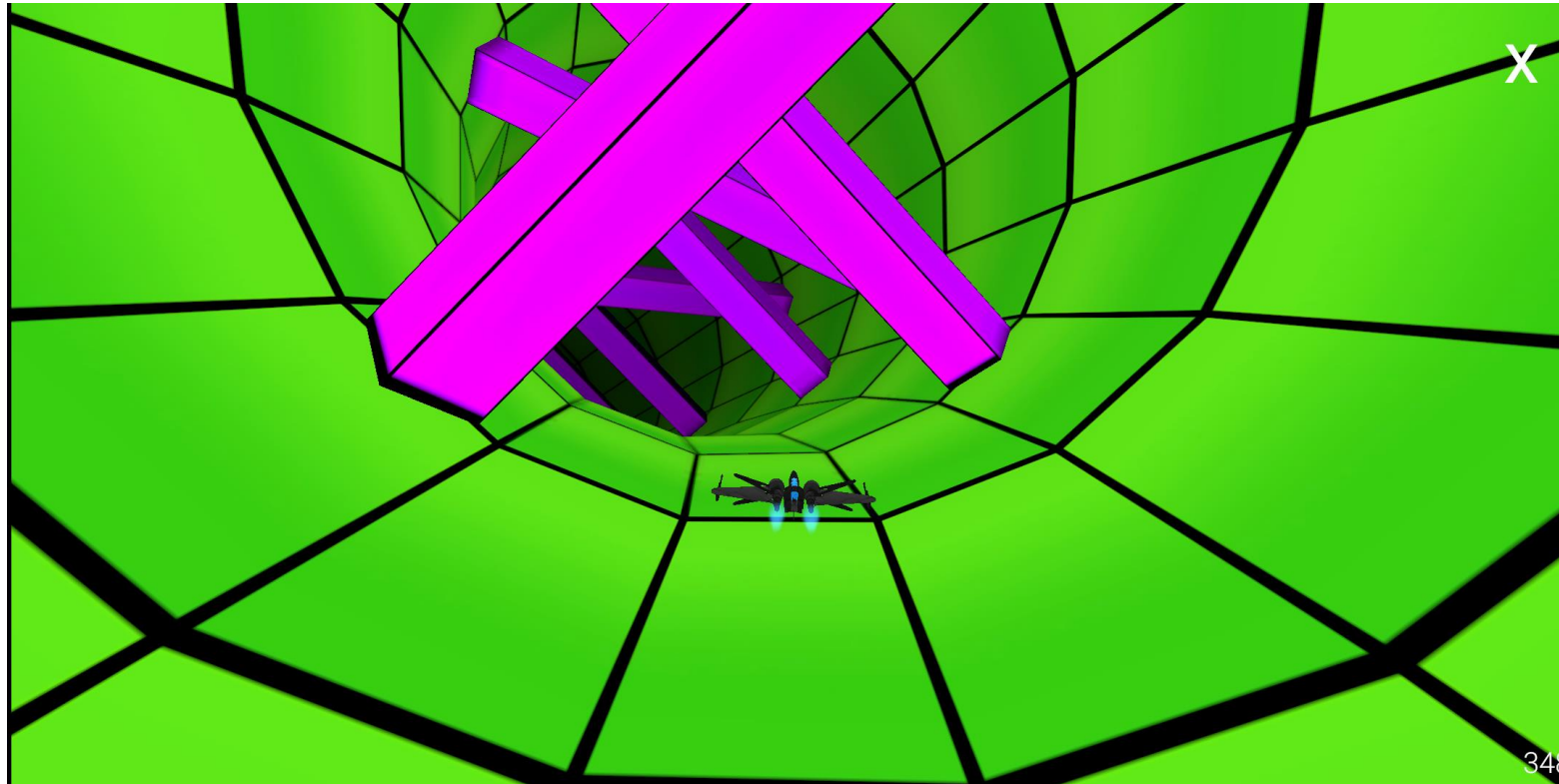


## ***Balance Games / Fall Down***



***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***



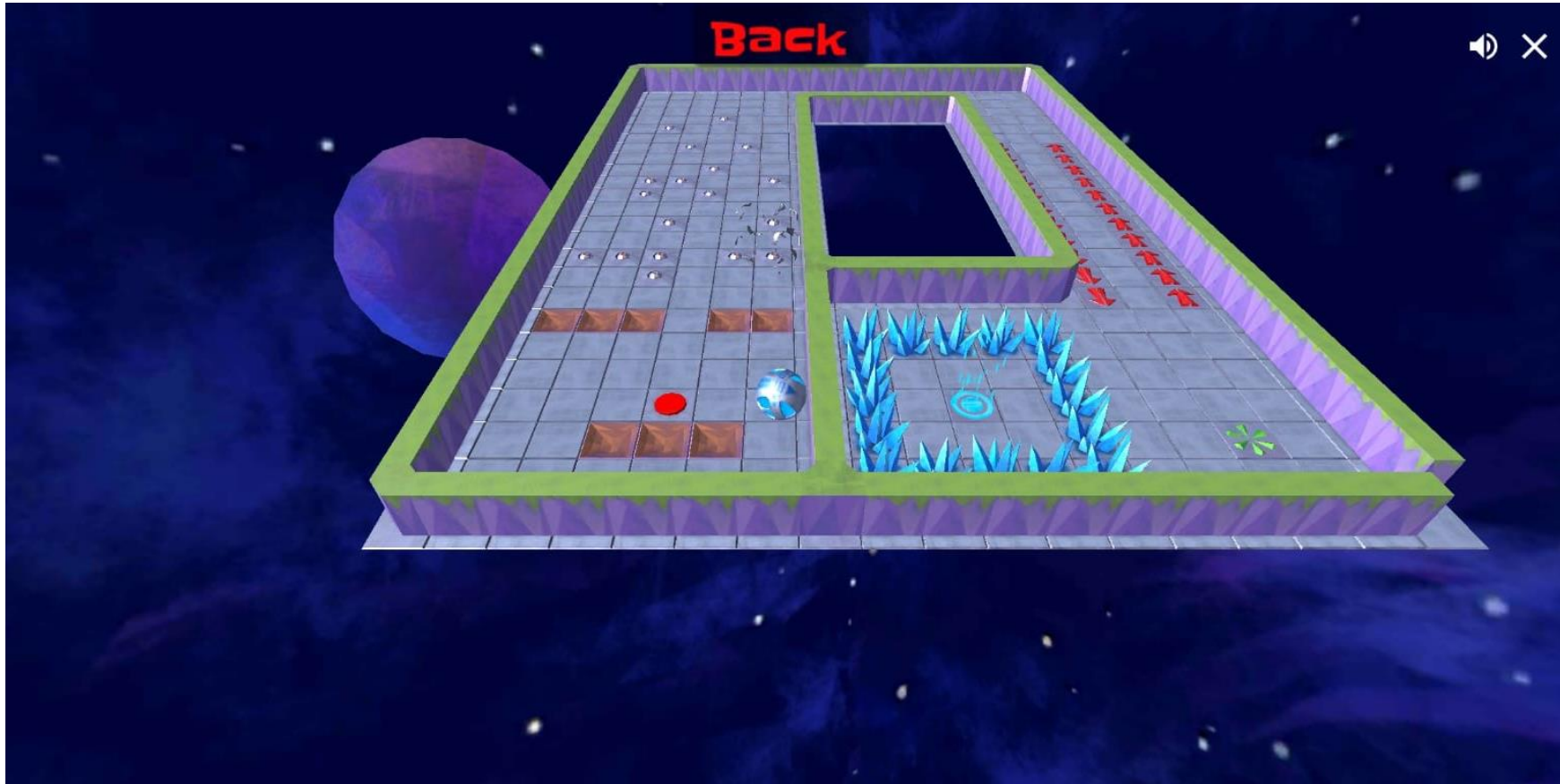


## Balance Games / Harvest Rush

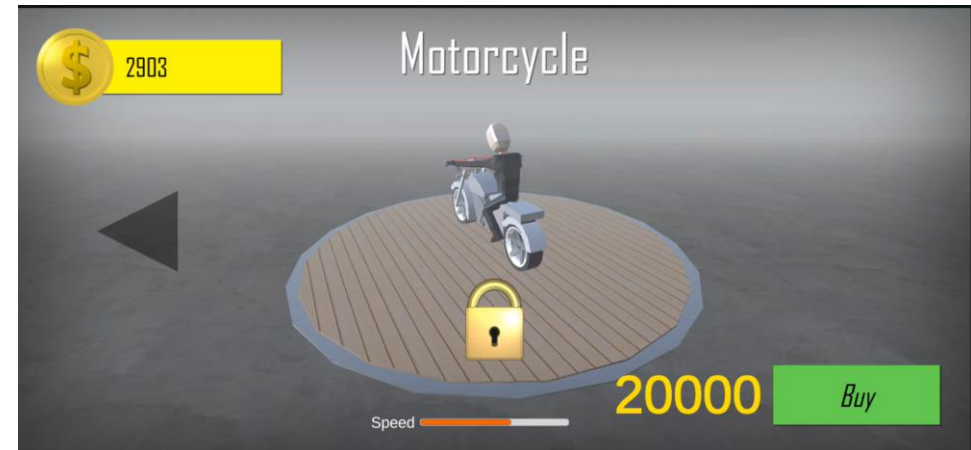


*Tilt the board right and left to cut the corn and the wheat. Try not to hit the obstacles*

# Balance Games / Space Ball



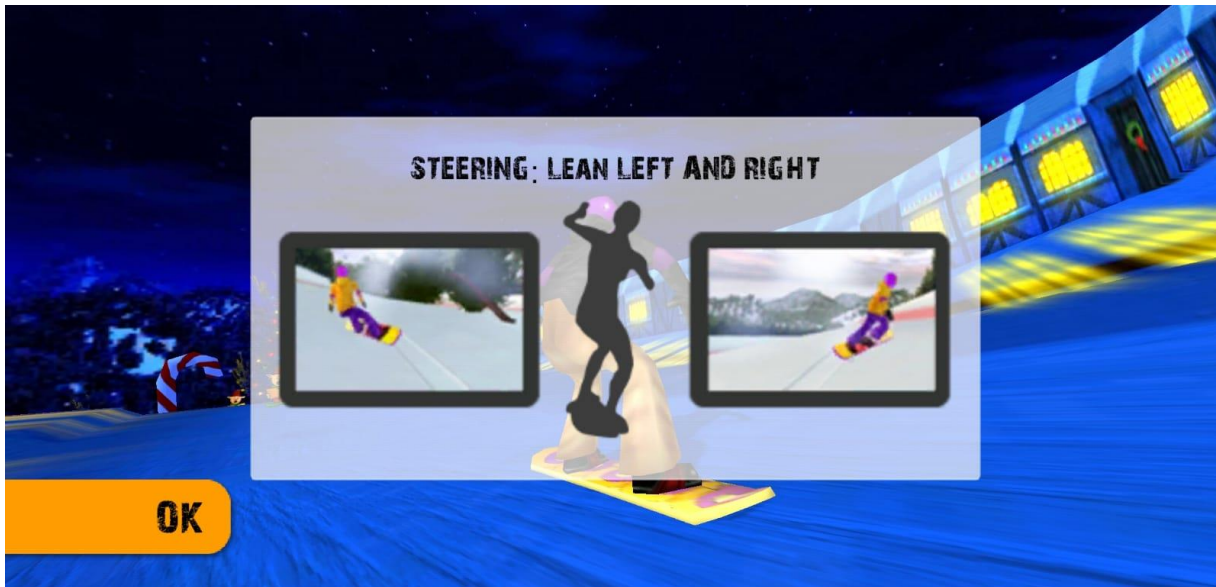
# Balance Games / Traffic Racer



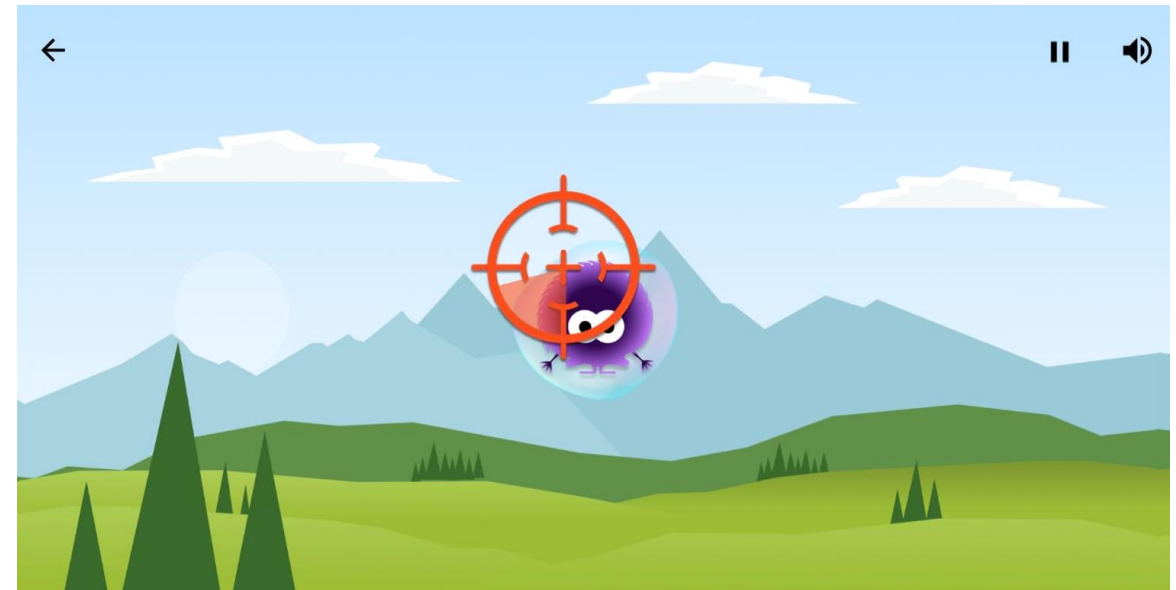
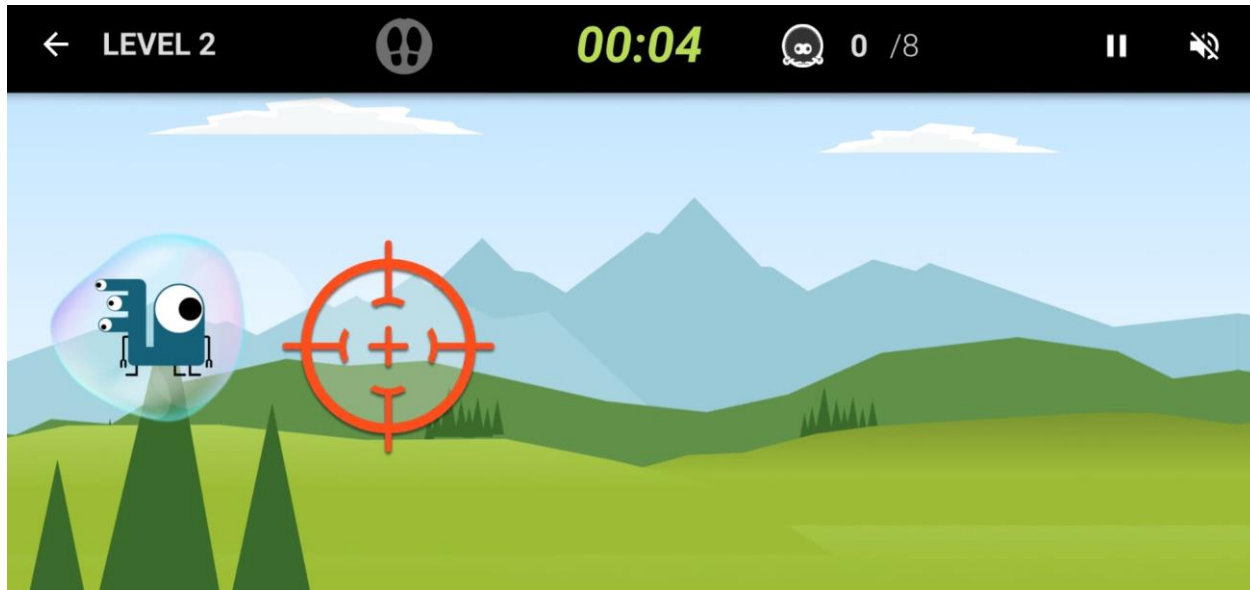
Tilt the car right and left to avoid the other cars and collect the coins.  
The game is over when the your car hits other cars 3 times.



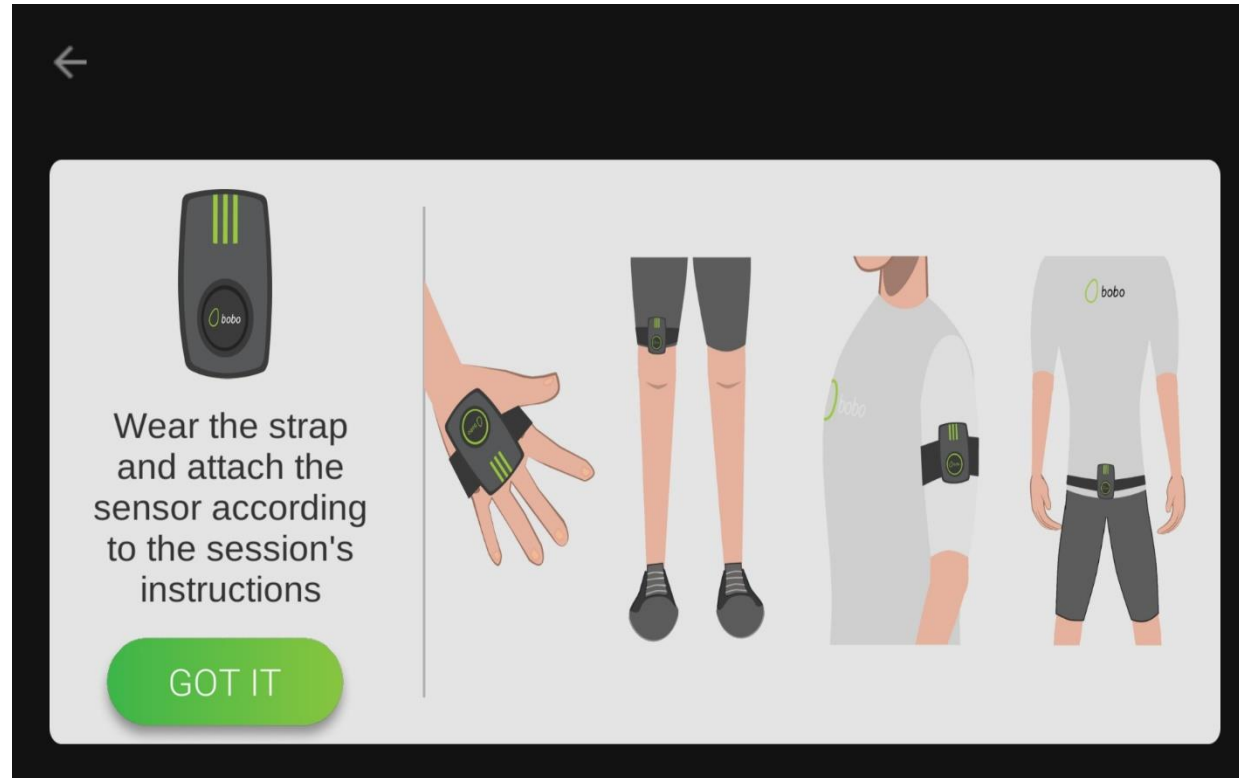
# Balance Challenge / Snowboard



# Balance Challenge / Monster



# Strength and Flexibility / *Menu*

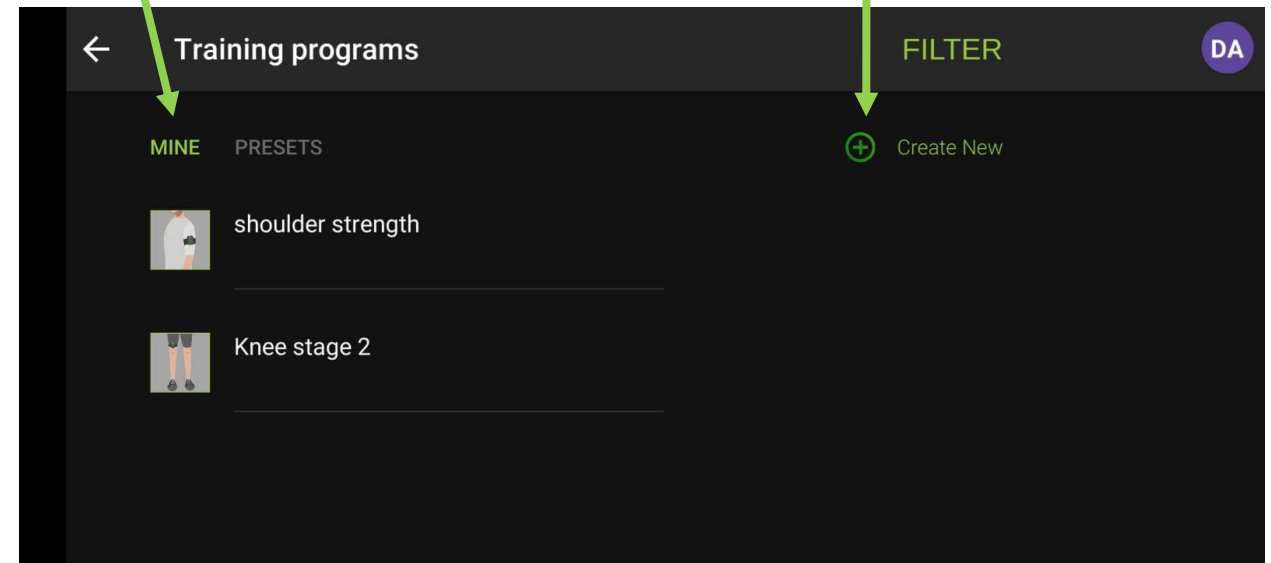
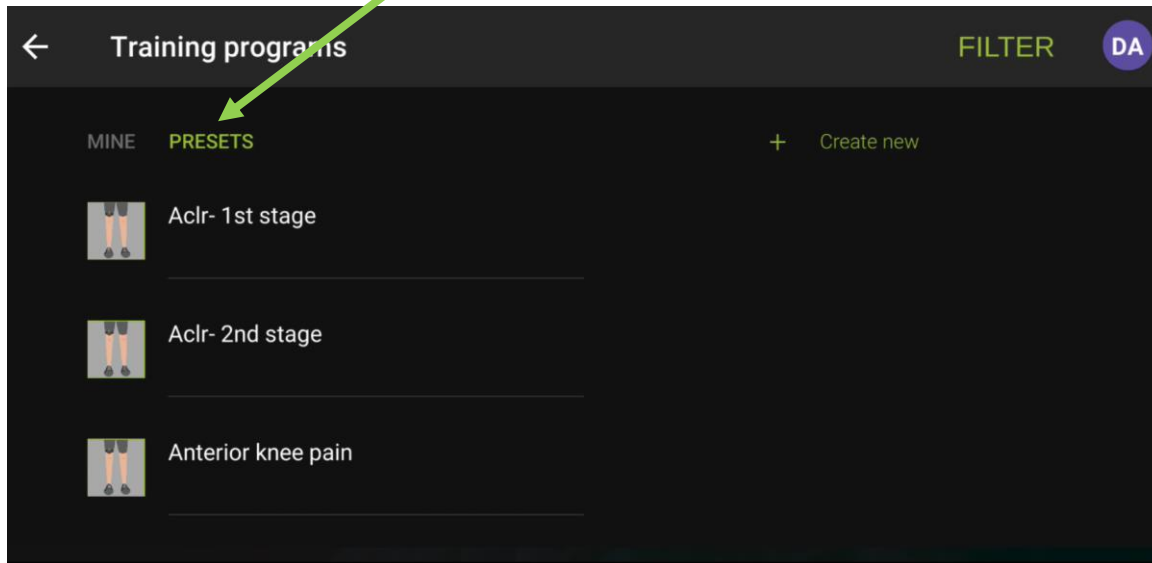


# Strength and Flexibility / Menu

BoBo's predefined programs

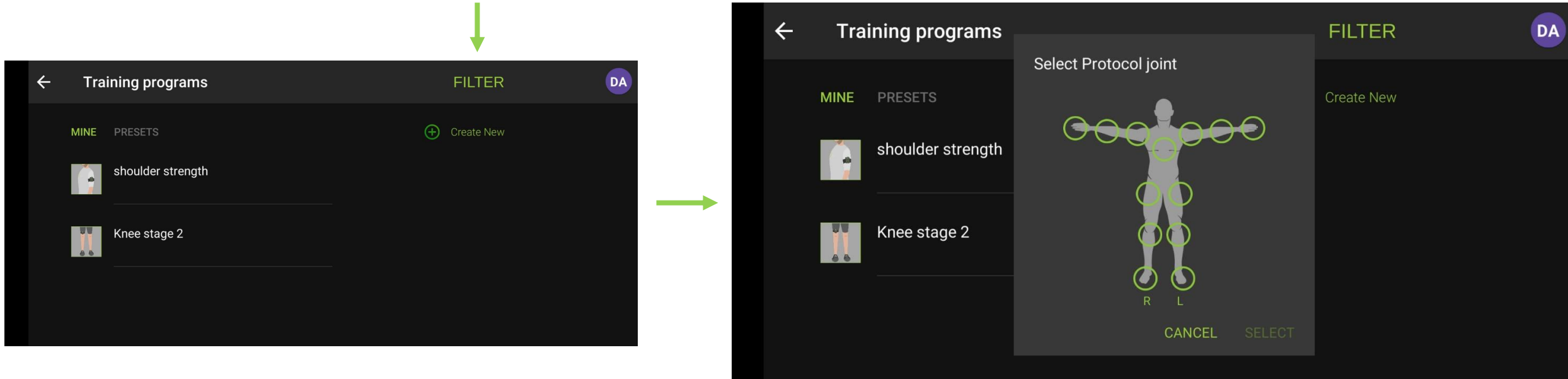
My customized programs

Create new programs



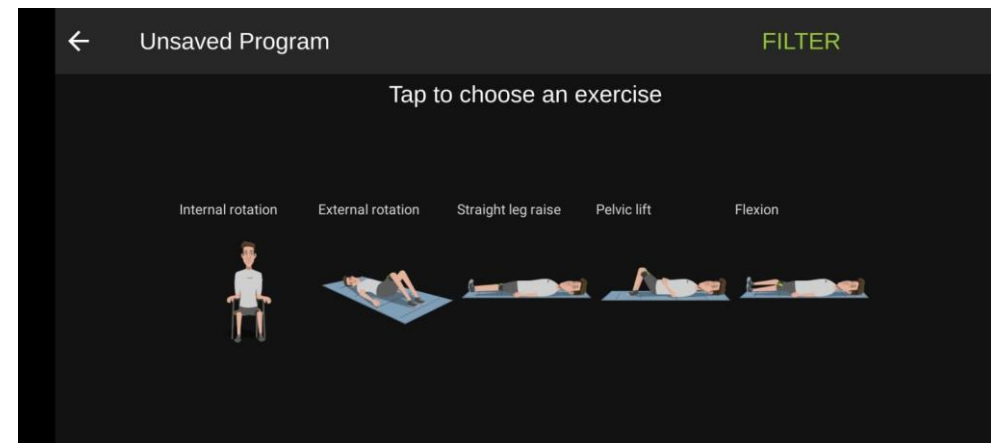
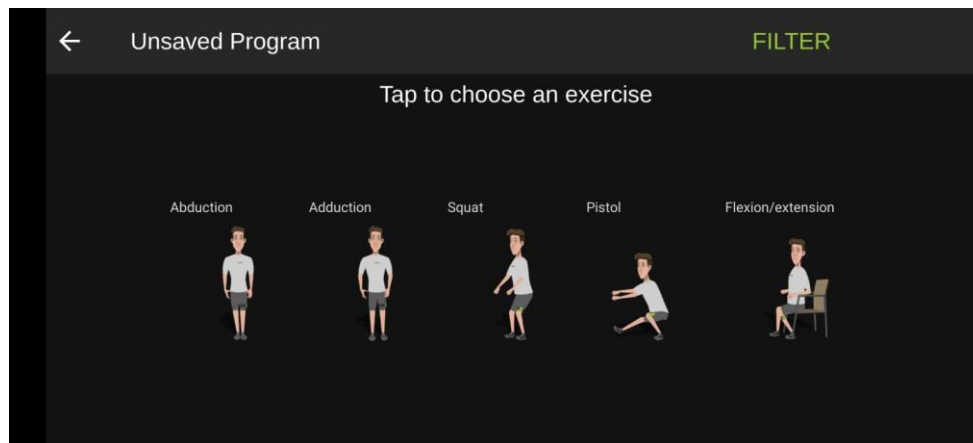
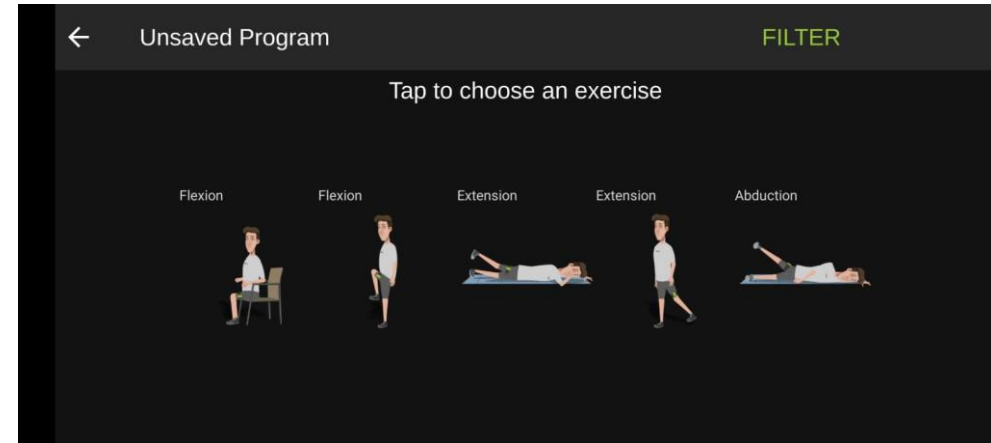
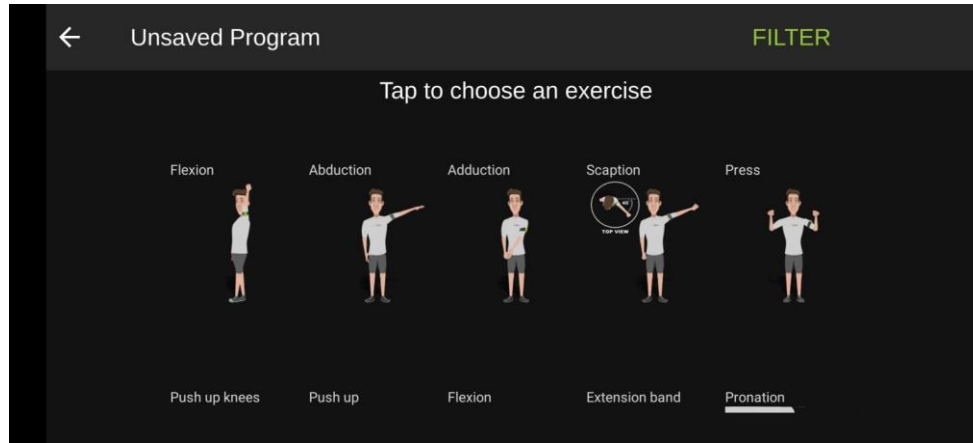
# Strength and Flexibility / Menu / *Filter button*

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

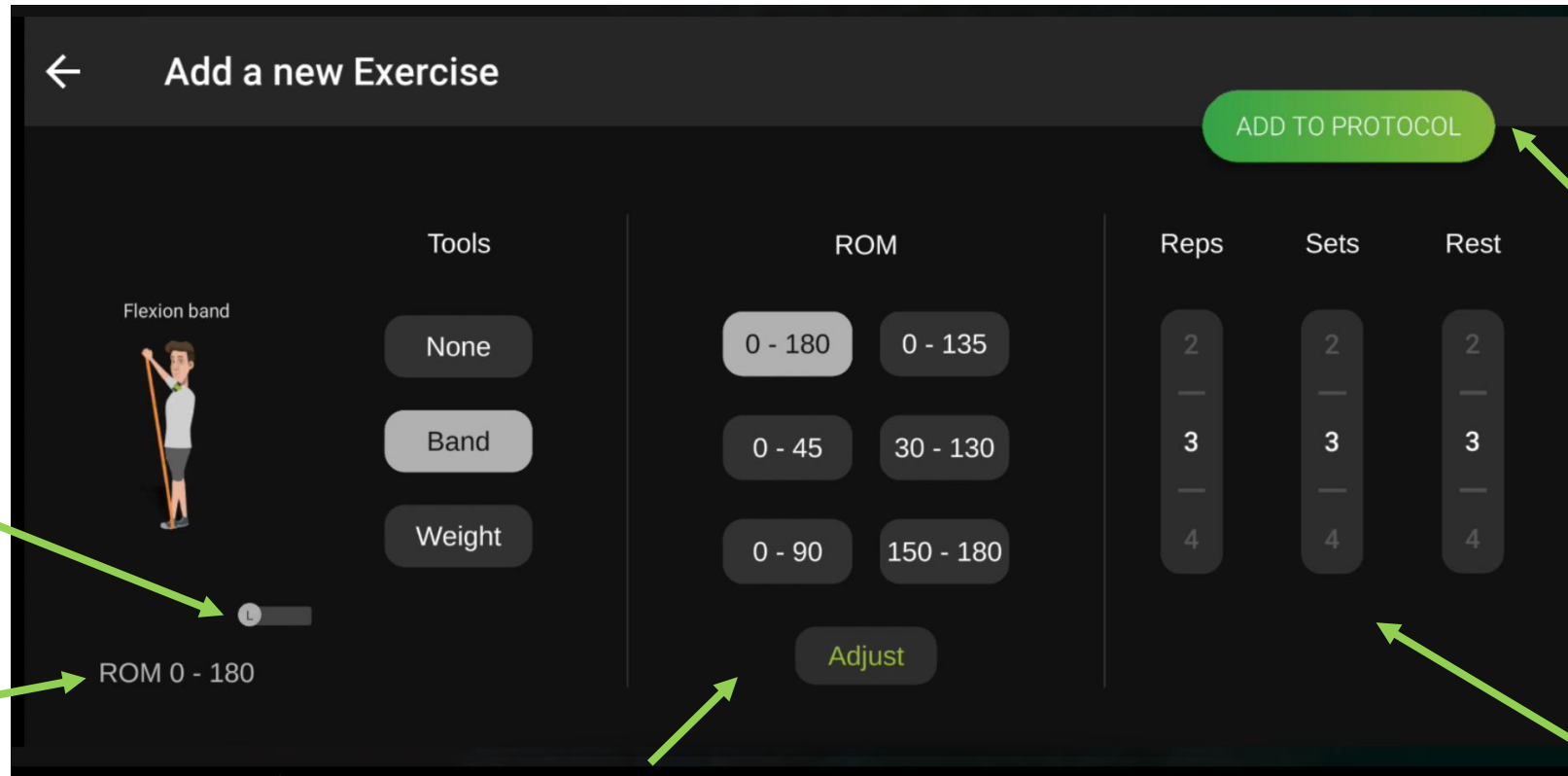




# Strength and Flexibility / Create New



# Strength and Flexibility / Create New / Add New Exercise



Choose the side L/R

Prescribed range of motion

Tap here once you have completed the settings

Scroll to set the exercise parameters

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

# Strength and Flexibility / Create New / Save or Start

Quickly share an unsaved protocol

Unsaved Protocol

←

SHARE

SAVE AS

START

Add exercise

Flexion

Adduction

Press

Push up knees

Exercise	ROM	Reps	Sets	Rest	Side
Flexion	0-180	3	3	3	Left
Adduction	0-30	3	3	3	Left
Press	0-180	3	3	3	Left
Push up knees	0-95	3	3	3	Left

Edit / Delete exercise parameters

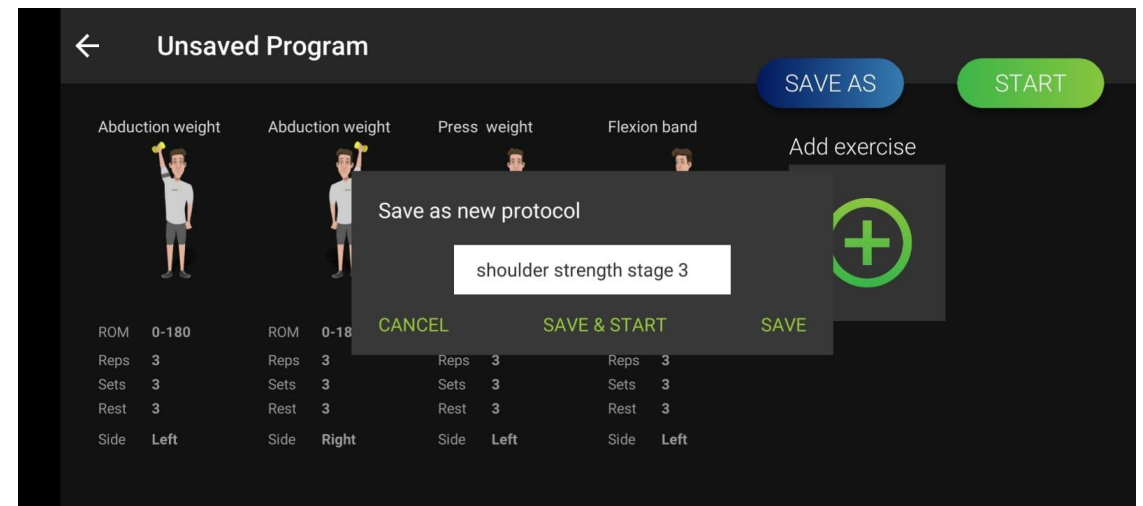
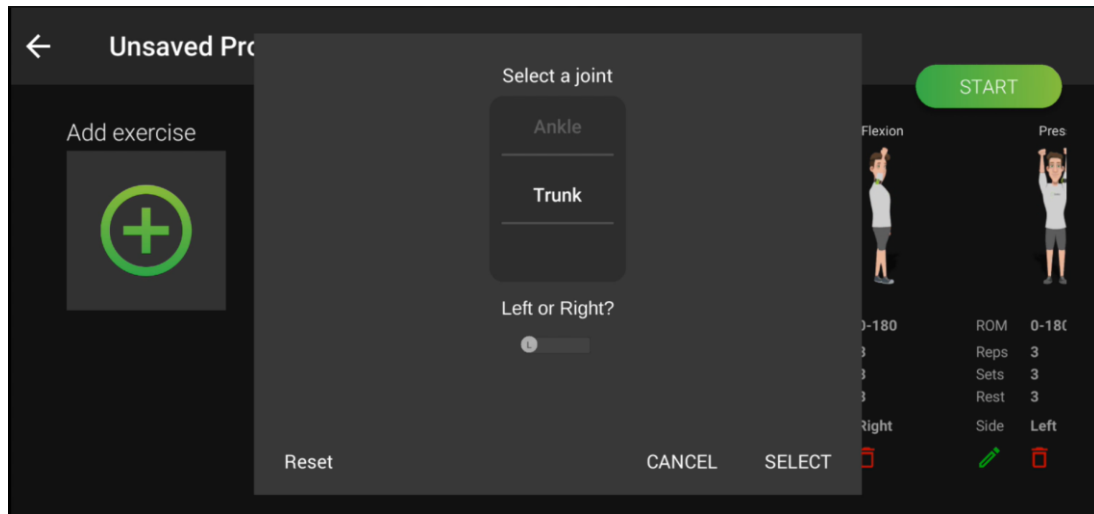
Save your customized training program so you can access it later

Start without saving

Edit / Delete exercise parameters

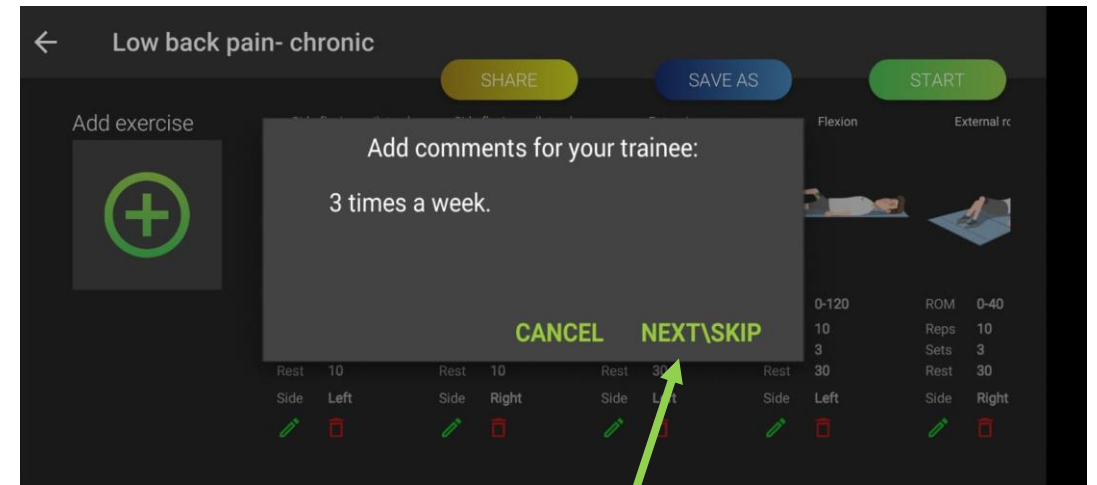
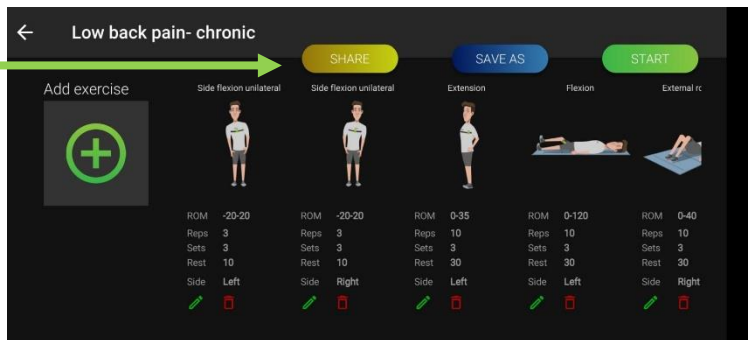
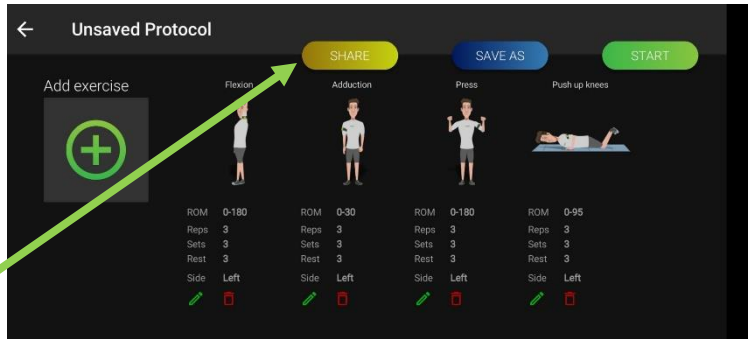
Add one more exercise to the program

# Strength and Flexibility / Create New / Save



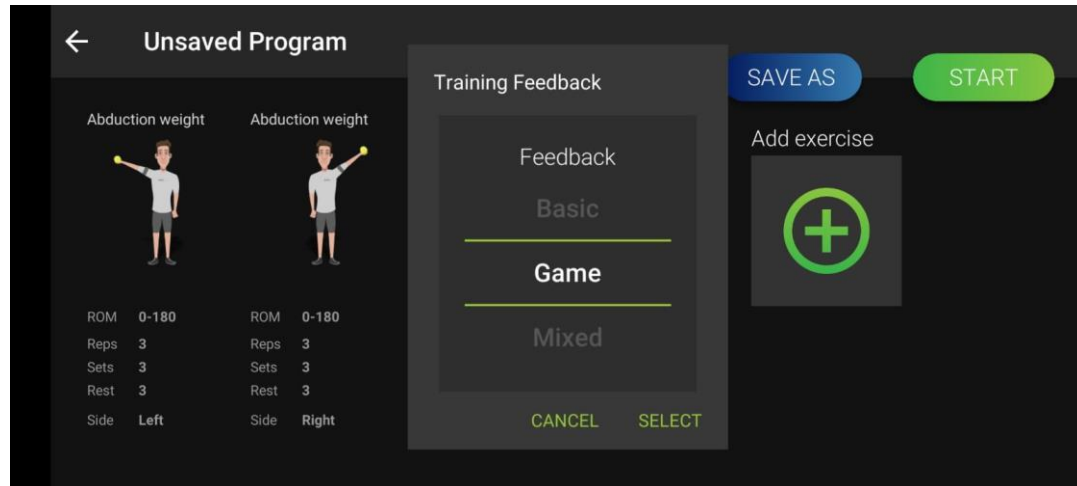
# Strength and Flexibility / Share

Share an unsaved protocol or a preset protocol

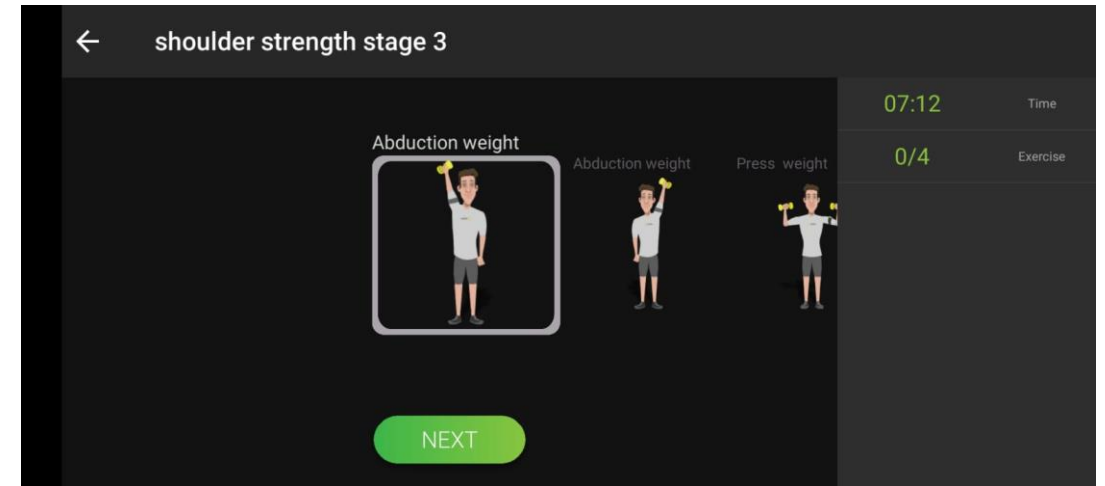


Add comments for your patient to read before the prescribed training session

# Strength and Flexibility / Start a Training Session

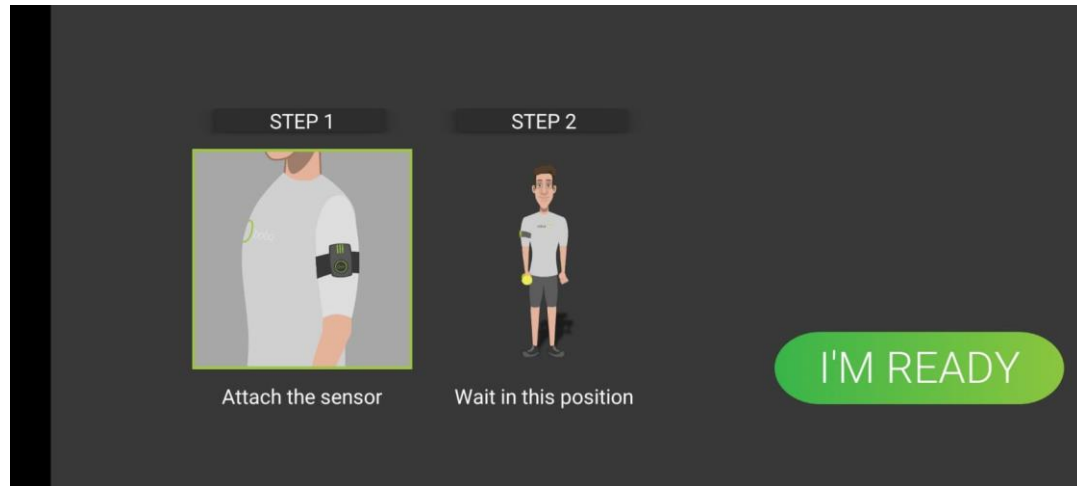


Choose the training feedback  
Basic = Protractor

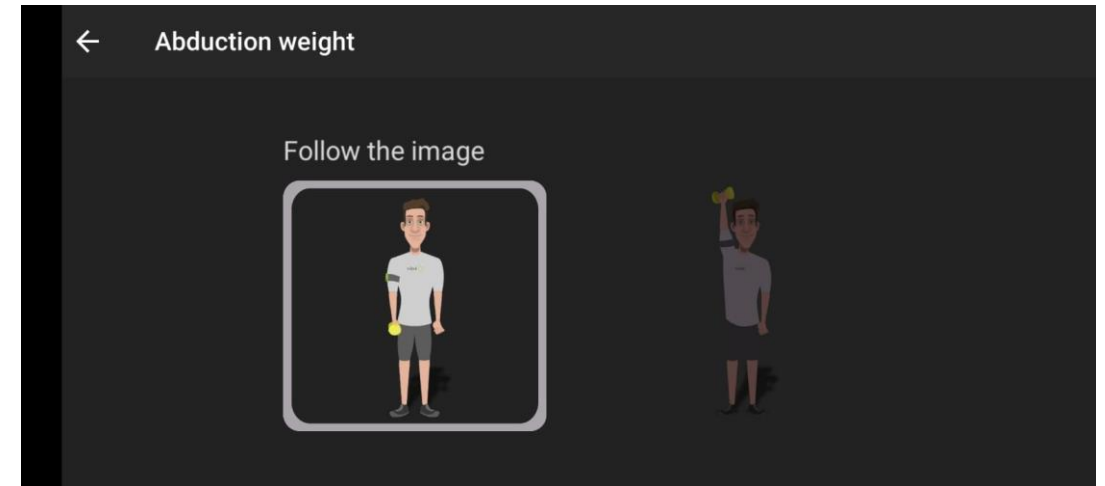


Scroll to the right to see your  
whole program

# 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 feature is a circular gauge with a white pointer and a green shaded area. A callout on the left says "Bring the white pointer to the green area by moving the specific body part". Above the gauge is a callout "Maximum angle" pointing to the top of the green area, and below it is "Minimum angle" pointing to the bottom. To the right of the gauge is a 3D cartoon character of a person standing. A callout on the right says "Follow the exercise animation" pointing to the character. Below the character is a counter showing "00/03" and "Rep", and "01/03" and "Set". A callout on the right says "Reps and sets counter" pointing to this section.

Bring the white pointer to the green area by moving the specific body part

Maximum angle

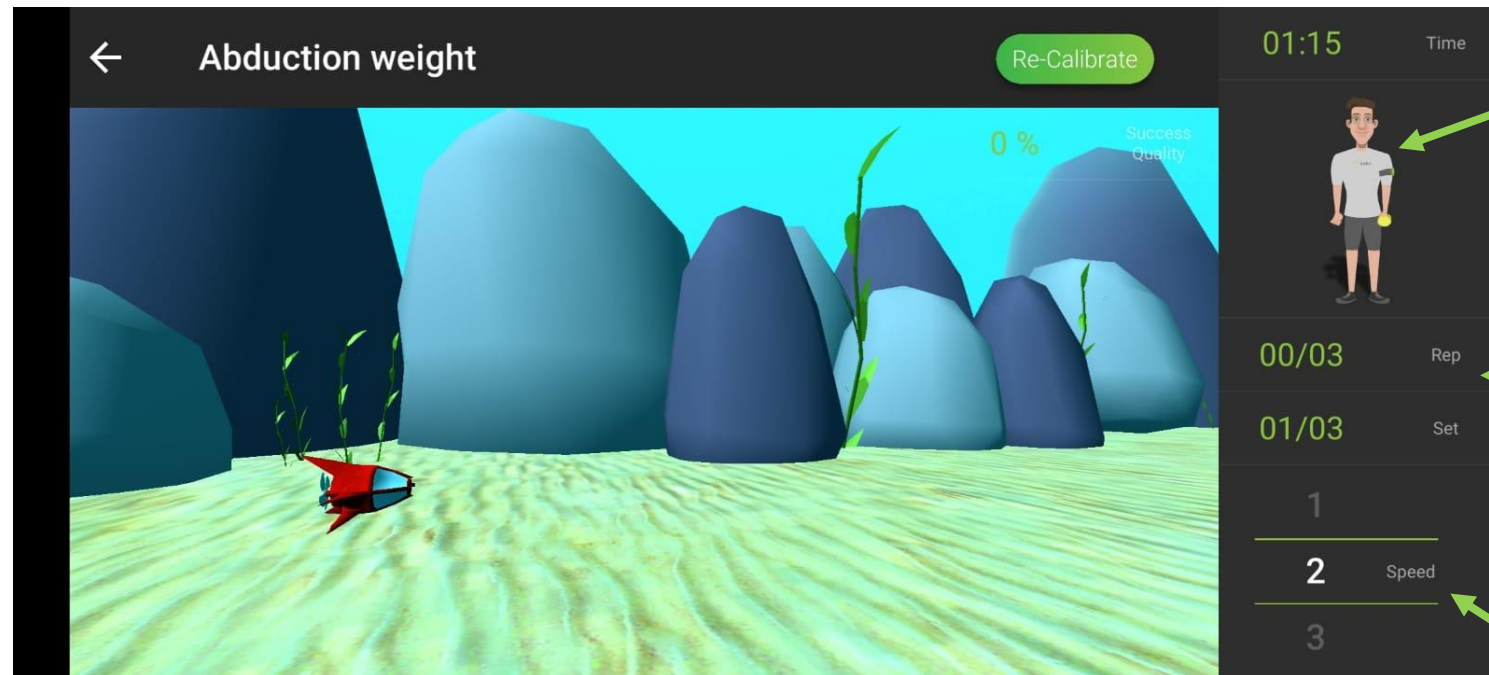
Minimum angle

Follow the exercise animation

Reps and sets counter



# 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

Result Graph

Flexion band

Motion Target

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

100 % Performance  
-54°- 134° Measured Range

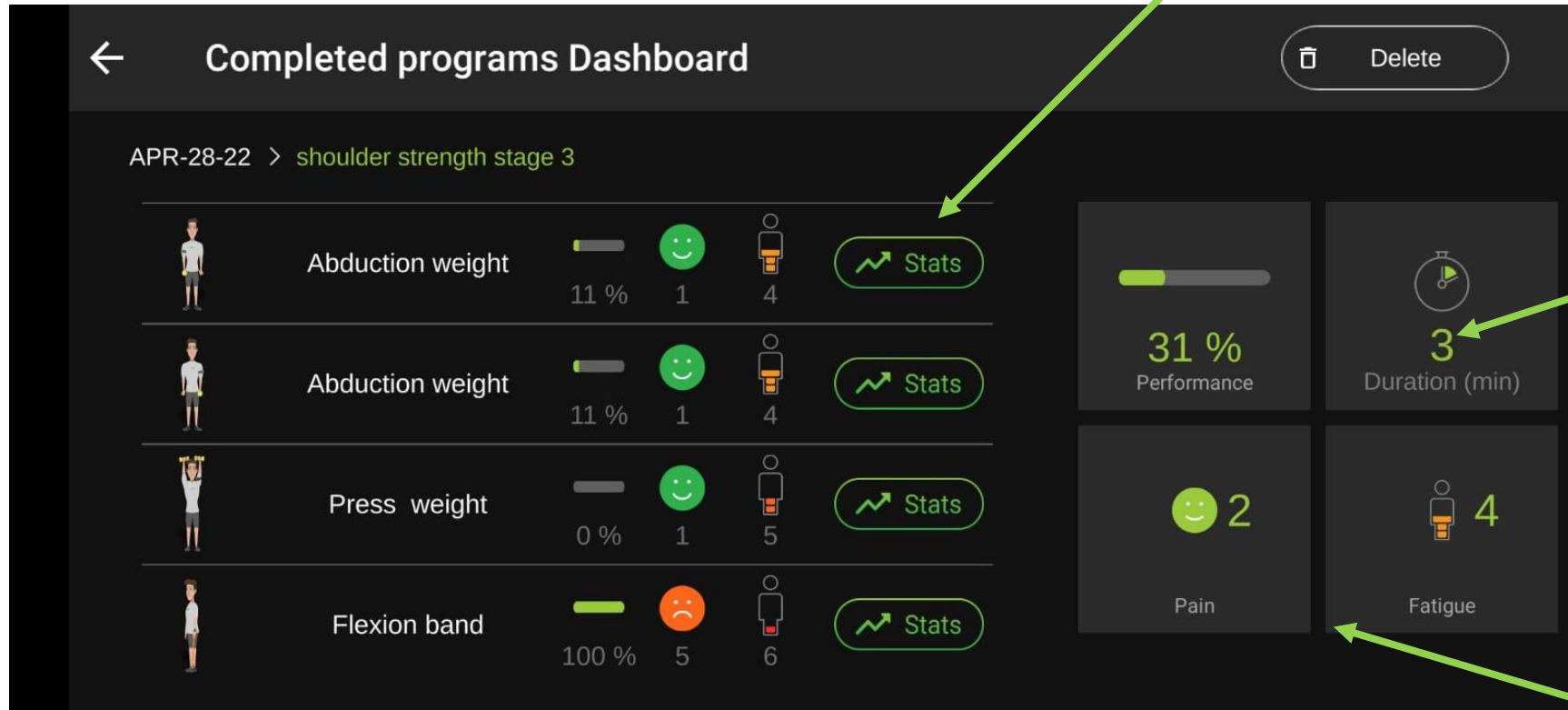
Pain 5  
Fatigue 6

RETURN

Tap to see the stats for each one of the exercises

# Strength and Flexibility / Session Stats

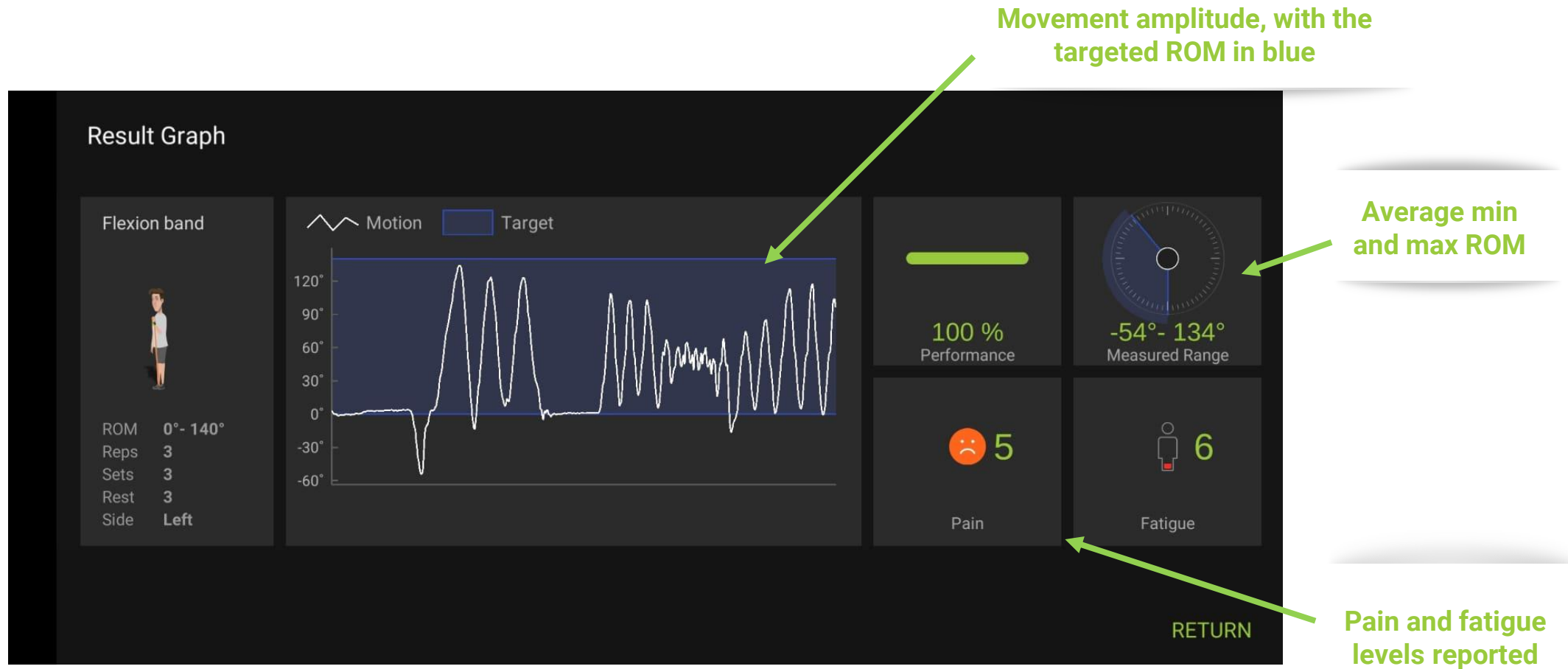
A deep dive into a single exercise's data



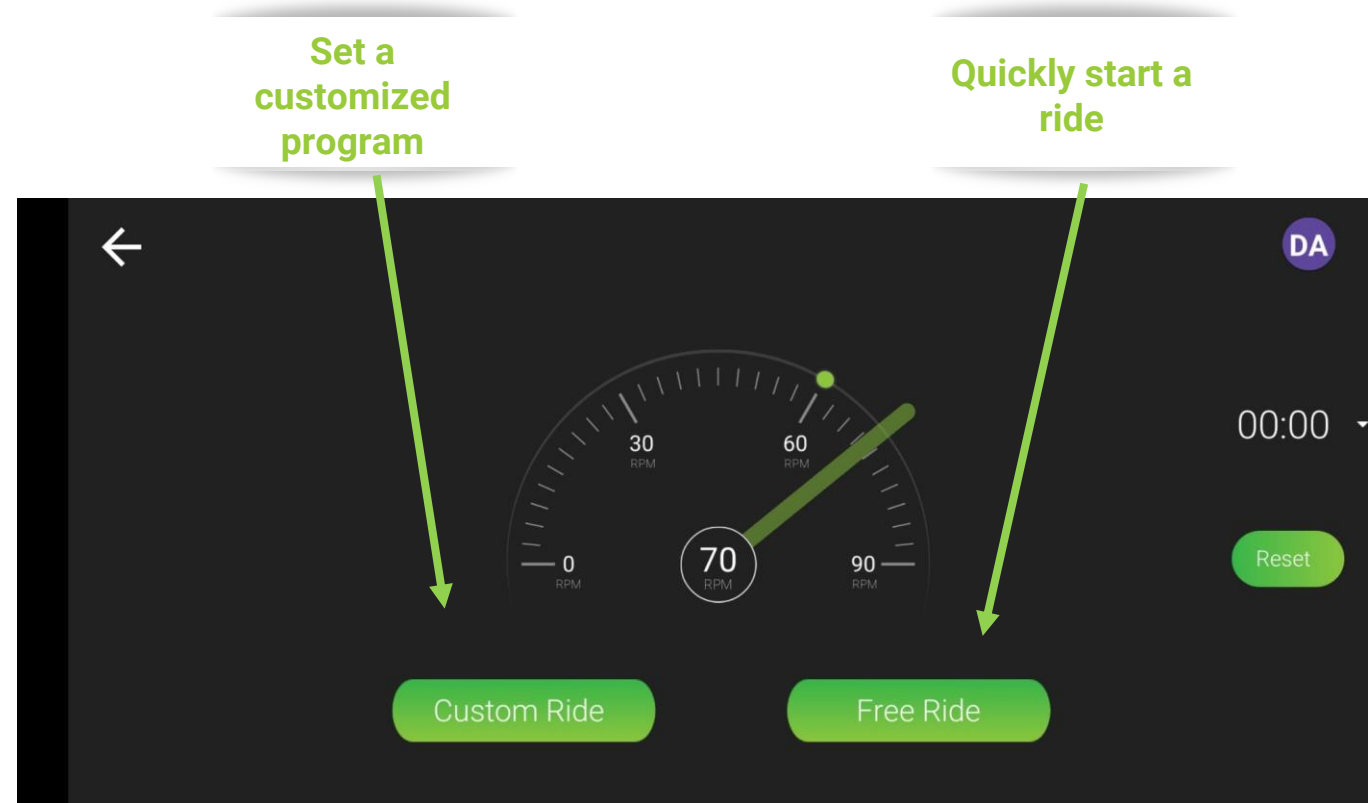
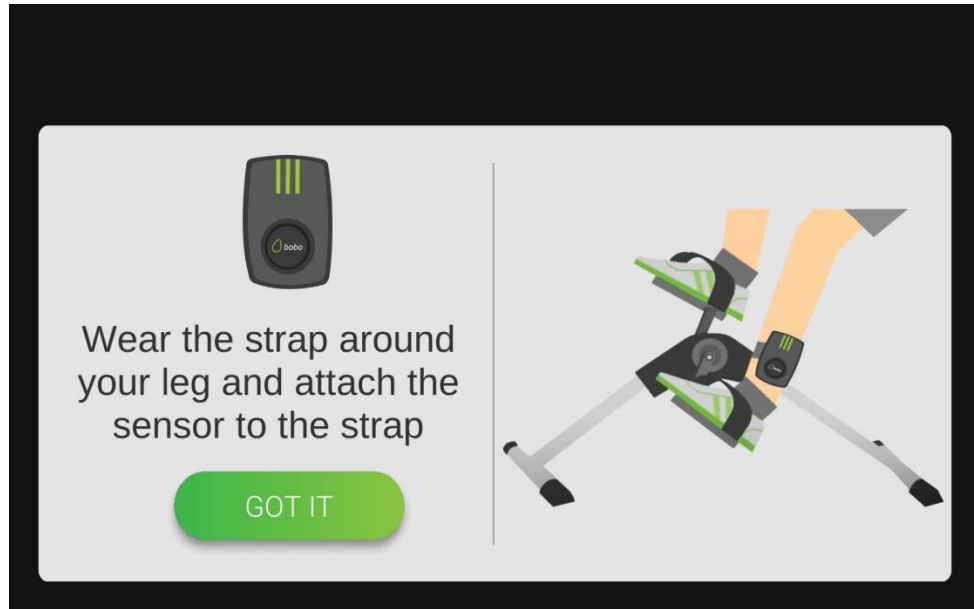
Session duration

Pain and fatigue average levels reported during the session

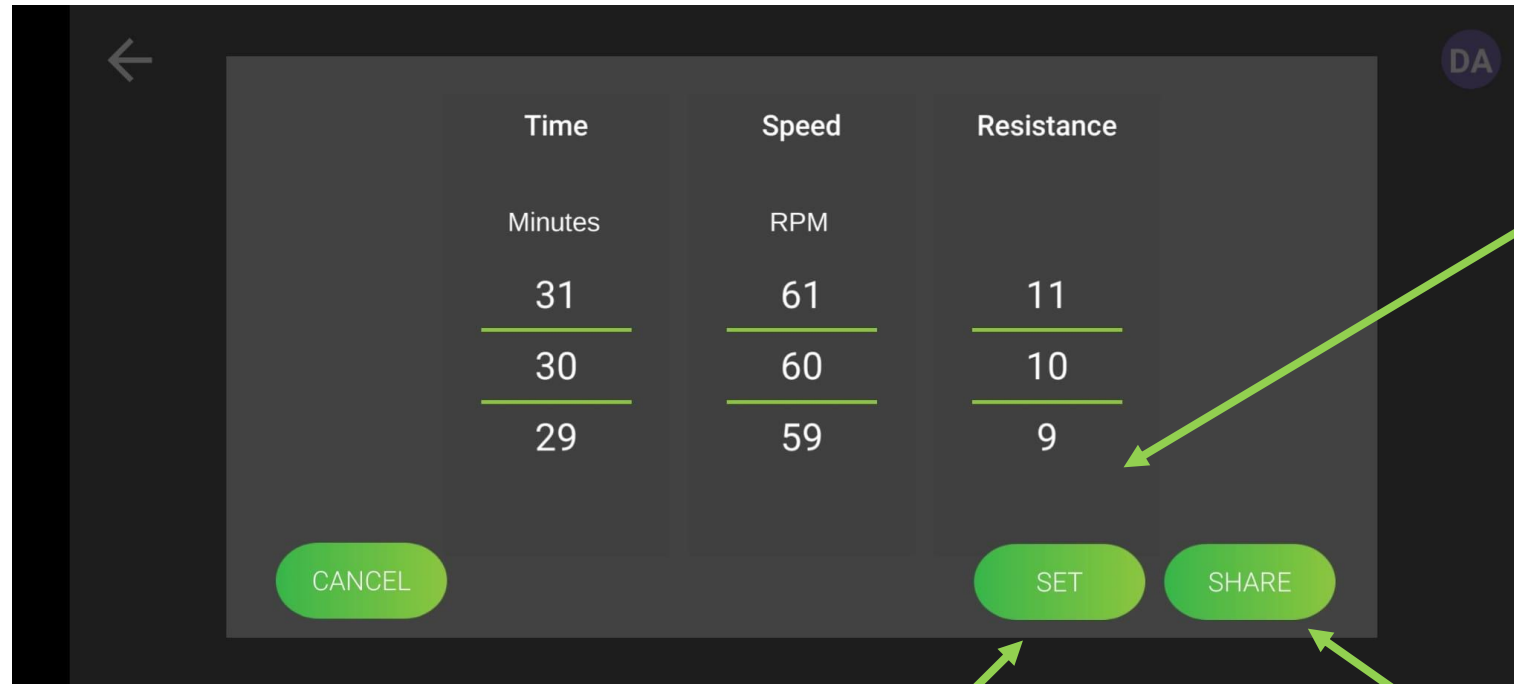
# Strength and Flexibility / A Single Exercise Stats



# Cycling / Menu



# Cycling / Custom Ride

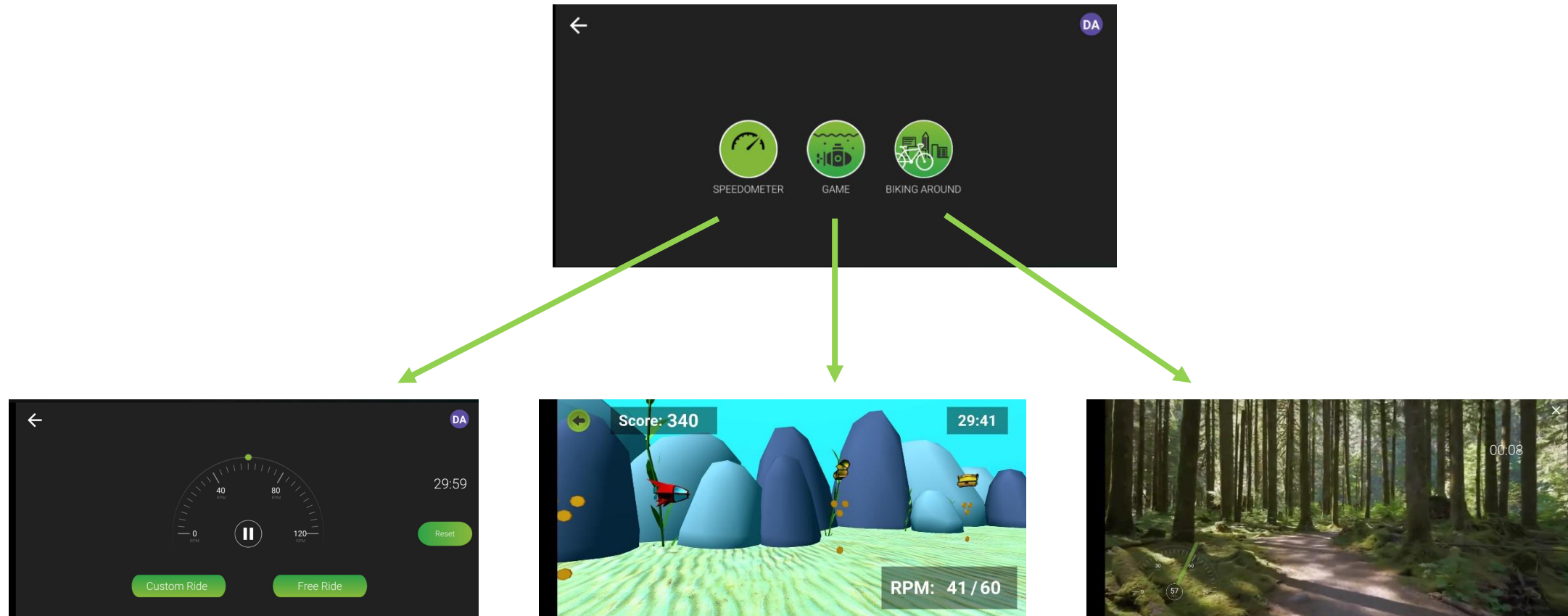


Set the resistance according to the bikes resistance level

Click SET to start the training

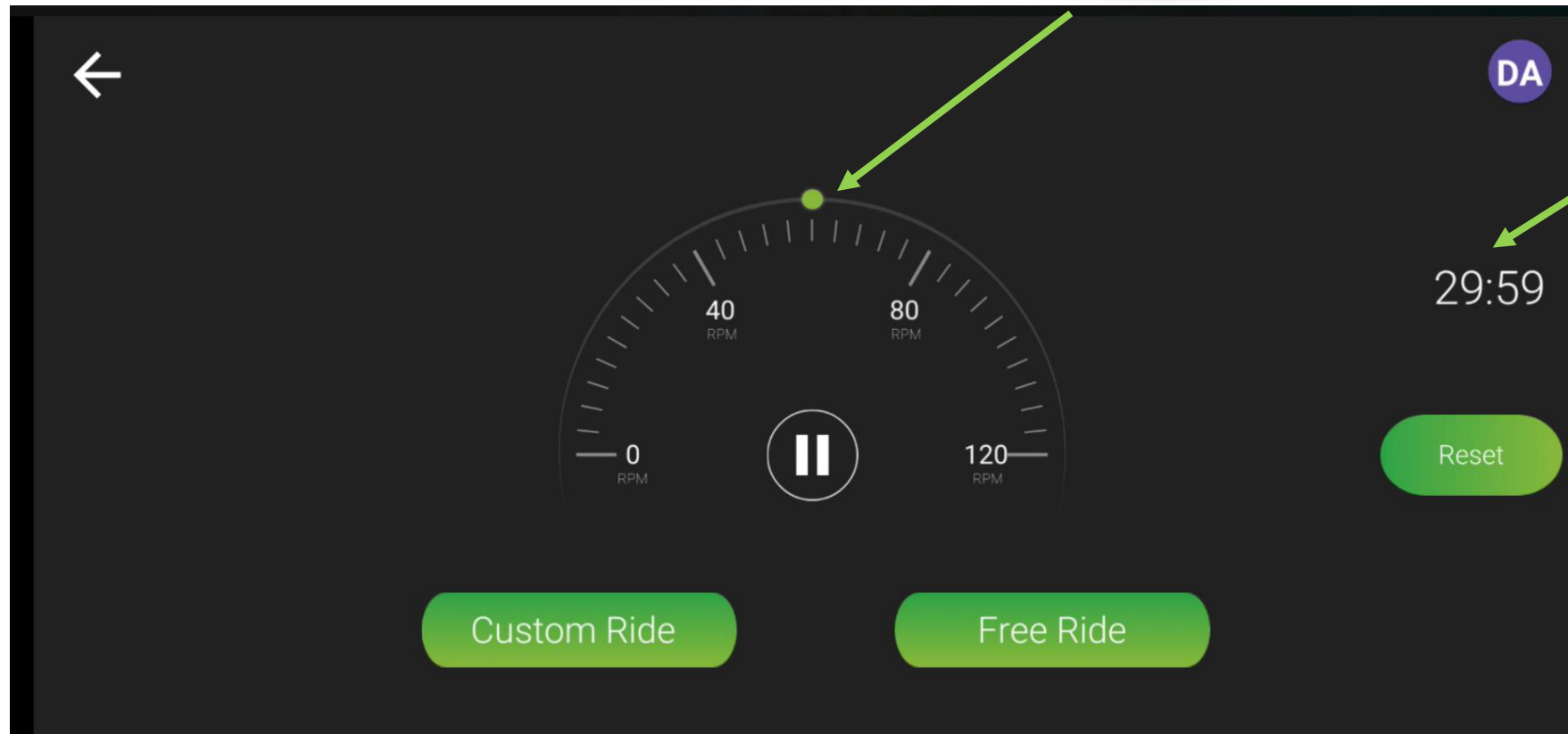
Or share the training session. Trainees can choose the feedback they want to train with

# Cycling / Custom Ride - Choose the type of feedback



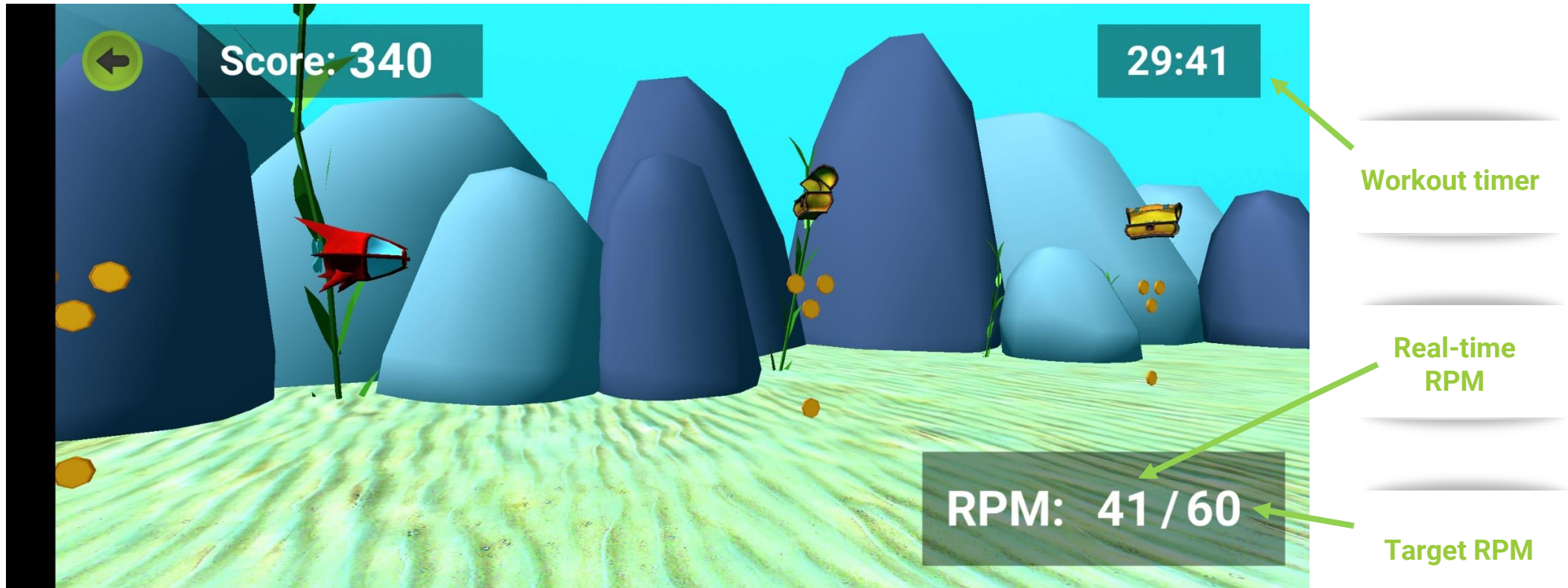


# Cycling / Game-Based Feedback



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

# Cycling / 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 / Biking Around Feedback

Road

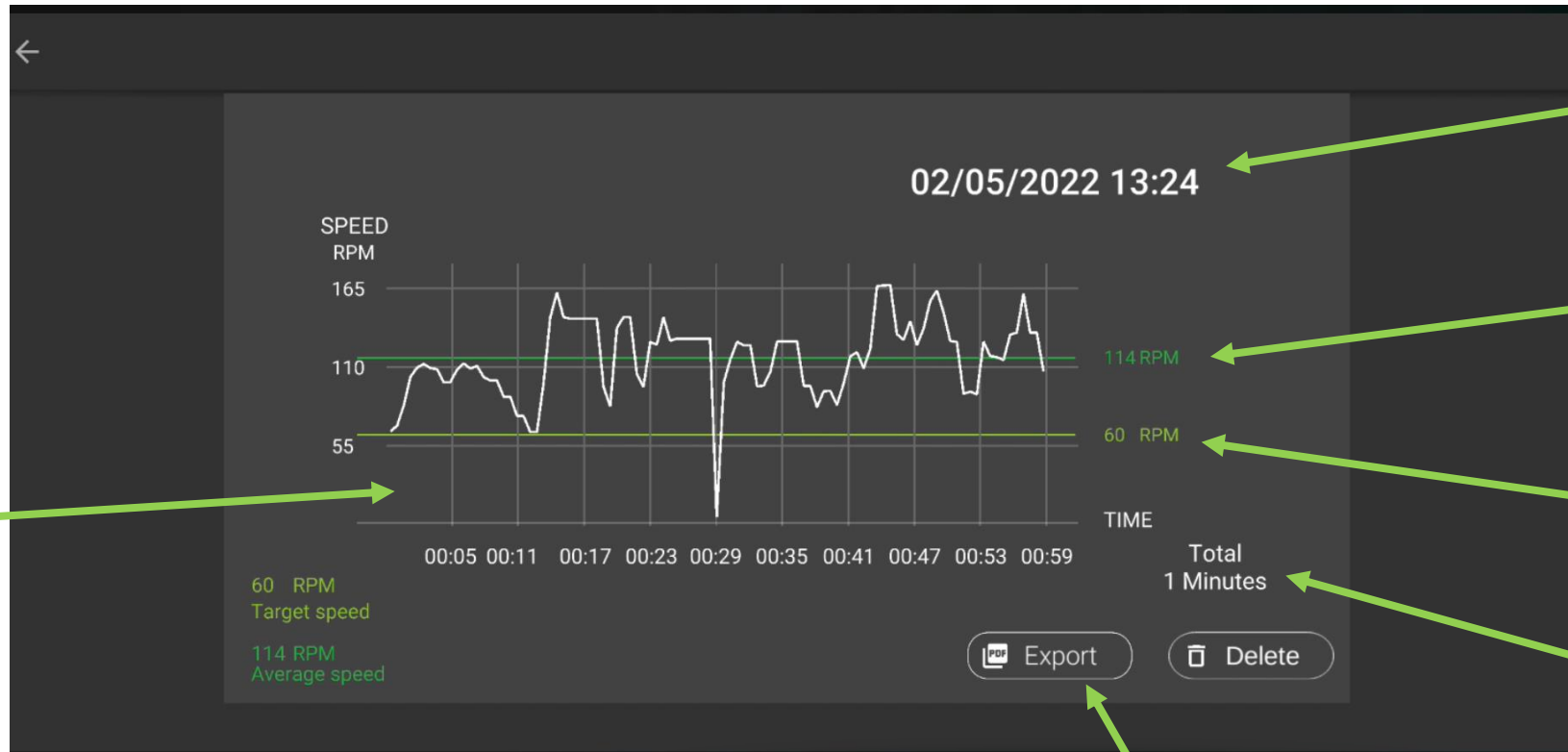
Forest



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 / Score Screen



The speed amplitude

Date & Hour

Average session's RPM

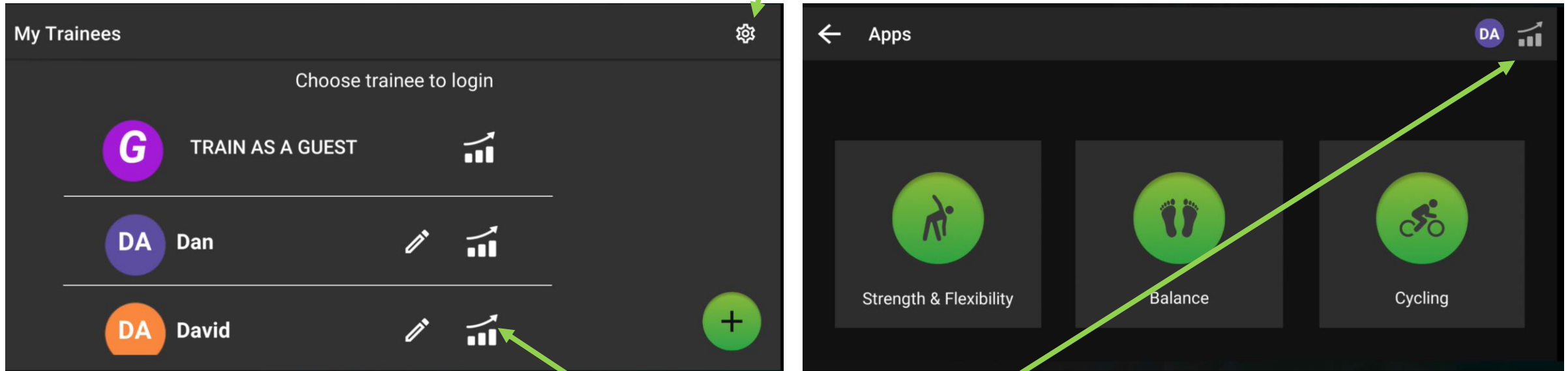
Prescribed target RPM

Total workout time

Get a single cycling session PDF report by email

# Patient's Dashboard Access

Tap to access the settings

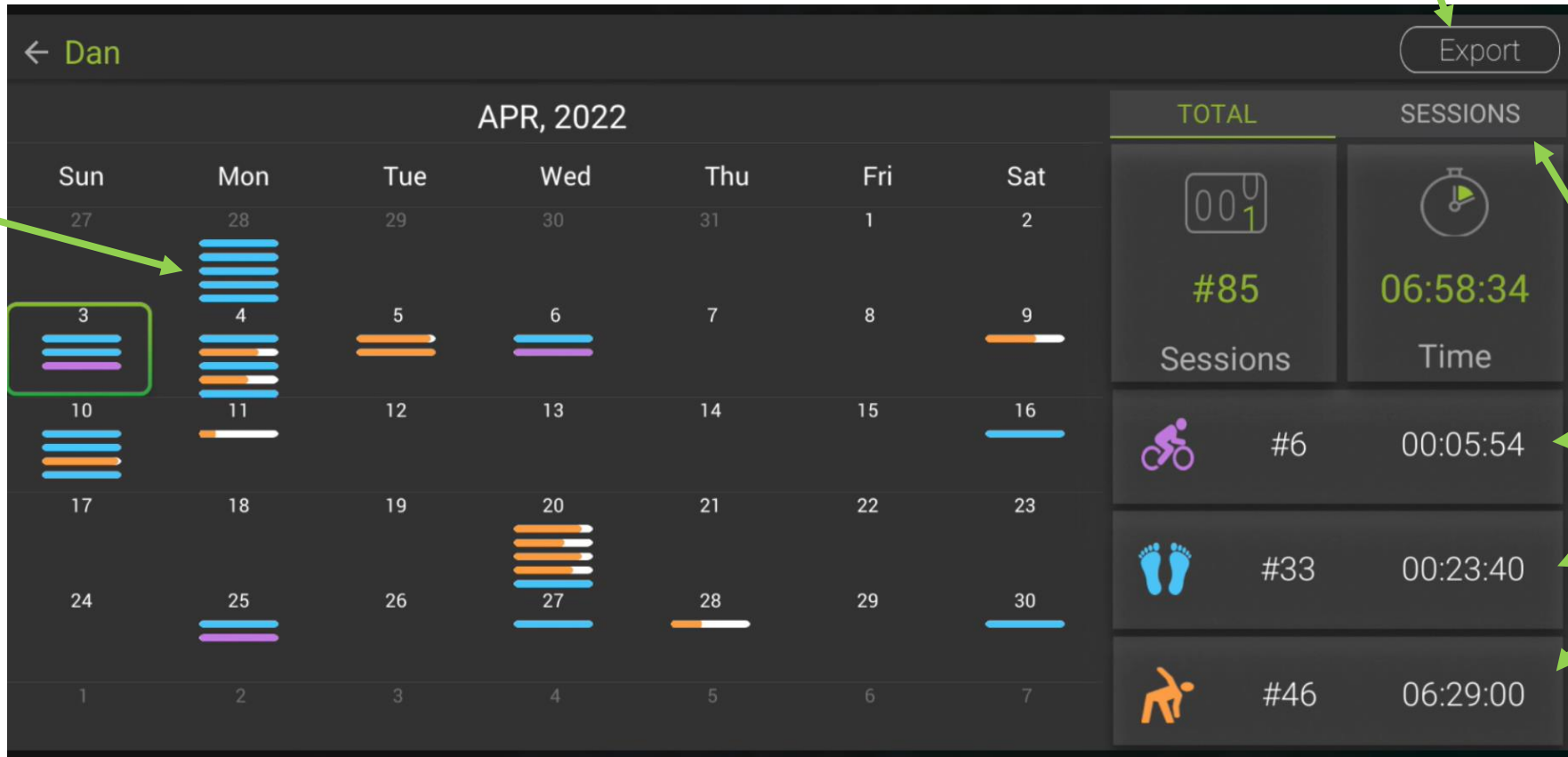


Tap to access the patient's dashboard

# Patient's Dashboard

E-mails a PDF report of the patient sessions to the trainer

You can track patients' compliance with the exercise calendar

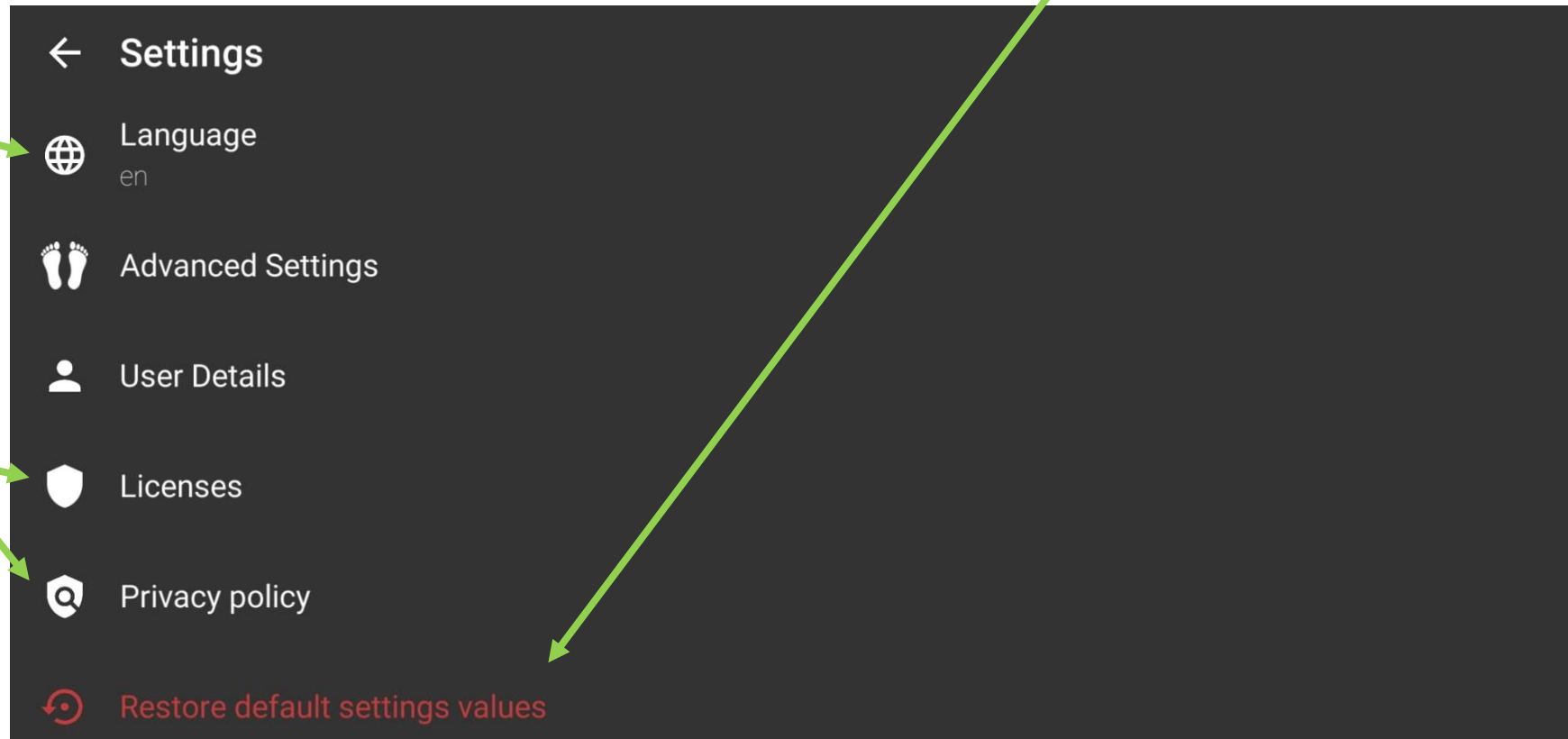


Toggle between the different exercises to deep-dive into each and every one of the sessions and exercises



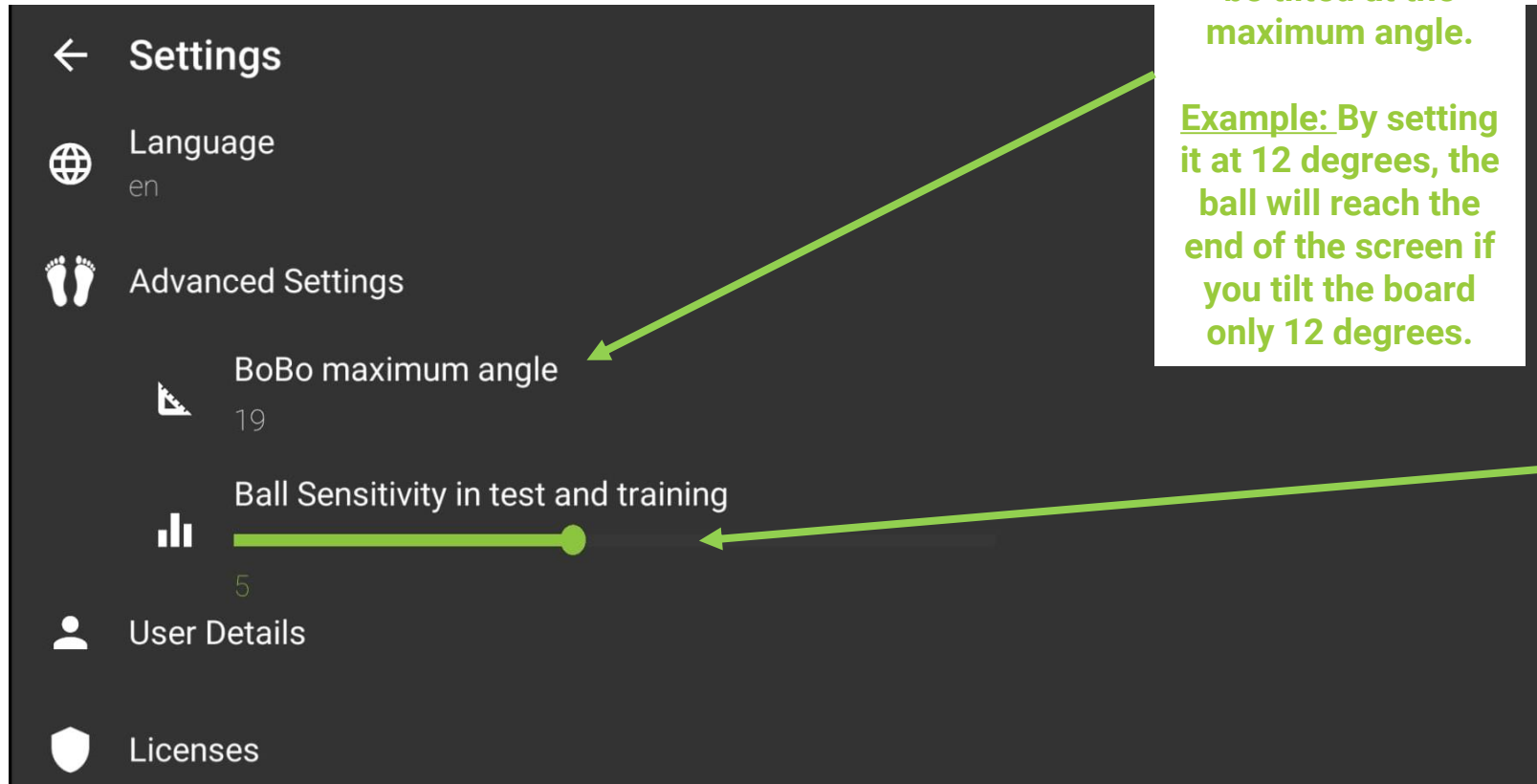
# Settings

Set the parameters back to our recommended defaults of 19 degrees and 5 sensitivity



# Advanced balance settings

\* The following settings apply only to the balance section of the app



To move the white ball to the edge of the screen, the balance board must be tilted at the maximum angle.

Example: By setting it at 12 degrees, the ball will reach the end of the screen if you tilt the board only 12 degrees.

The higher you adjust it, the more difficult it becomes.

Example: In tests and training, control of the white ball is extremely challenging at sensitivity 10. The white dot moves with every tiny movement. There are no filters or algorithms that smooth the ball's movement.



# User Settings

In case the user did not insert a product key during registration, he can use this checkbox to type in one and open the trainer mode.

Edit user name

Delete all user data

Log out of user account

