

# BALANCE SYSTEM™ SD AND BIOSWAY™

RECOVERY RAPIDS GAME ADDENDUM

FOR 15.6" DISPLAY



## BIODEX

Biodex Medical Systems, Inc.

20 Ramsey Road, Shirley, New York, 11967-4704, Tel: 800-224-6339 (Int'l 631-924-9000), Fax: 631-924-9241, Email: info@biodex.com, www.biodex.com

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## Contact information



### **Manufactured by:**

Biodex Medical Systems, Inc.

20 Ramsey Road, Shirley, New York, 11967-4704

Tel: 800-224-6339 (Int'l 631-924-9000)

Fax: 631-924-8355

email: [supportservices@biodex.com](mailto:supportservices@biodex.com)

[www.biodex.com](http://www.biodex.com)

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## Download Instructions

To upgrade the Balance System™ SD or BioSway™ software with Balance Games (available for devices with a 15.6" display), perform the following steps:

### PART I: Updating the Balance Software

1. Open the Chrome web browser.

*NOTE: Using Internet Explorer may require extra steps.*

2. Navigate to the Biodex Software Updates page:

Physical Medicine > Products > Software Updates

or

[www.biodex.com/physical-medicine/products/software-updates](http://www.biodex.com/physical-medicine/products/software-updates)

3. Select the Balance System SD Software Update v4.0.X or BioSway Software Update v4.0.X.
4. Scroll down and click the download button.
5. Fill in all required fields and click the submit button. A Software Update screen will display.
6. Insert a flash drive into the computer.
7. Click the download button. The file will appear at the bottom of the screen.

*NOTE: Do not open the file.*

8. Open the Downloads folder.
9. Drag and drop the BalanceSystem.bioupdate file to copy it to the root of the flash drive.
10. Remove the flash drive and insert it into the Balance System or BioSway display.
11. Wait at the Home screen for the flash drive to be detected.
12. Follow the on-screen prompts until the update is installed.

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## PART II: Downloading and Installing the Game

*NOTE: Balance Software v4.0.12 or higher is required before installing the games.*

1. Open the Chrome web browser.

*NOTE: Using Internet Explorer may require extra steps.*

2. Navigate to the Biodex Software Updates page:

Physical Medicine > Products > Software Updates

or

[www.biodex.com/physical-medicine/products/software-updates](http://www.biodex.com/physical-medicine/products/software-updates)

3. Select Balance Gaming Software.
4. Click the download button, click submit at the bottom of the fill form, and click download again. The files will appear on the screen.

*NOTE: Do **not** open the files.*

5. Open the Downloads folder. It should contain the Balance System.bioupdate and RecoveryRapidsXXXXbiogame files.
6. Drag and drop the game to copy the files onto the root of the flash drive.
7. Remove the flash drive and insert it into the Balance System or BioSway display.
8. Wait at the Home screen for the flash drive to be detected.
9. Follow the prompts until the game is installed.

## PART III: Reinstalling the Game

In the event that the game is accidentally deleted, follow the instructions in Part II to download and reinstall the game. Or, if the flash drive is available, it can be used to reload the game onto the display.

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## Free Trial Activation

Recovery Rapids offers the user a free trial period during which time a decision to buy can be made. To activate the free trial period, perform the following:

1. Click <Recovery Rapids> from the Games menu.
2. The Recovery Rapids Activation screen is displayed:



Figure 1. Recovery Rapids Activation Screen.

3. Touch <Trial> to start the free trial period.
  - a. The user is given six days to use the game for an unlimited number of times.
  - b. The game must be launched first in order for it to count as a usage day.
  - c. The system displays the number of days that remain within the free trial period.
  - d. If the user changes the computer time to proceed to the last day the game was run, the free trials will be disabled.

**NOTE:** If you bought a new machine, the Free Trial will not apply, and you will not be prompted for an activation code.

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## Licensing/Activation of the Game

### Activation Sequence:

To activate the Recovery Rapids game, perform the following:

1. From the Games screen, touch <Recovery Rapids>.



Figure 2. Games Main Menu.

2. The Recovery Rapids Activation screen is displayed as illustrated in Figure 3.



Figure 3. Recovery Rapids Activation Screen.

3. Touch <Key> to display a keyboard on which the key can be entered.



Figure 4. Keyboard for Recovery Rapids Screen

**NOTE:** If desired, the user can enter the key code using a physical keyboard instead of the one displayed on the monitor.

Enter the key code and touch <OK>.

4. The system will return to the Recovery Rapids Activation screen as soon as a key code is entered.

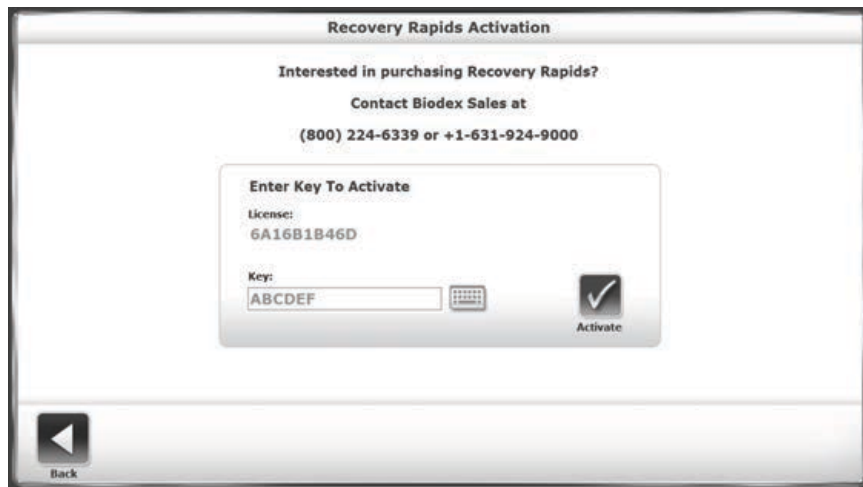


Figure 5. Recovery Rapids Activation Screen with Key Code.

5. Touch <Activate>.
6. If an invalid key code is entered, the following message is displayed when <Activate> is touched.



Figure 6. Recovery Rapids Activation Screen with Invalid Key Code Message.

7. When a valid key code is entered, the following message is displayed when <Activate> is touched.



Figure 7. Recovery Rapids Activation Screen After a Valid Key Code is Entered.

8. Valid license key codes are encrypted and stored for a one-time entry.

**NOTE:** If you bought a new machine, the licensing/activation of the game will not apply.



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## Getting Started

Recovery Rapids is available on the Balance System SD and BioSway products. The game gives patients the opportunity to work on balance skills in a game-like, interactive setting.

The goal of the game is to navigate the river while avoiding coming into contact with obstacles such as rocks and picking up as many water bottles as possible. The game is played with either a stable or dynamic platform.

## Accessing the Game



Figure 7. Training Screen.

- To Access Recovery Rapids, touch <Training> on the Home screen.
- On the Training screen, touch <Games>.



Figure 8. Games That Move You Screen.

- Touch <Recovery Rapids>. The Games That Move You screen displays as the game loads.

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## Settings

Customize the trip by establishing a few settings.

### TIME

Touch the drop-down arrow and select the length of the trip:

- 12 minutes
- 10 minutes
- 8 minutes
- 6 minutes
- 4 minutes

### COURSE

Touch the drop-down arrow and select a level of difficulty:

- EASY
- MEDIUM
- HARD

### THEME

Touch the drop-down arrow and select a theme:

- SPRING
- WINTER
- AUTUMN

### CAMERA VIEW

Touch the drop-down arrow and select a camera view:

- THIRD PERSON
- FIRST PERSON

### BOAT

Touch the drop-down arrow and select a boat:

- KAYAK
- PADDLE BOARD

### DEGREE OF SWAY

Touch <Calculate Degree of Sway> and follow the directions in the Degree of Sway section.

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## Home Screen



Figure 9. Recovery Rapids Home Screen.

To exit the game, touch <EXIT>.

To learn more about GAMES THAT MOVE YOU, touch <ABOUT US>.

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## Degree of Sway

The Balance System SD utilizes sensors under its platform to detect postural sway. The platform can be set disallowing movement (i.e., static); or where it can tilt (i.e., dynamic) to further challenge the patient. The patient's postural sway is measured and displayed on the device's display. The degree of sway provides a way to define the patient's field of sway within their capabilities.

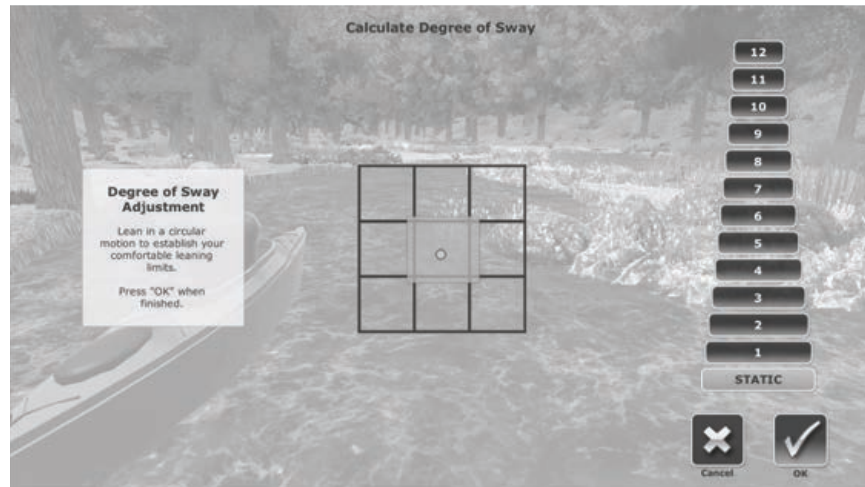


Figure 10. Degree of Sway Calculation Screen.

- Stand in the center of the Balance System and touch <Degree of Sway>. The Recovery Rapids Degree of Sway screen is displayed:
- Lean as far forward, as far backward, as far right, and as far left as possible. The circle in the center of the grid will move in the same direction.
- Stop when the desired limits have been reached.
- A green area will be highlighted within the grid.

**NOTE:** You may also choose how dynamic you want the platform to be by choosing a number from 1-12 on the right. If you do not choose a number, your platform will remain static throughout the game.

**NOTE:** On the BioSway, the Static vs. Dynamic option will not display.

- If the square defines the desired degree of sway, touch <OK>. If it does not, touch <Cancel> to restart the calibration.
- Touch <Back> to return to the Recover Rapids screen.
- Touch <OK> to exit and return to the Recovery Rapids Game screen.

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## Games That Move You Screen



Figure 11. Games That Move You Home Screen.

The Games That Move You screen displays as your game loads.

### Playing the Game

To play the game:

- Moving forward will make the boat move faster.
- Moving backward will make the boat move slower.
- Moving right will make the patient steer right.
- Moving left will make the patient steer left.



Figure 12. Winter Theme on a Paddle Board.

- While moving down the river, try not to hit any obstacles.
- Bumping into obstacles, such as rocks, will cause points to be deducted. The deducted points are displayed in red on the screen.



Figure 13. Game Screen Displaying Deducted Points.

- Aim for water bottles. Collecting water bottles earns extra points. The points will appear in green on the screen.



Figure 14. Points for Collecting Water Bottles are Displayed in the Upper Left of the Screen.

- Touch the pause button < II > at any time to stop the game. Touch < RESUME > to return to where the game exited when < RESUME > was touched. Touch < BACK TO MAIN MENU > to return to the Home screen. Slide the VOLUME bar left or right to adjust the sound level.

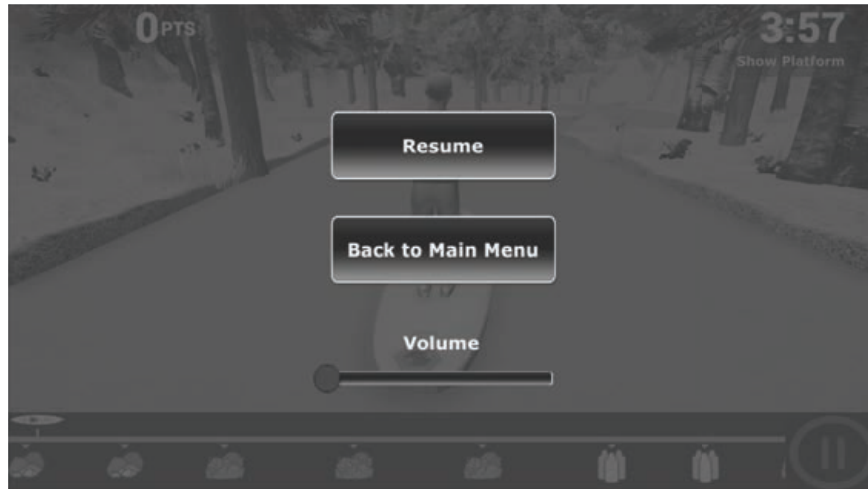


Figure 15. Screen Displaying <RESUME>, <BACK TO MAIN MENU>, and <VOLUME>.

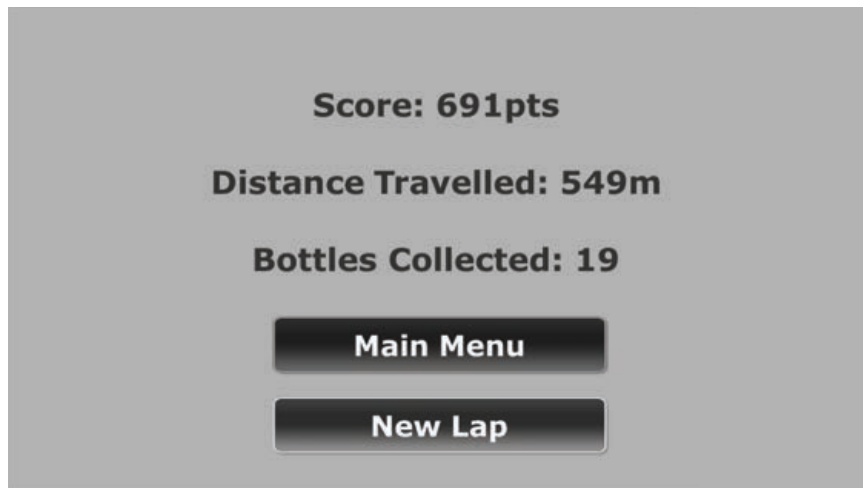


Figure 16. Recovery Rapids Completion Screen.

1. Touch <Main Menu> to exit from the game and return to the Training Menu.
2. Touch <New Lap> to play another game.

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