In your kit, you should have:

1. 1 iPad
2. 1 iPad stand
3. 1 Limb sensor*
4. 1 Limb sensor case
5. 1 Neck sensor
6. 1 iPad charger kit
7. 1 Sensor charger kit
8. 4 Resistance tubes – exercise bands
   • Yellow (easy)
   • Red (moderate)
   • Green (intermediate)
   • Blue (hard)

*Please do not remove the sensor from the case even when charging, as it could affect the detection of your movement.
Let’s get started

Step 1
After opening ‘Home Rehab’ app,
1. Select your preferred language
2. Tap on the green ‘Play’ icon to begin

Step 2
Unplug your sensors from the chargers. Then tap ‘Next’.

Step 3
Follow the instructions to put the sensors on correctly, and tap the ‘Tick’ icon.

Step 4
Tap the green ‘Play’ icon. Get into the ‘ready position’ shown on the left screen, then follow the exercise. The right screen is a video recording for your therapist to review your progress.

Step 5
The ‘Next’ or ‘End’ icon would appear when you have completed the set of exercise. Tap the icon that appears to continue to your next exercise or to end the session.

Step 6
Connect the sensors back to the charging docks, to charge them for your next session.

Note: Refer to Device Information on how to charge your devices.
**How to put on the sensors**

Depending on your prescribed exercises, you may need both the neck and limb sensor, or just one of the sensors.

The limb sensor should be worn on the limb that you are exercising.

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**Correct Examples (Upper Body)**

![Correct Example 1](image1)

![Correct Example 2](image2)

![Correct Example 3](image3)

**Incorrect Examples**

![Incorrect Example 1](image4)

![Incorrect Example 2](image5)

![Incorrect Example 3](image6)

**Correct Examples (Lower Body)**

![Correct Example 4](image7)

![Correct Example 5](image8)

**Incorrect Examples**

![Incorrect Example 4](image9)

![Incorrect Example 5](image10)
How to put on the sensors

Positions of the sensors
The tip of the arrow should always point upwards, and not sideways or downwards.

Put on the sensors correctly so that your movements will be captured accurately.
Icons you may see

Red Indicator Bar
The red line and the area exceeding it on the right indicates the angle you are encouraged to achieve.

Counter Icon
Indicates number of repetitions completed. Get a star for every exercise done accurately.

Timer Icon
Shows how long you need to maintain the position for.

Repeat Icon
Repeat the set of exercises by tapping the icon.

Stop Icon
Tap the ‘Stop’ icon to stop the exercise if you feel unwell, and contact your therapist.

Back / Next Icon
Tap the ‘Back’ or ‘Next’ icons to go to your previous or next exercise.

Wheelchair Icon
This icon can be found on the Home screen of the app. Enable this if you are on a wheelchair. The system will recalibrate to detect your movements accordingly.

Accept Call Icon
1. If your iPad is locked, slide the icon to the right to accept the call.
2. If your iPad is unlocked, tap the icon to accept the call.
Device information

Charging your devices
Once you have completed your exercises, return your devices to the charging docks, so that they will be charged for your next session.

Sensors
Connect the sensors to the chargers using the USB cable. For the limb sensor, you will need to open the limb sensor case to access the charging dock. Please do not remove the sensor from the case.

1. Status light *(either blinking or still)*:
   - Purple light: Sensor is charging
   - Blue light: Sensor is on, and fully charged *(when connected to the charger)*
   - No LED light: Switch is not on, or sensor needs to be charged

2. Charging dock

iPad
1. Home button, to access the apps on the iPad
2. On/Off button
3. Volume control
4. Charging dock *(100% battery is fully charged)*
If you feel unwell or need medical assistance, please contact your therapist:

Name of Therapist:  
Contact No.:  

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For system enquiries, please contact T-Rehab at **6266 0688** or email **admin@t-rehab.com**