BoBo Pro 2.0 / App User-Guide

chiroform®
Your strong back partner.....

BoBo Pro 2.0 / Index

BoBo Pro 2.0 / Main Menu

Patient's dashboard
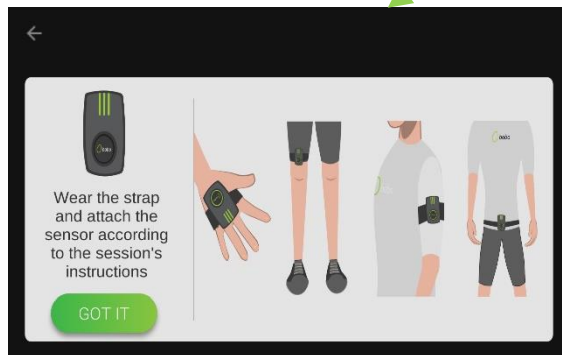
Motion
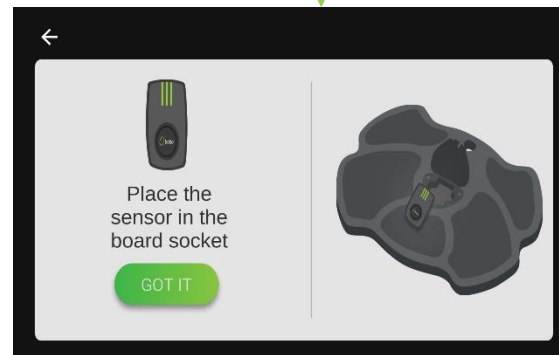
Balance

Aerobics

Balance / *Menu*

TEST   TRAINING   GAMES   CHALLENGE

Balance / *Training*

Create your own customized training program or choose one of bobo's fast-programs templates
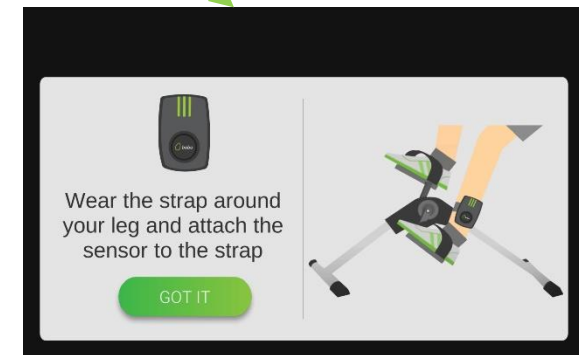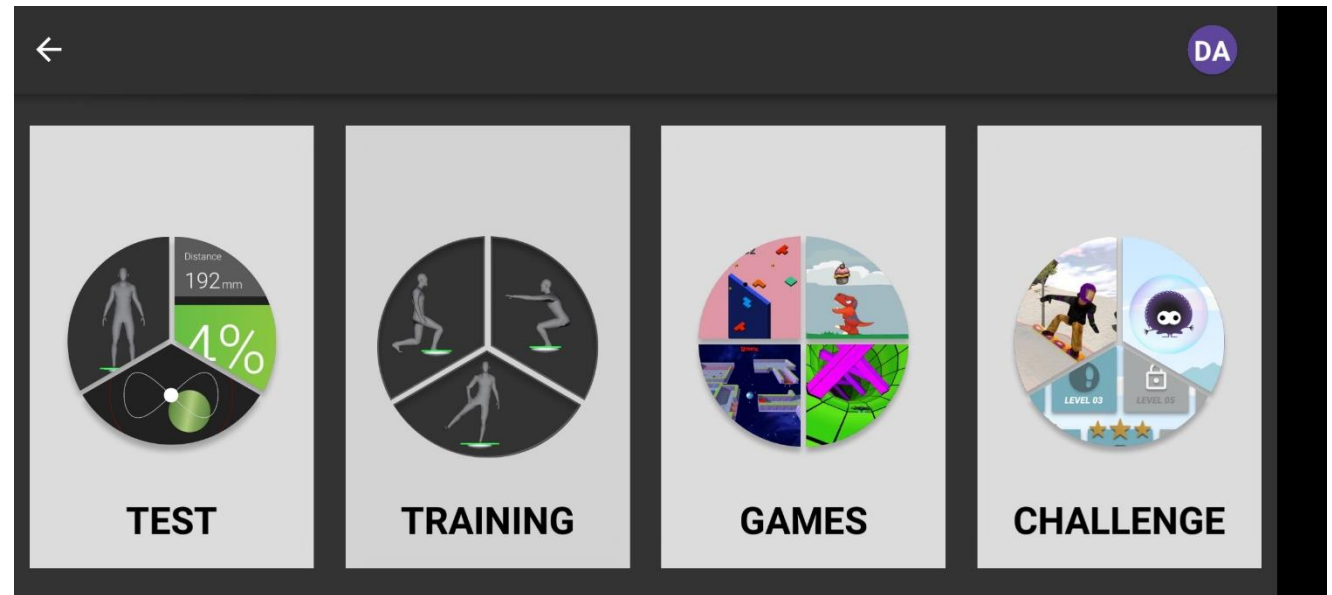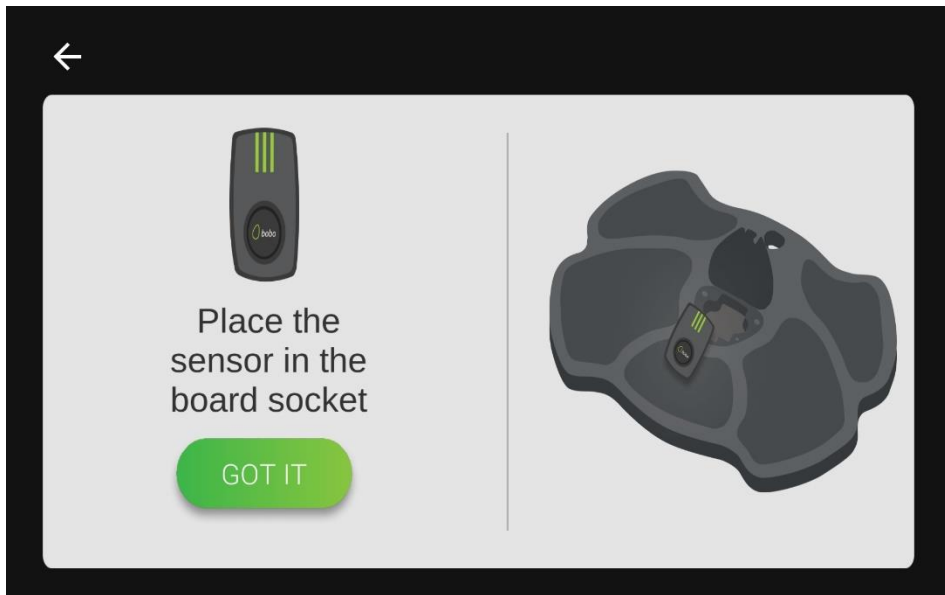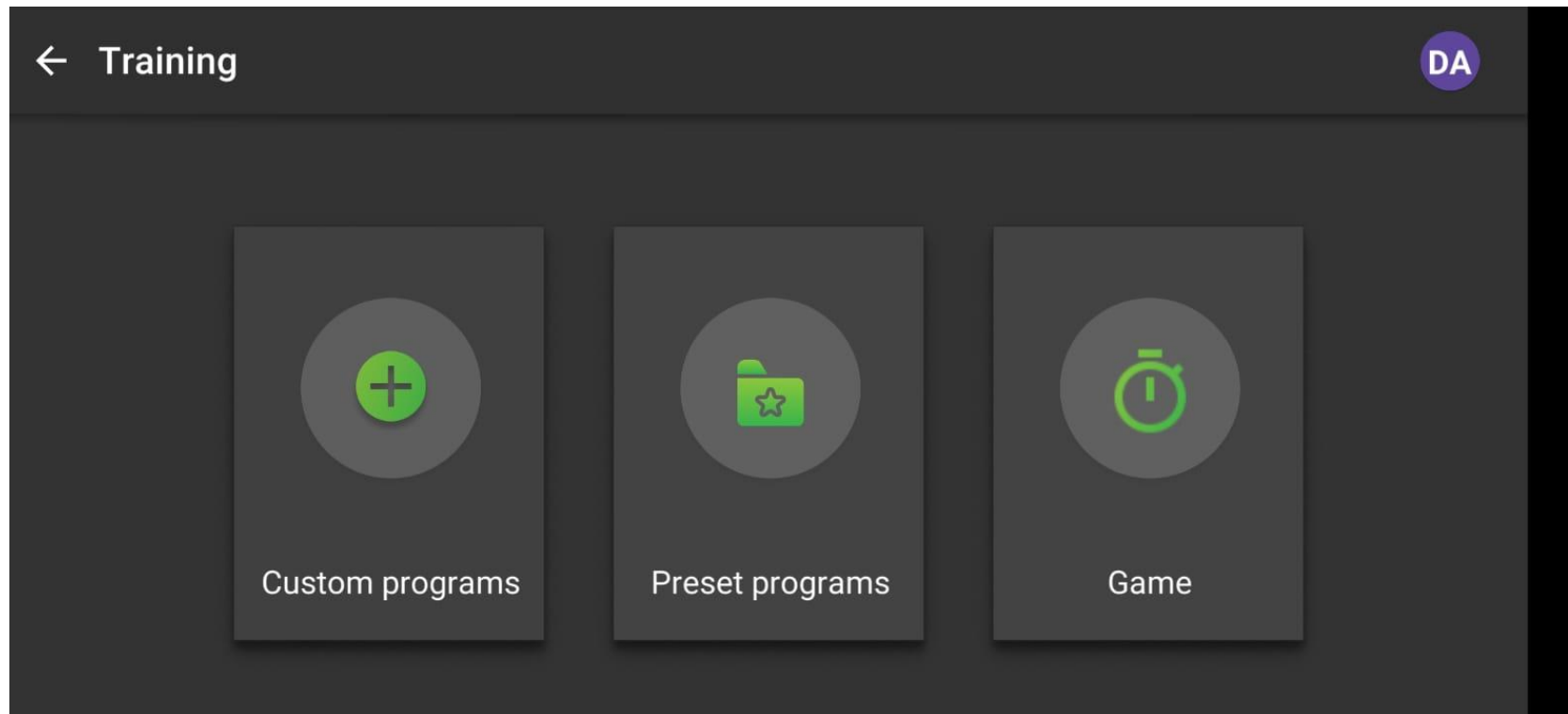
Balance / Training / Custom Programs

Create new customized training program
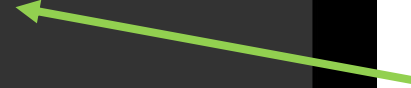
Choose one of your previous saved programs

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

Balance Training / Custom Programs / *Create New*

Choose the posture
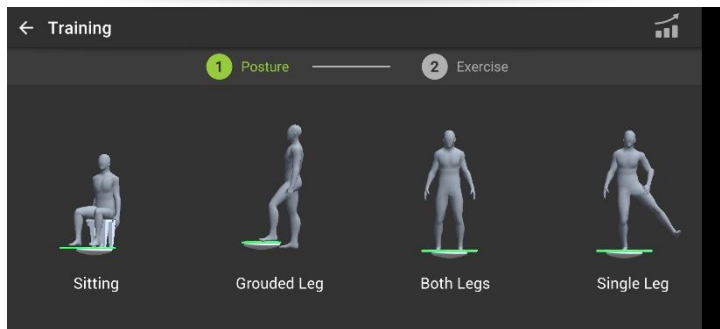
Choose the exercise

Save & Start

Create your own customized training program in 2 simple steps and save it for further use.
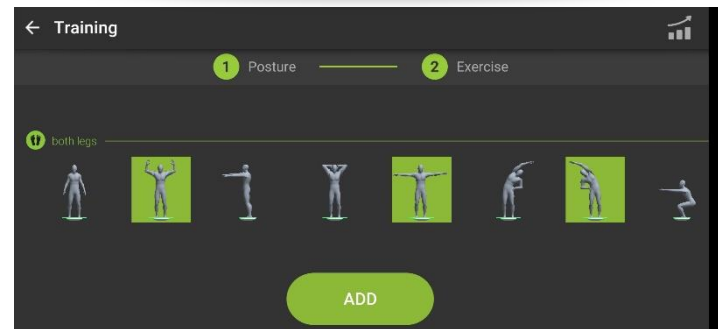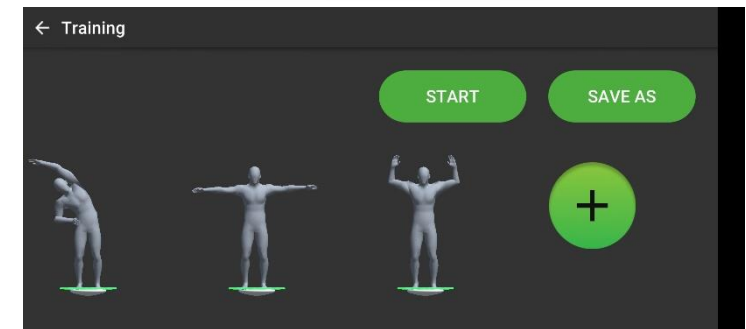
Balance Training / Custom Programs / *Share*

Choose a program from the saved list
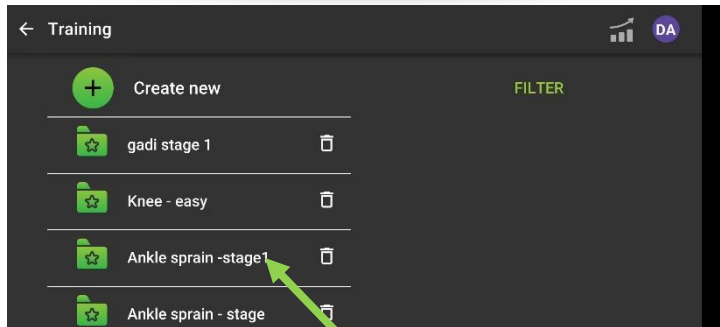
Tap SHARE

Add comments for your trainee
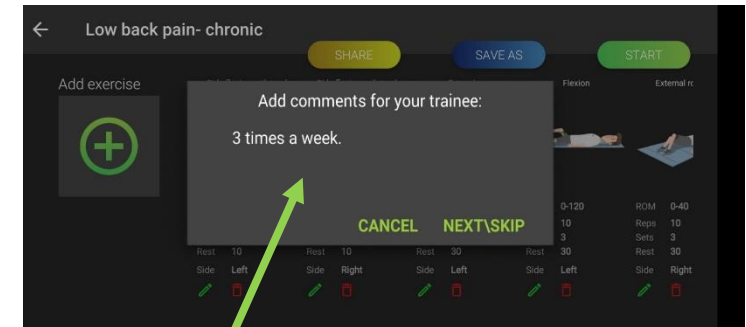
Share your saved programs

Balance Training / Game/ *Share*

Click "Game" on the menu
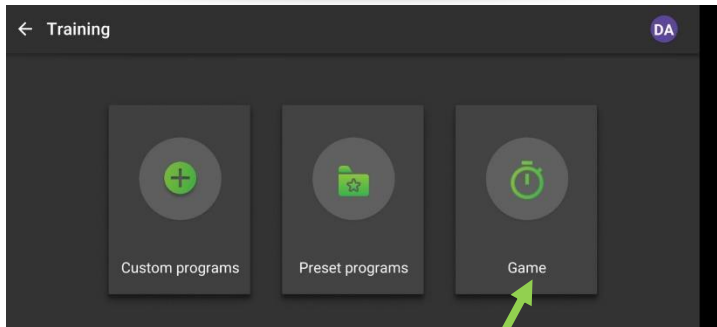
Set the time and tap SHARE
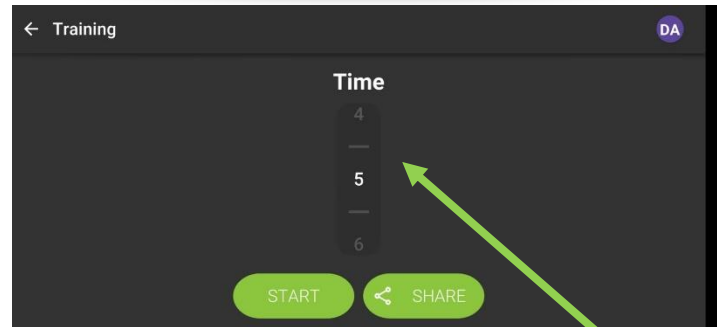
Add comments for your trainee
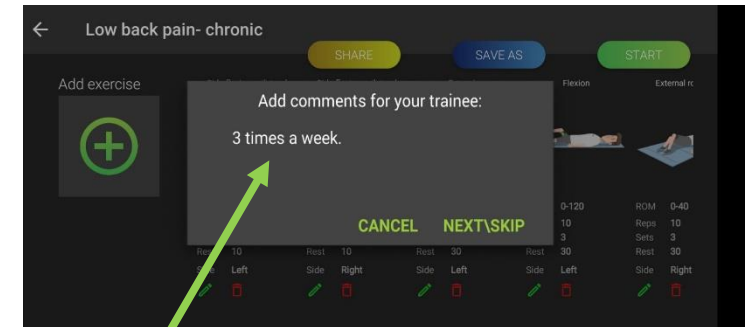
Share a game training session.
Trainees can choose the game they want to train with.

Balance Training / Custom Programs / *Exercises*

Both legs
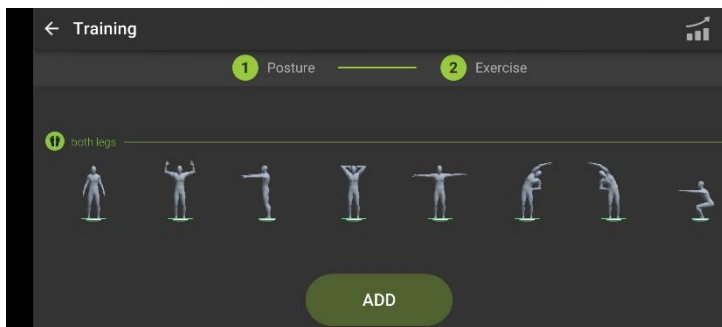
Grounded leg
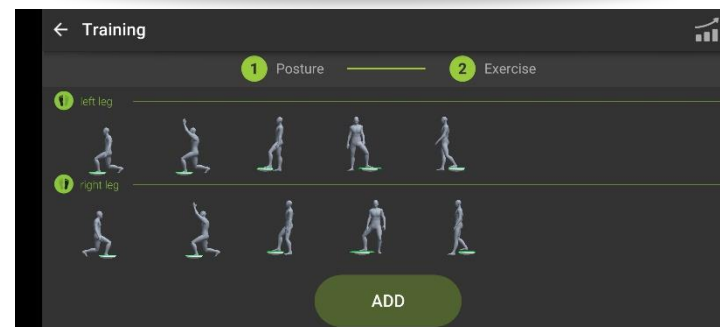
Single leg
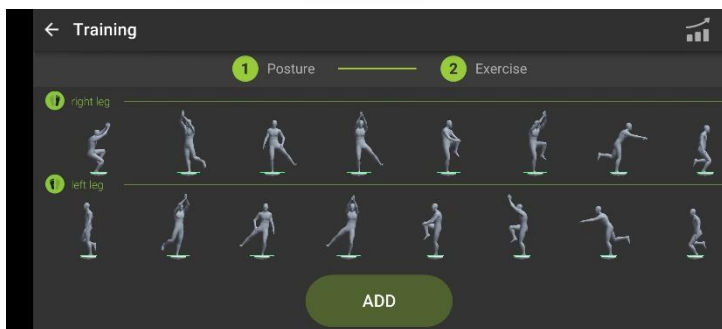
Sitting
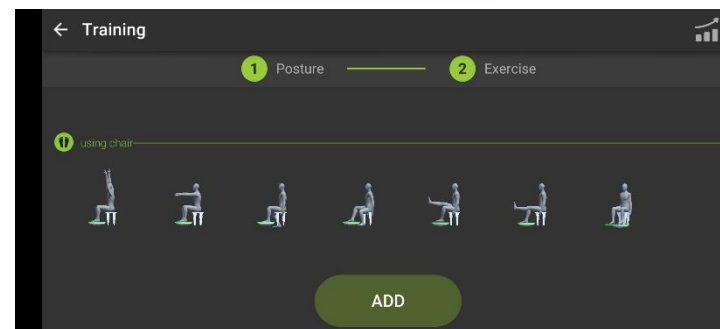
Balance Training / *Preset Programs*

Choose the body part

Time

Level

Fast-programs: Easily set the parameters for your training session and a virtual trainer will guide you through it
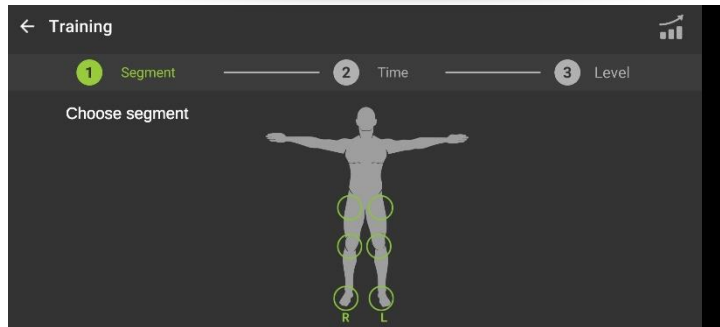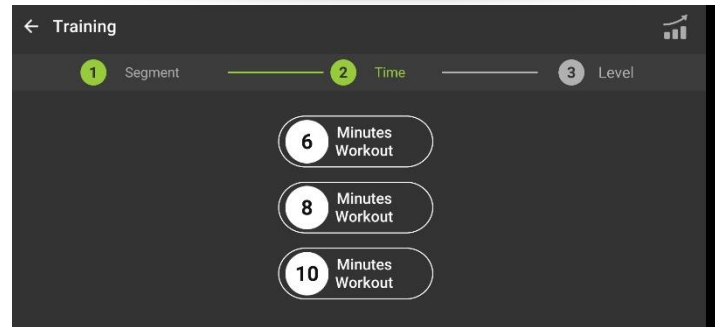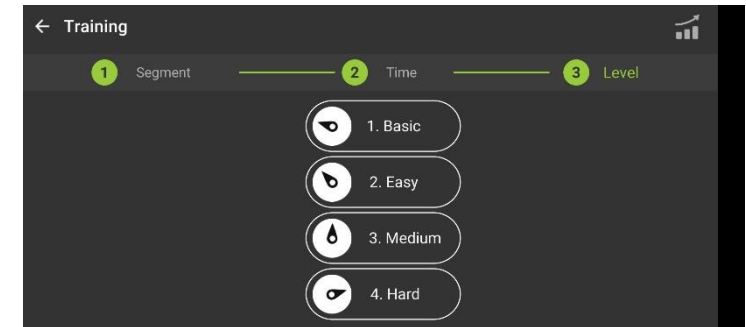
Balance Training / *Training sessions*

Stand or sit on the bobo balance board, and follow the virtual trainer exercise posture on the left side of the screen while trying to keep the white ball within the green circle
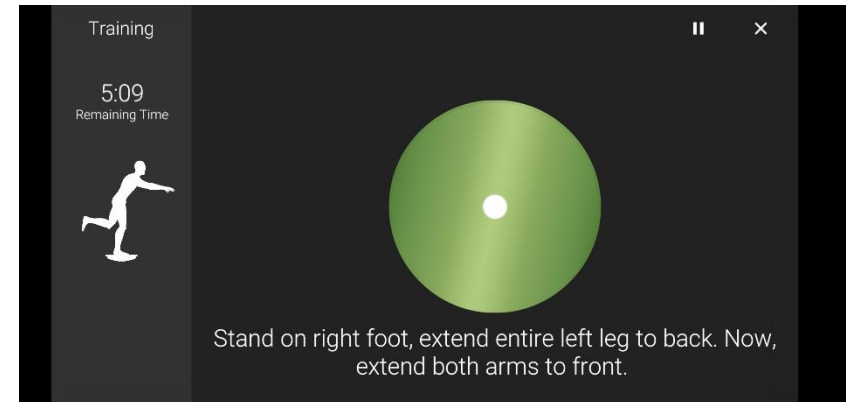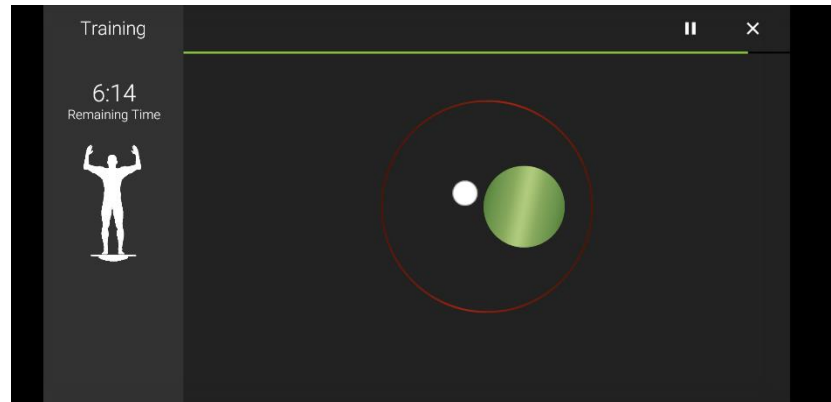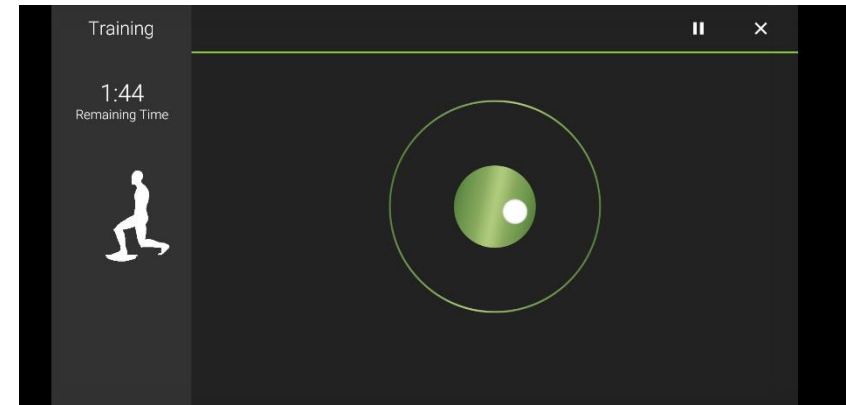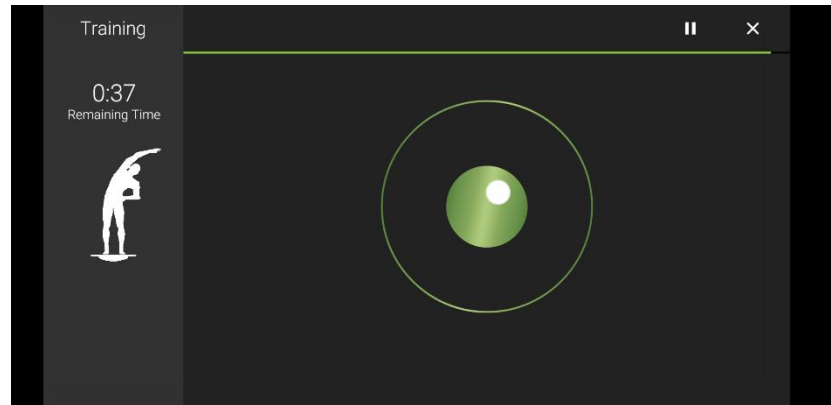
Balance Training / Score Screen
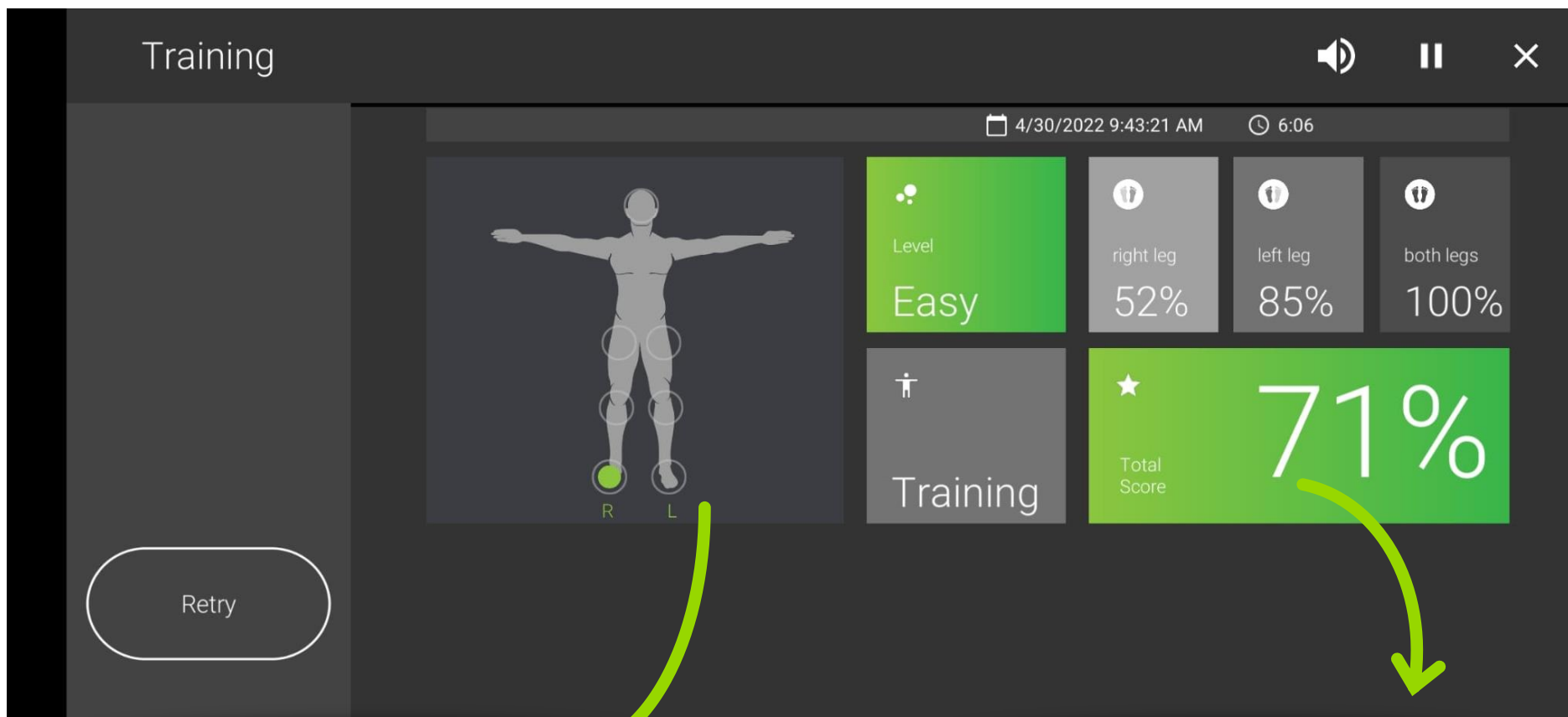
The chosen joint for the training program

Score = % of the time you kept the white dot inside the green circle
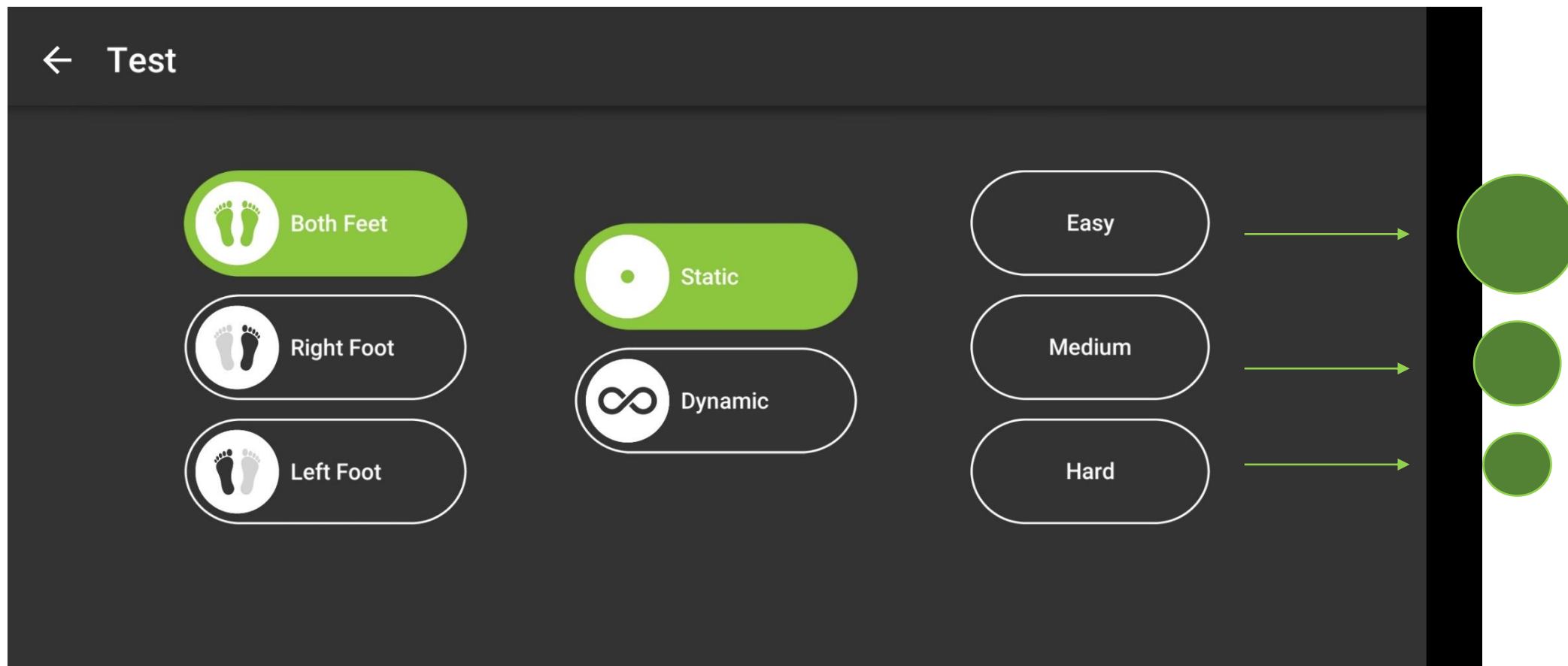
Balance / *Test*

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

Stand on the bobo balance board, and follow the virtual trainer exercise posture on the left side of the screen while trying to keep the white ball within the green circle
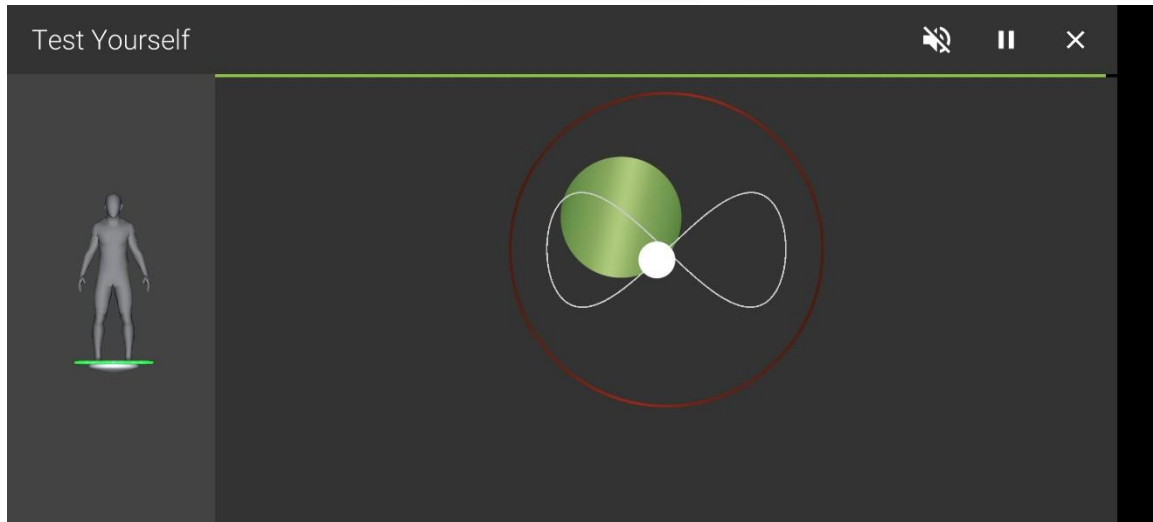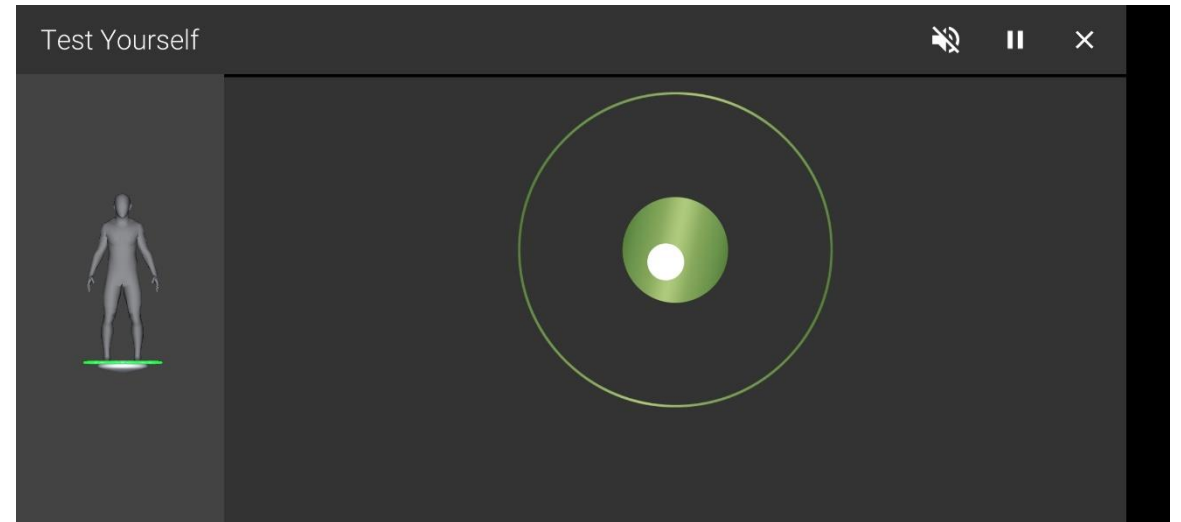
Balance Test / *Score Screen*
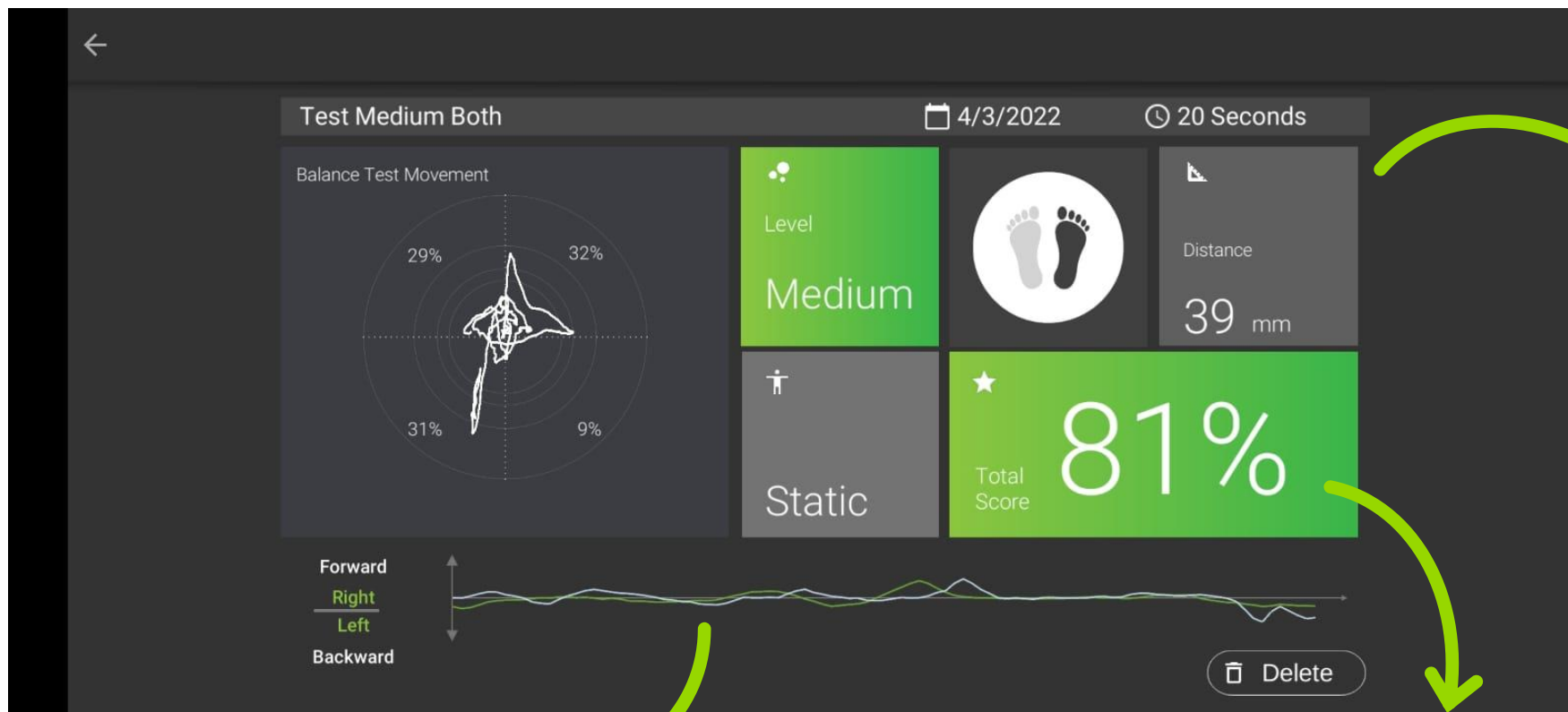
Movement's Distance = the length of the white line that represents the movement during the test

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*

Scroll and tap to choose a game
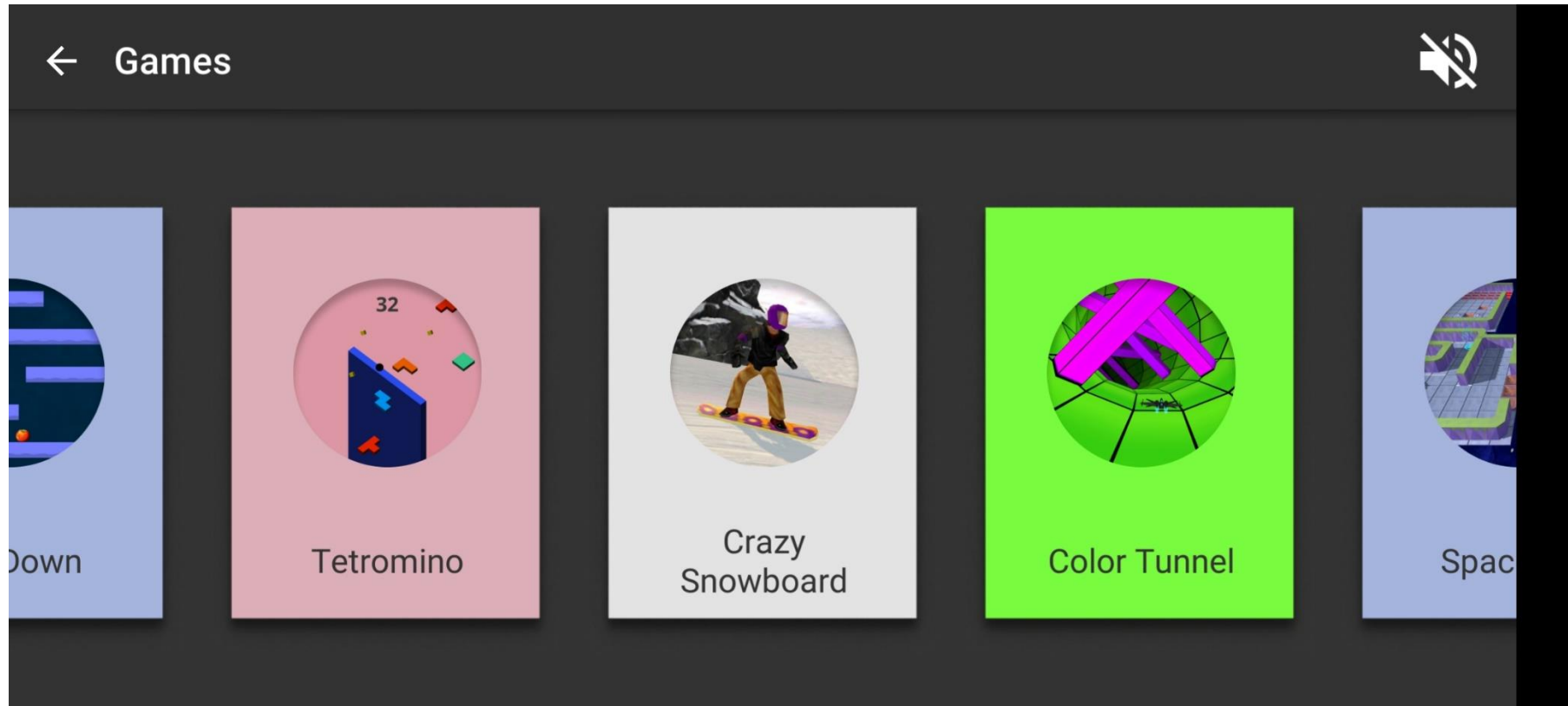
Balance Games / Candy Rex

Bring the white ball into the black hole
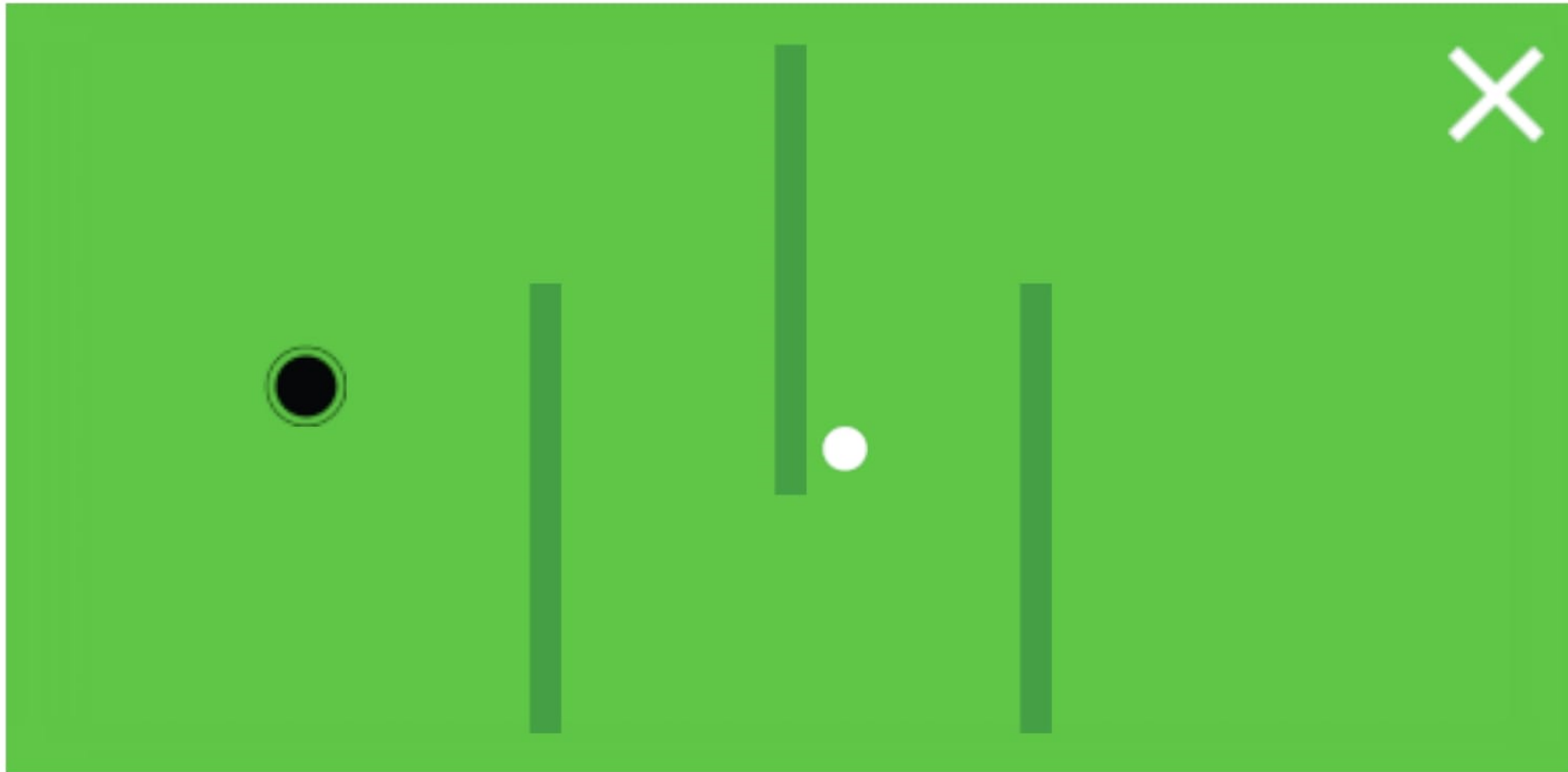
Balance Games / Mini Golf
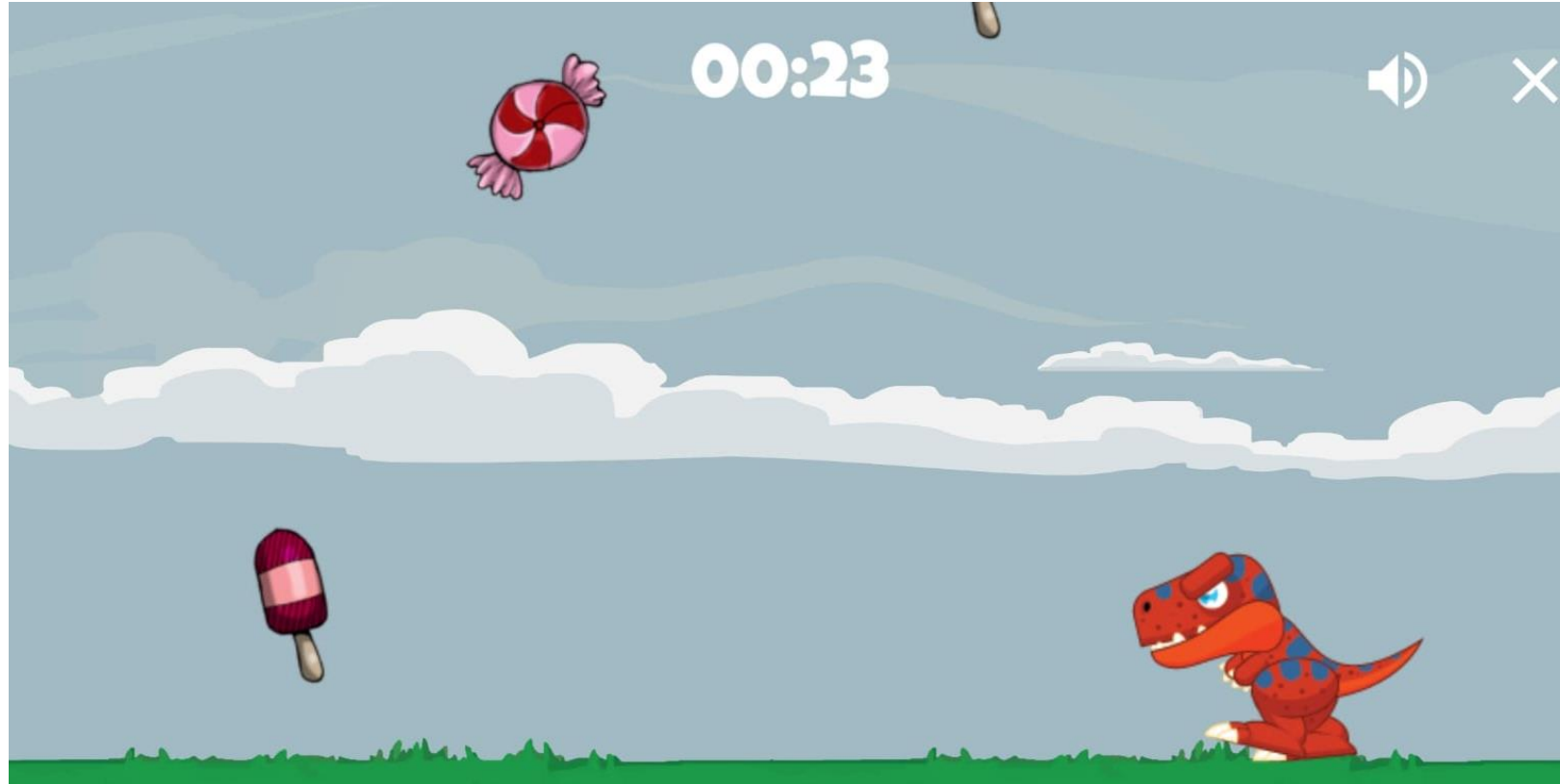
Collect all the sweets falling from the sky. Each candy adds 5 seconds to the game-timer. The game is over when the game-timer count down to 0

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
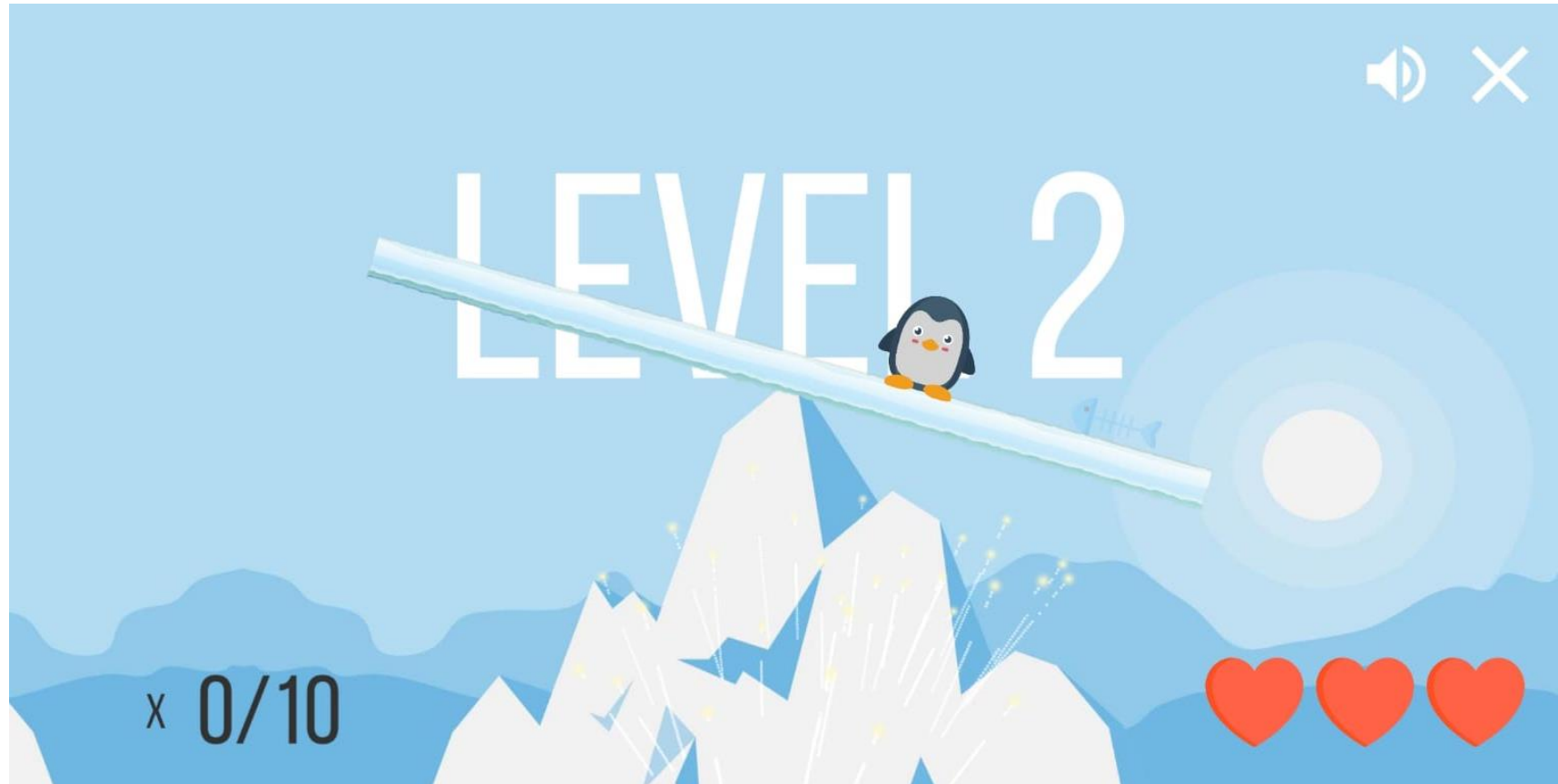
Balance Games / Tetromino

Tilt right-left. Try not to hit the Tetris shapes

Balance Games / Maze

Mission: Bring the white ball into the black hole
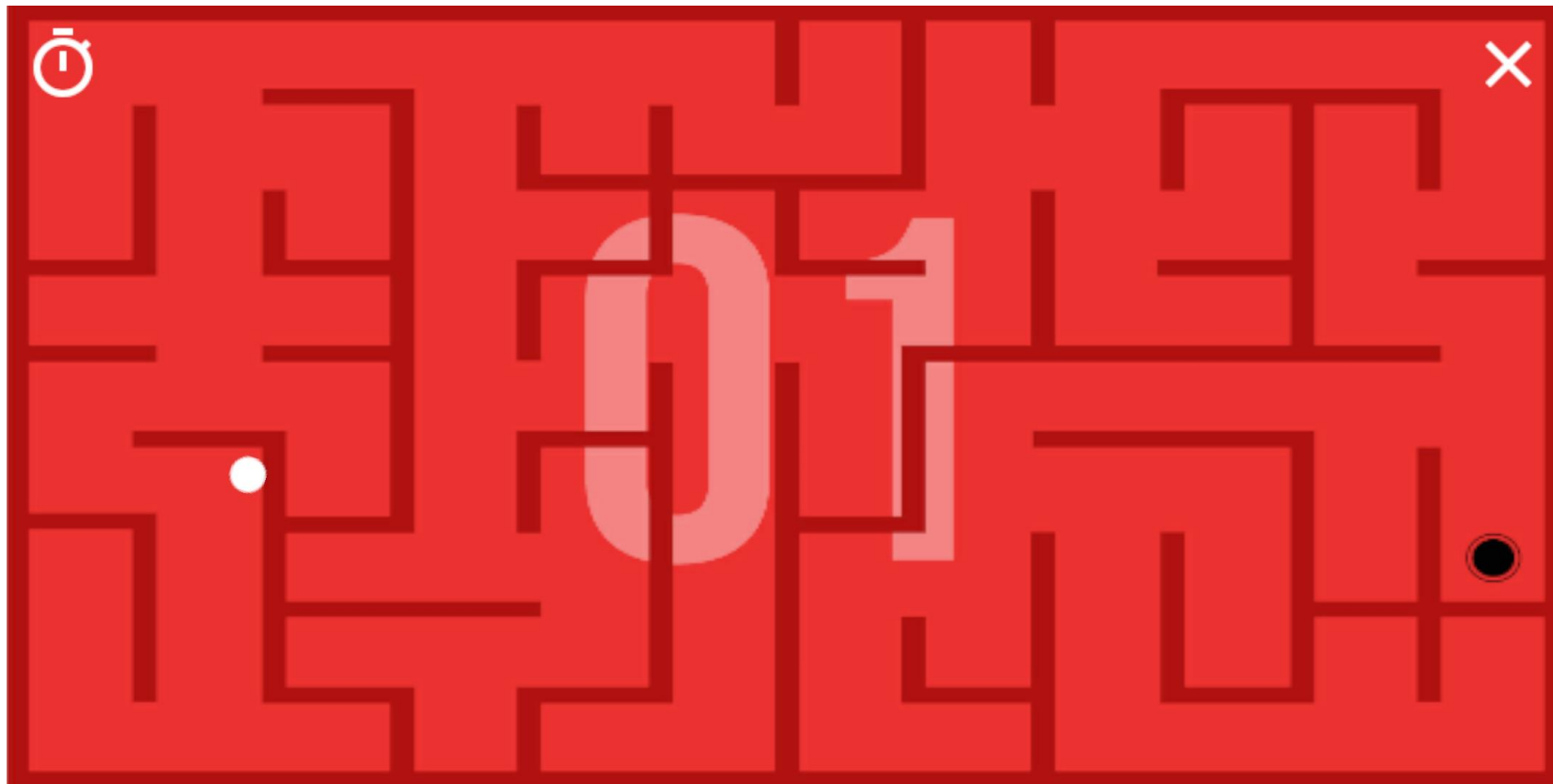
Balance Games / Fall Down

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
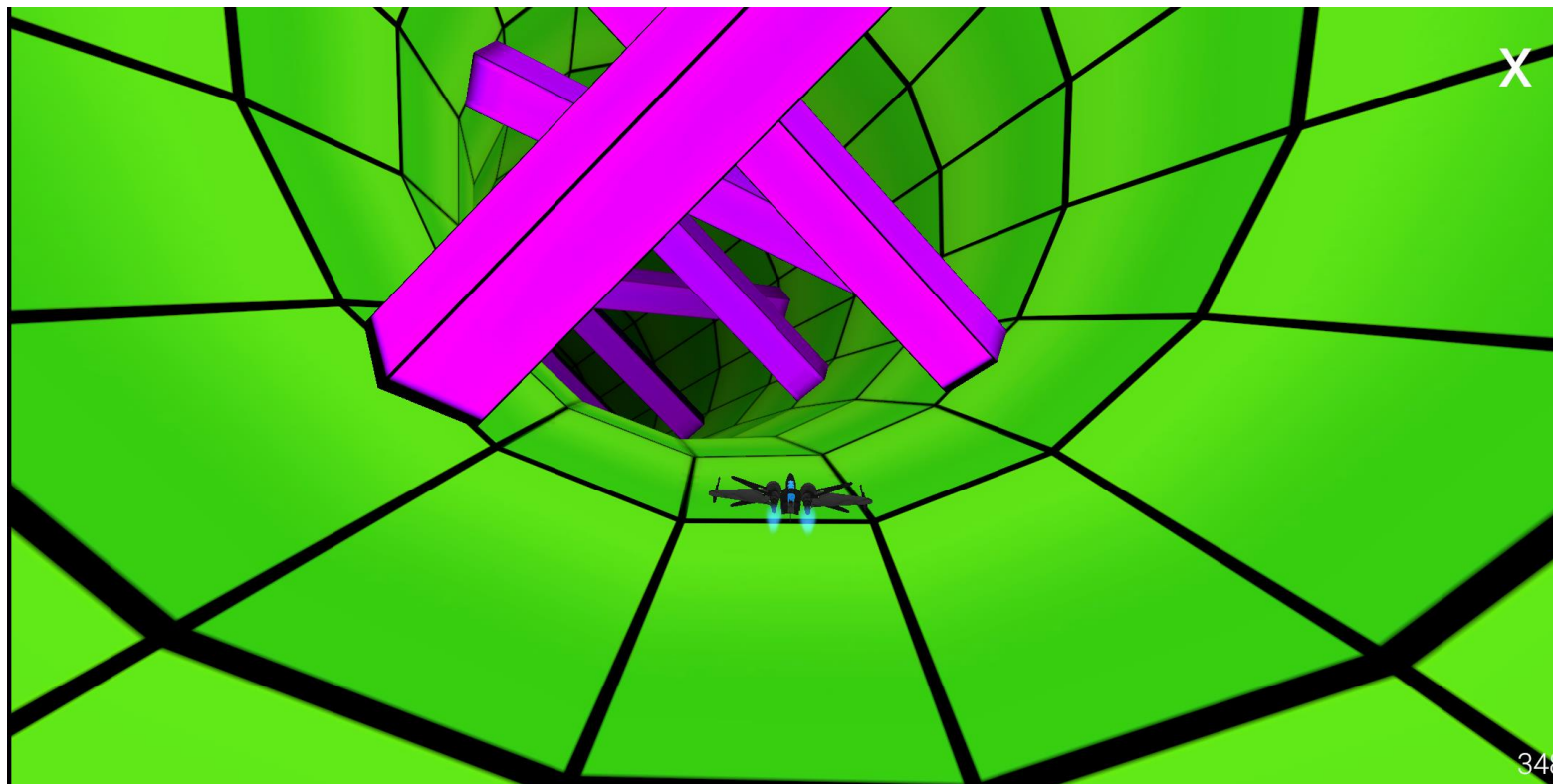
Tilt the spaceship right and left to avoid the obstacles. The game
is over when the spaceship hits one of the obstacles

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

Find your way out!
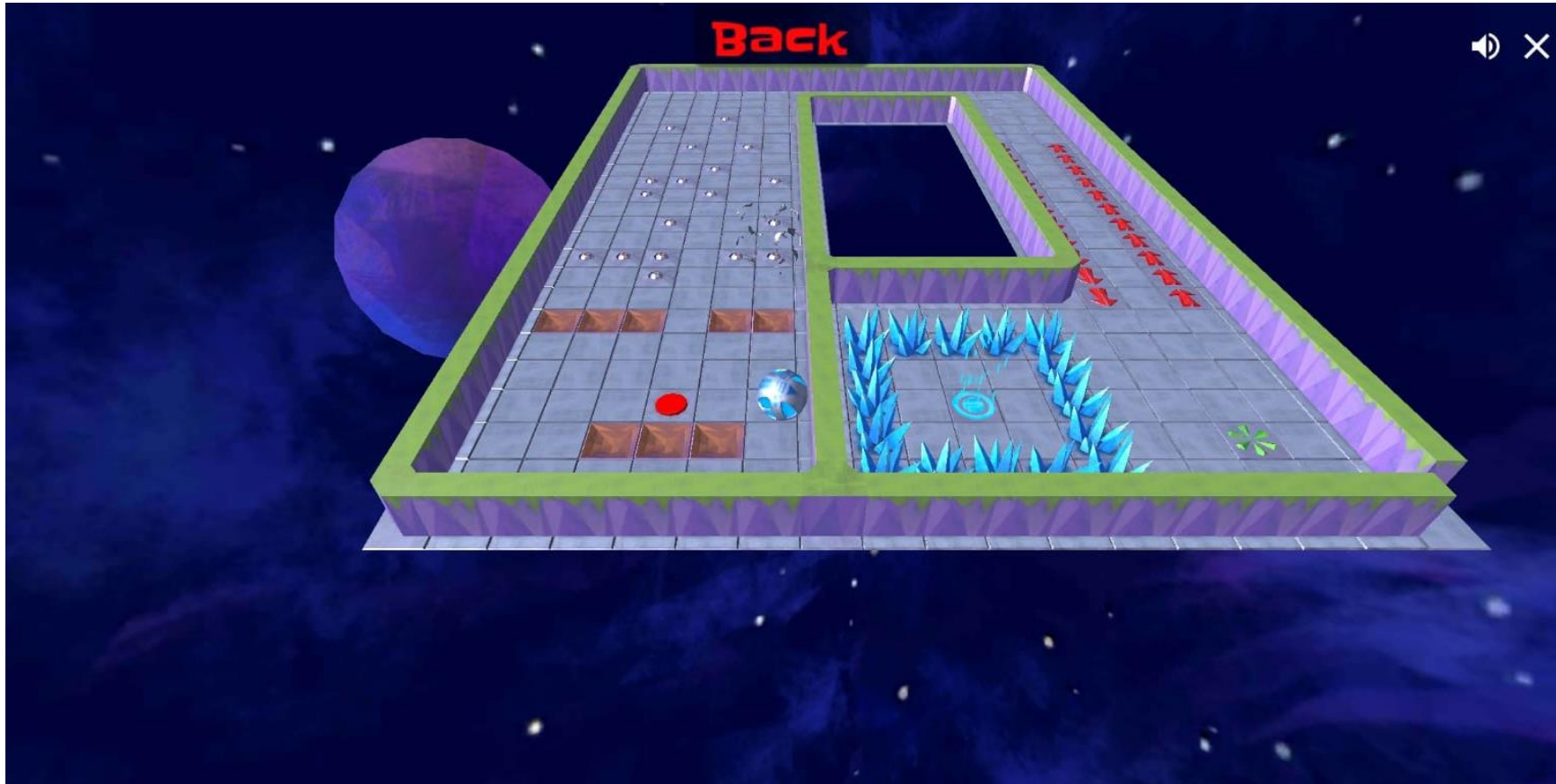
Balance Games / Traffic Racer
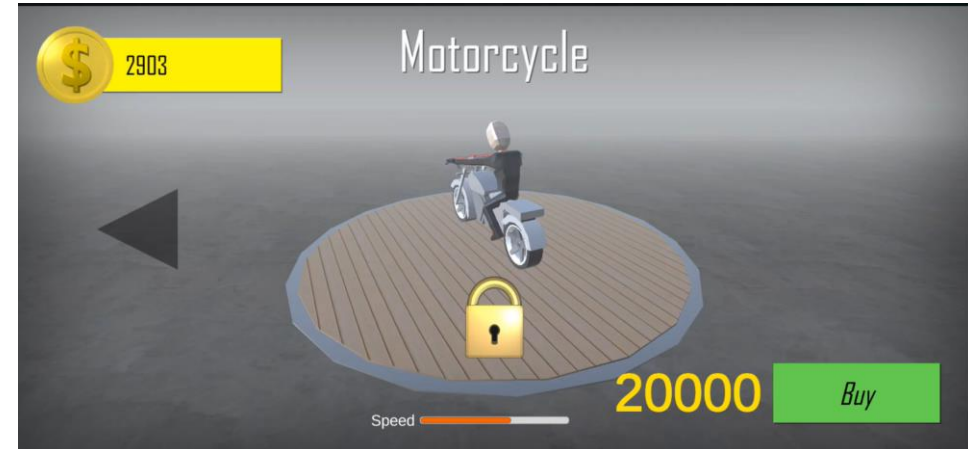
Tilt the car right and left to avoid the other cars and collect the coins.
The game is over when the your car hits other cars 3 times.

Balance Challenge / Snowboard

30 missions – increasing difficulty

Balance Challenge / Monster

18 levels – increasing difficulty. Right/Left/Both feet exercise.
Mission: catch all the monsters
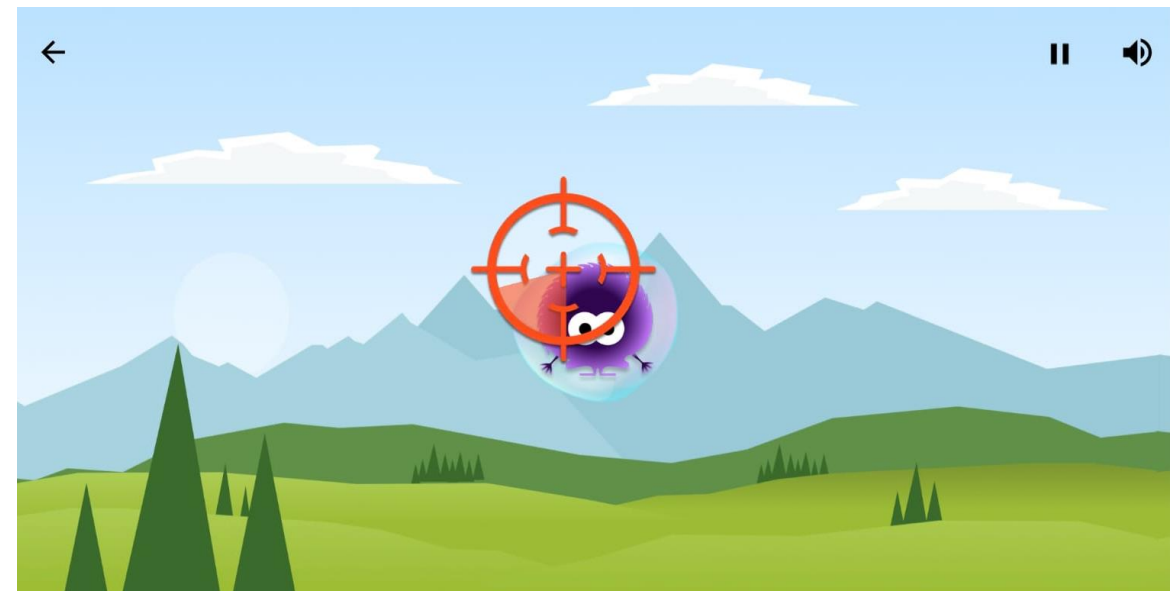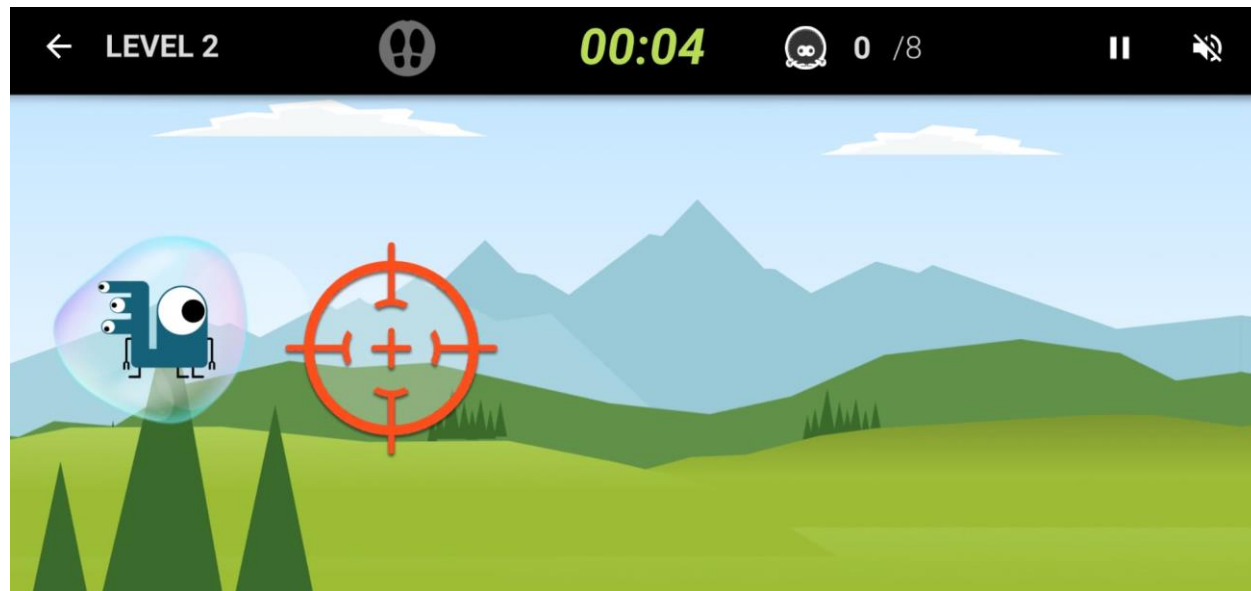
Strength and Flexibility / Menu
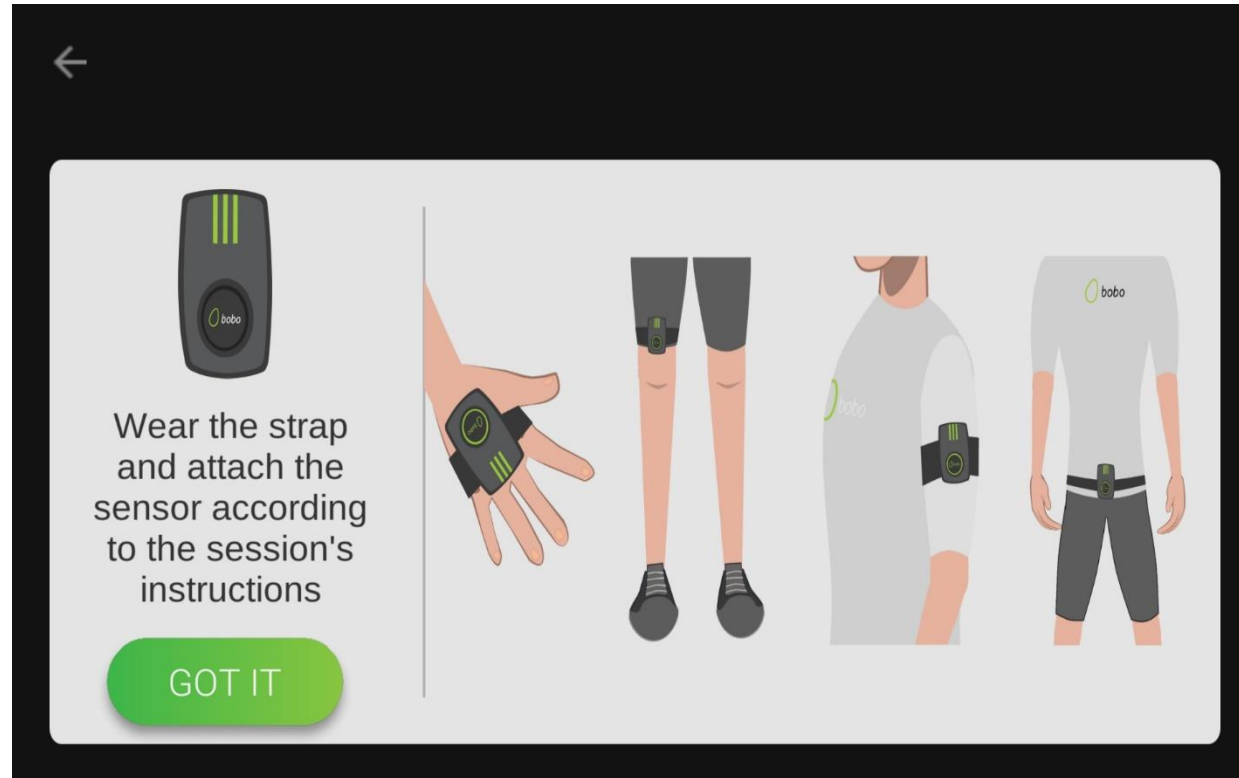
Strength and Flexibility / Menu

BoBo's predefined programs

My customized programs

Create new programs
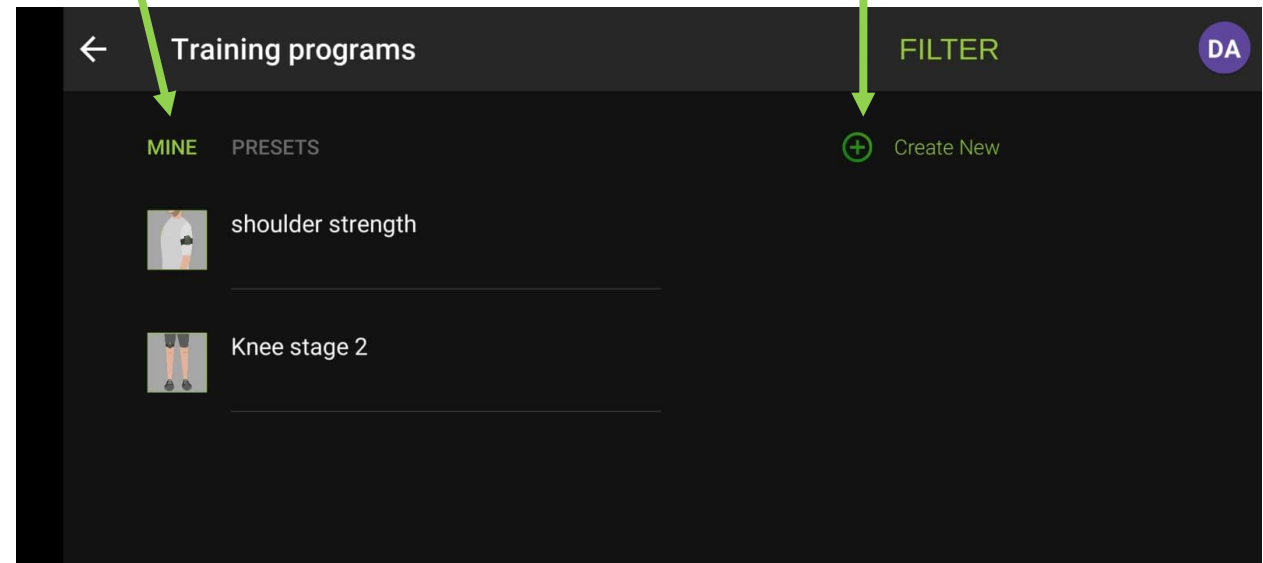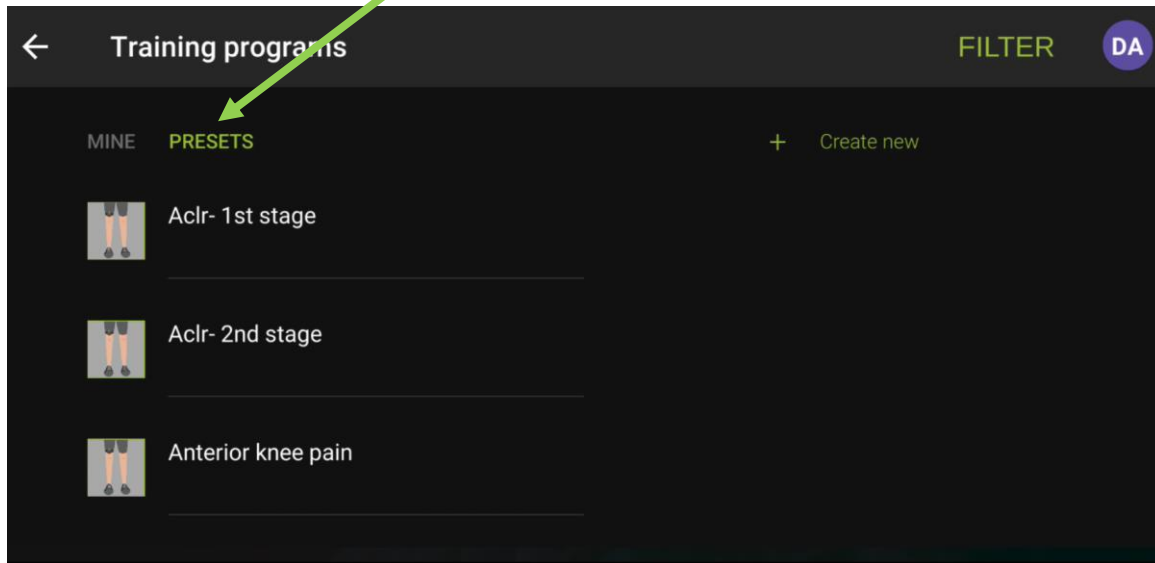
Strength and Flexibility / Menu / Filter button

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

Joints Filter

Strength and Flexibility / *Create New*

Tap the exercise animation to add exercises to your customized training program
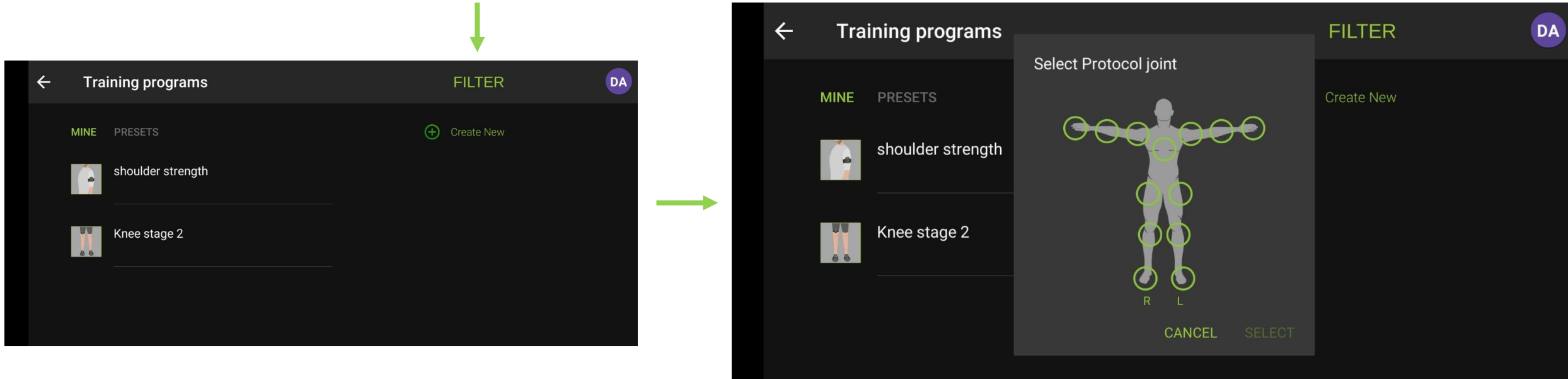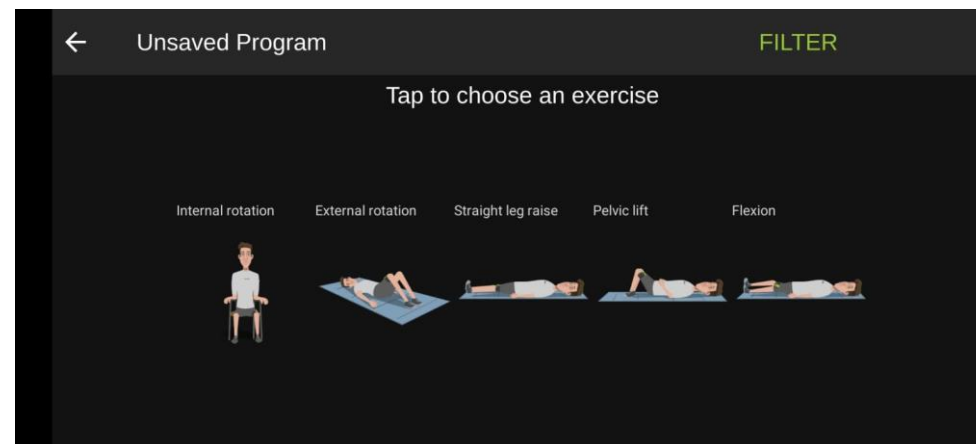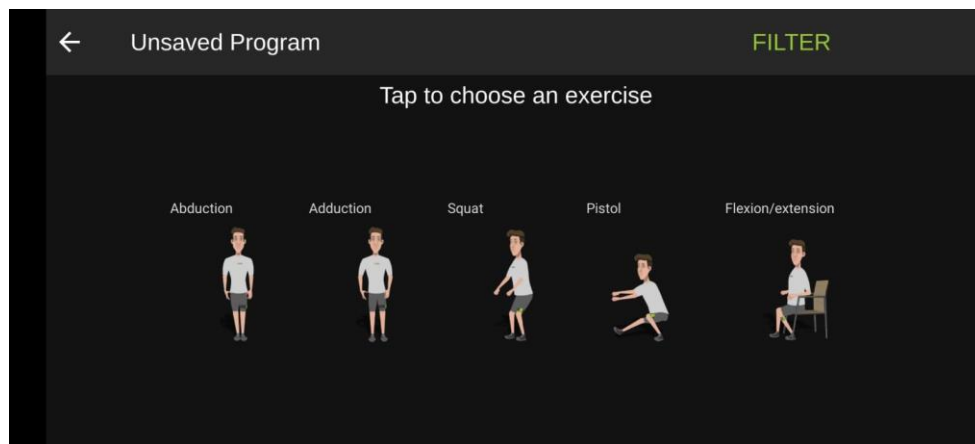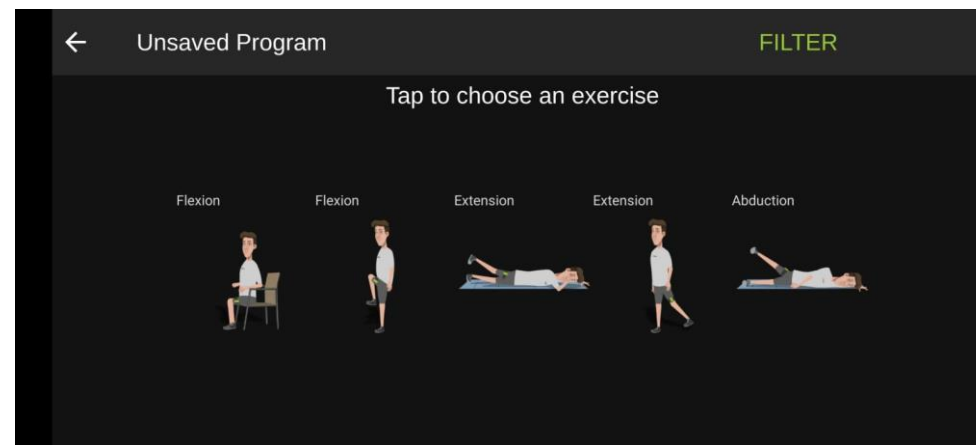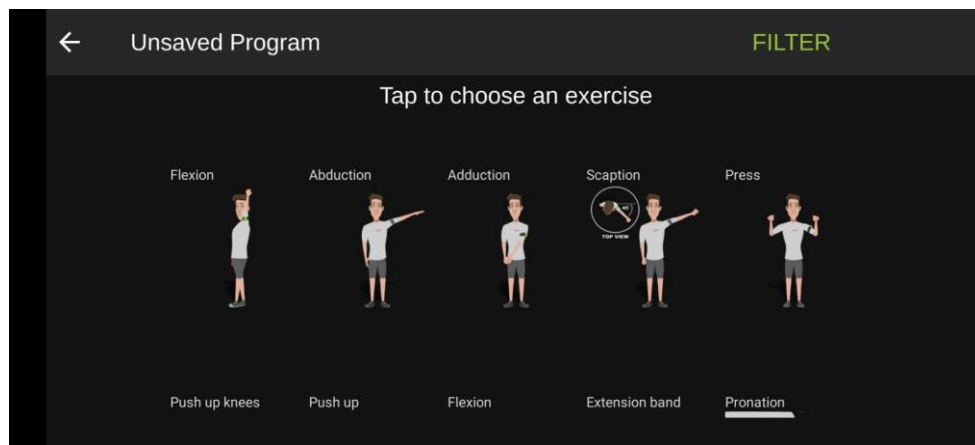
Strength and Flexibility / Create New / Add New Exercise
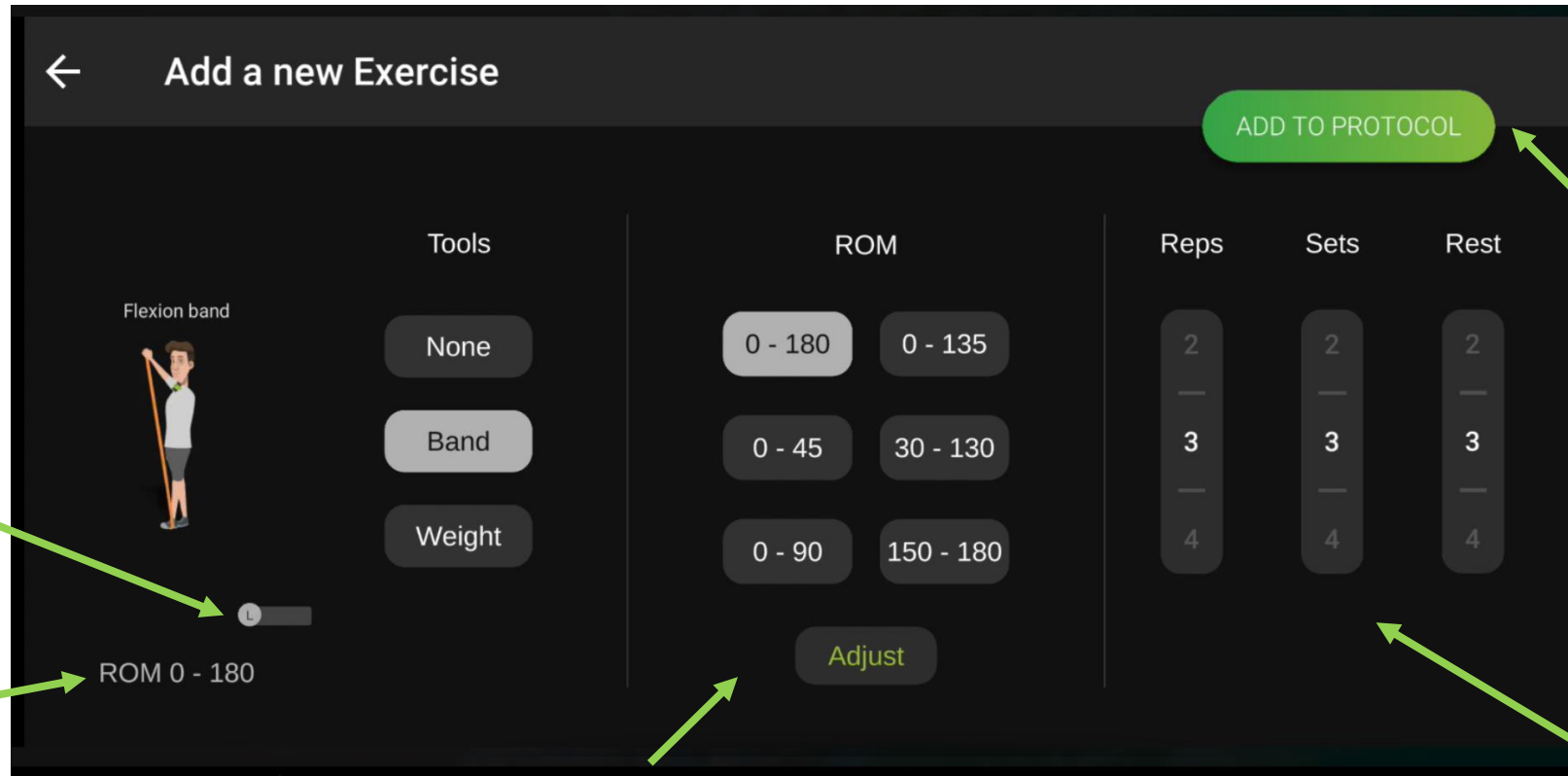
Choose the side L/R

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

Quickly share an unsaved protocol

Start without saving

Add one more exercise to the program

Edit / Delete exercise parameters

Strength and Flexibility / Create New / Save

Save your customized training program so you can access it later for the same patients and for other patients. You'll be able to adjust the exercise parameters later if required
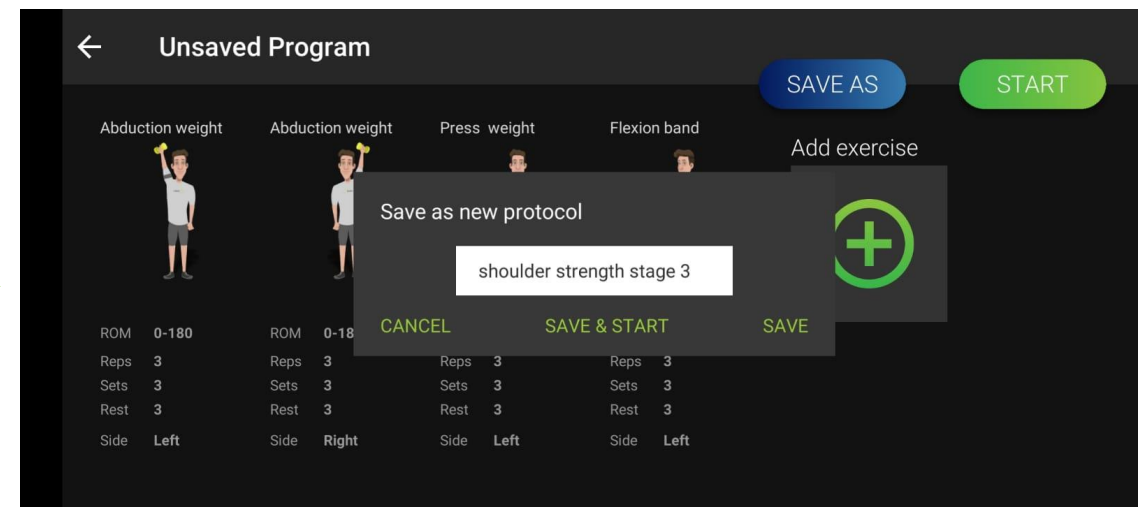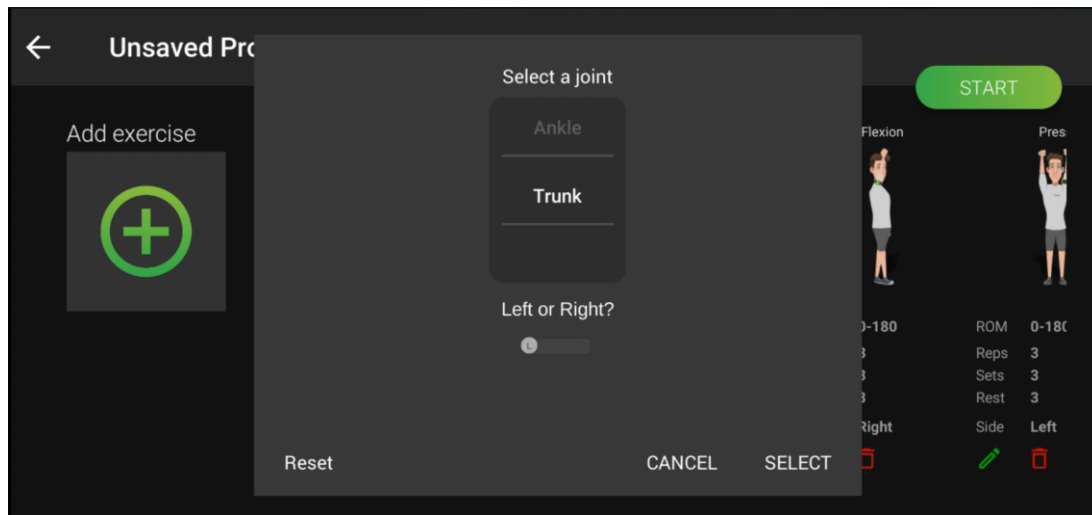
Strength and Flexibility / Share

Share an unsaved protocol or a preset protocol
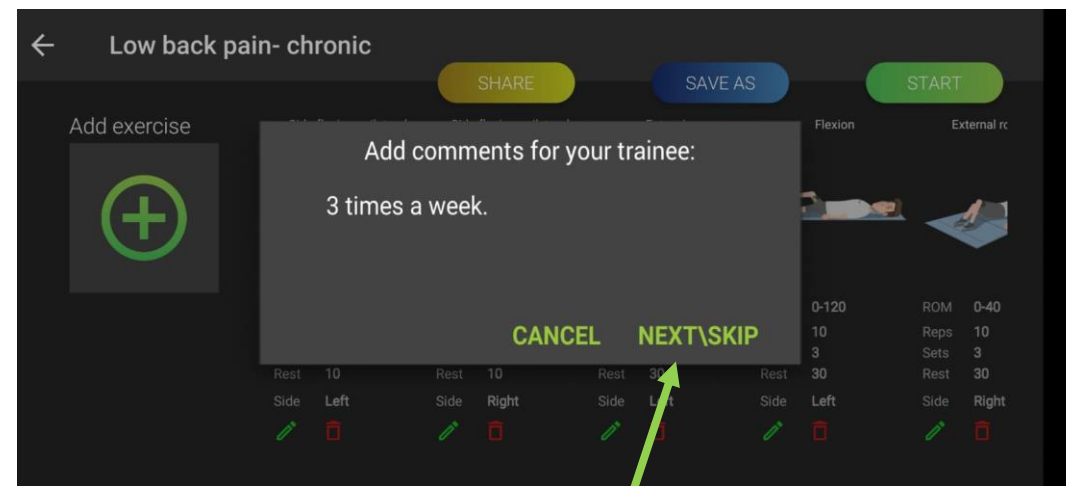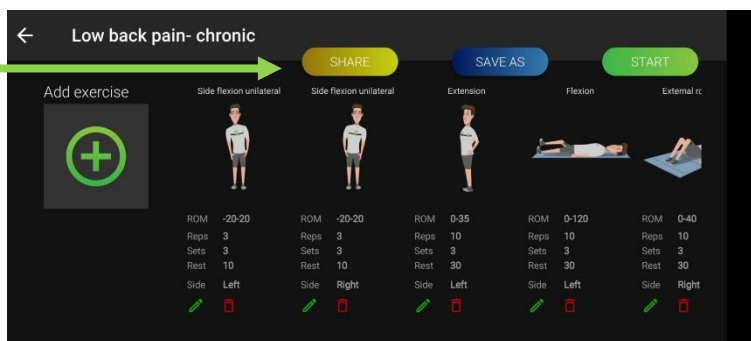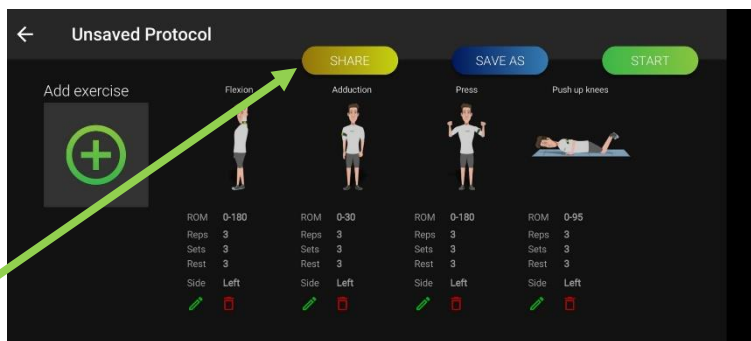
Add comments for your patient to read before the prescribed training session

Share your customized training program with your patient

Strength and Flexibility / Start a Training Session

Choose the training feedback
Basic = Protractor
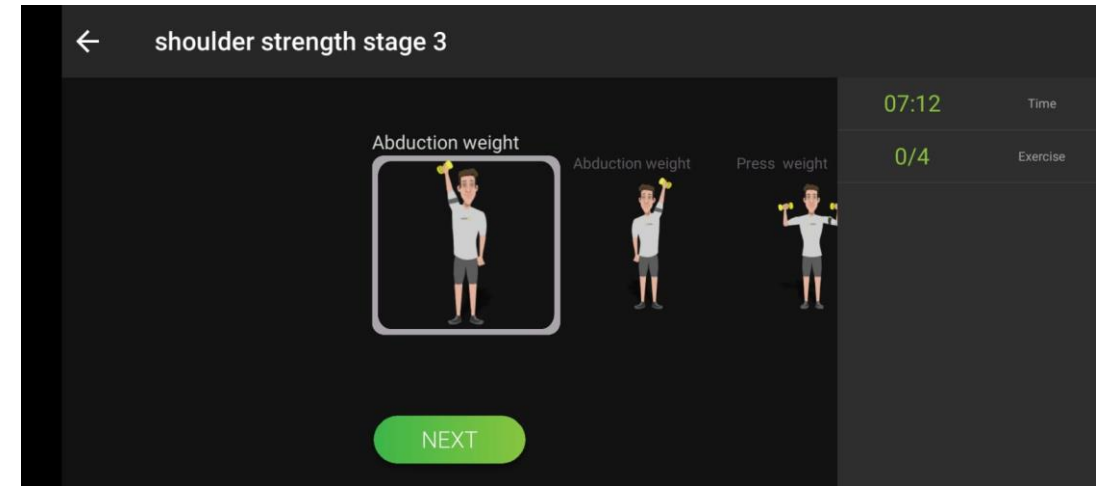
Scroll to the right to see your
whole program

Strength and Flexibility / Start a Training Session / Attach & Calibrate
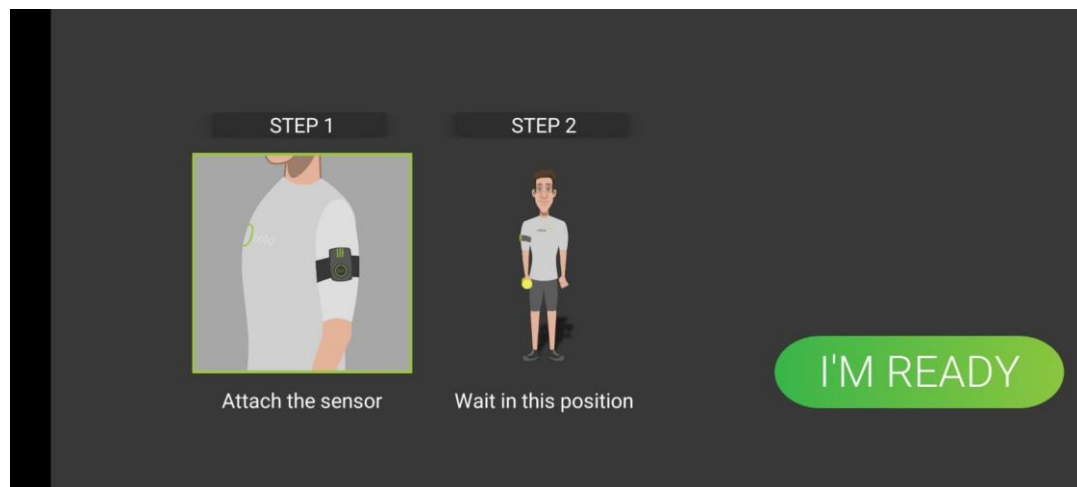
Attach the sensor exactly as shown in the picture
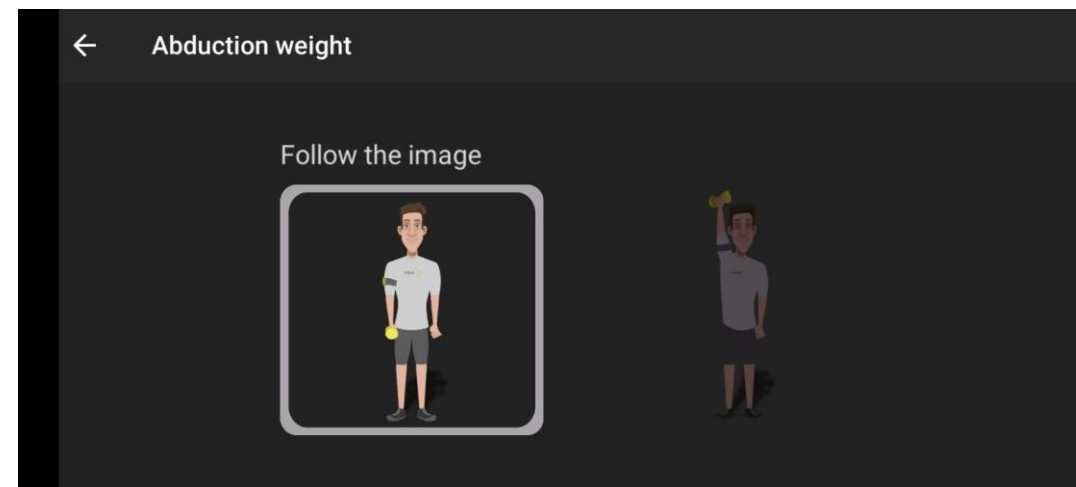
Calibration: Hold the posture shown in the picture and move only when instructed

Strength and Flexibility / Training Session / *Basic Feedback*

Maximum angle

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

Minimum angle

Follow the exercise animation

Reps and sets counter

Strength and Flexibility / Training Session / Game-Based Feedback
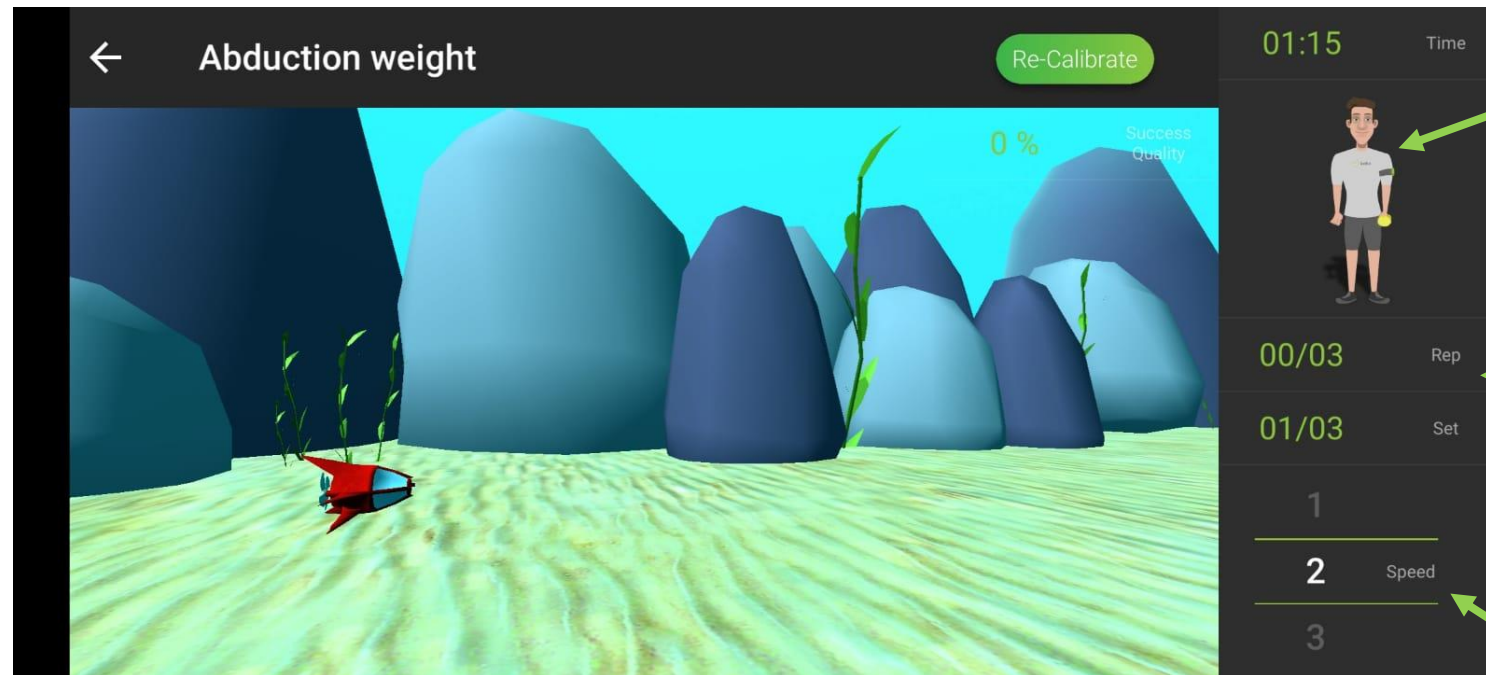
Follow the exercise animation

Reps and sets counter

Scroll to speed up the movements

Aim of the game: Collect the coins and avoid the mines

Strength and Flexibility / Pain & Fatigue

After a session is complete, the patient should answer two questions for further clinical analysis

Strength and Flexibility / *Session Completed*

Tap to see the stats for each one of the exercises

Data from a training session is saved to the patient's dashboard for further analysis

Strength and Flexibility / *Session Stats*

A deep dive into a single exercise's data
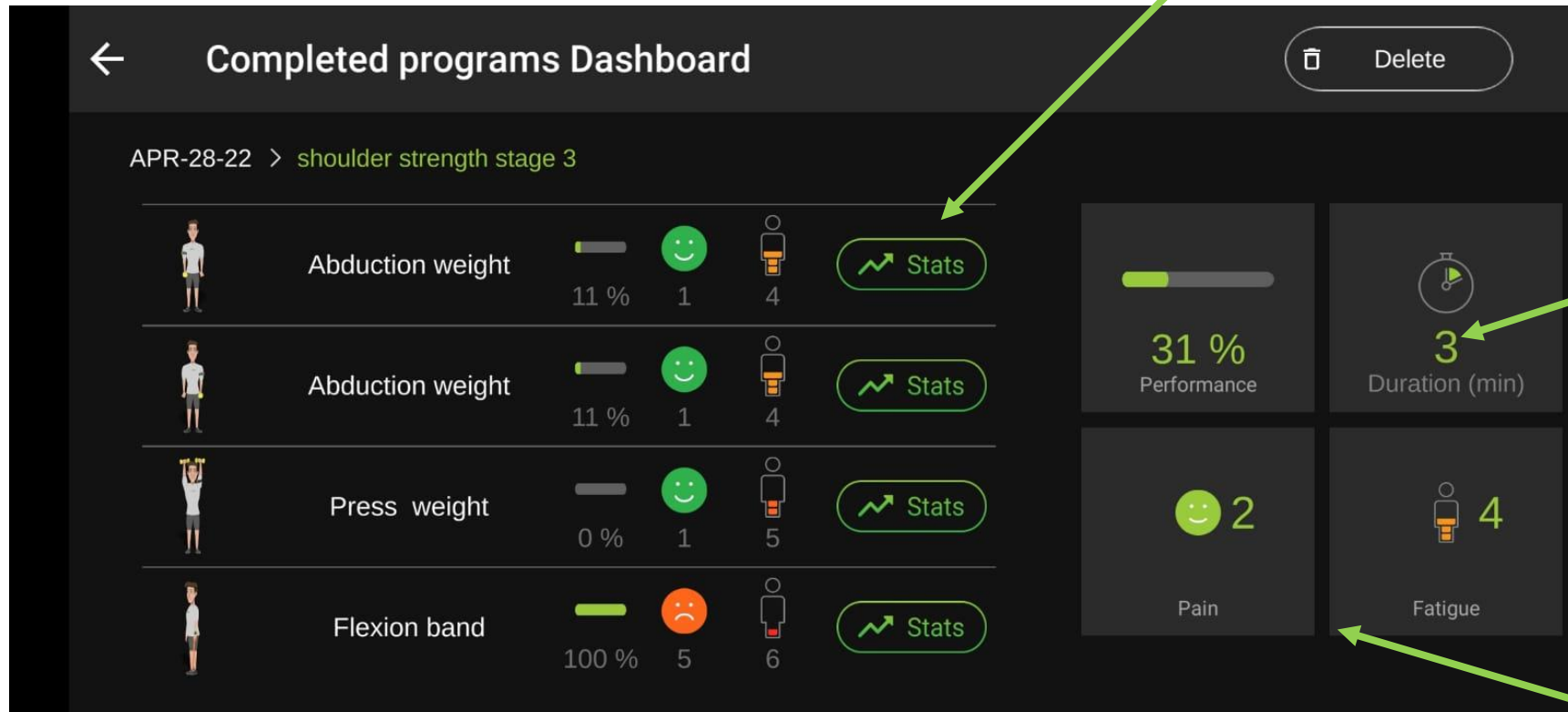
Session duration

Pain and fatigue average levels reported during the session

Strength and Flexibility / *A Single Exercise Stats*

Movement amplitude, with the targeted ROM in blue

Average min and max ROM

Pain and fatigue levels reported

Cycling / *Menu*

Set a customized program

Quickly start a ride

Wear the strap around your leg and attach the sensor to the strap

GOT IT

30 RPM
60 RPM
0 RPM
70 RPM
90 RPM
00:00
Reset
Custom Ride
Free Ride
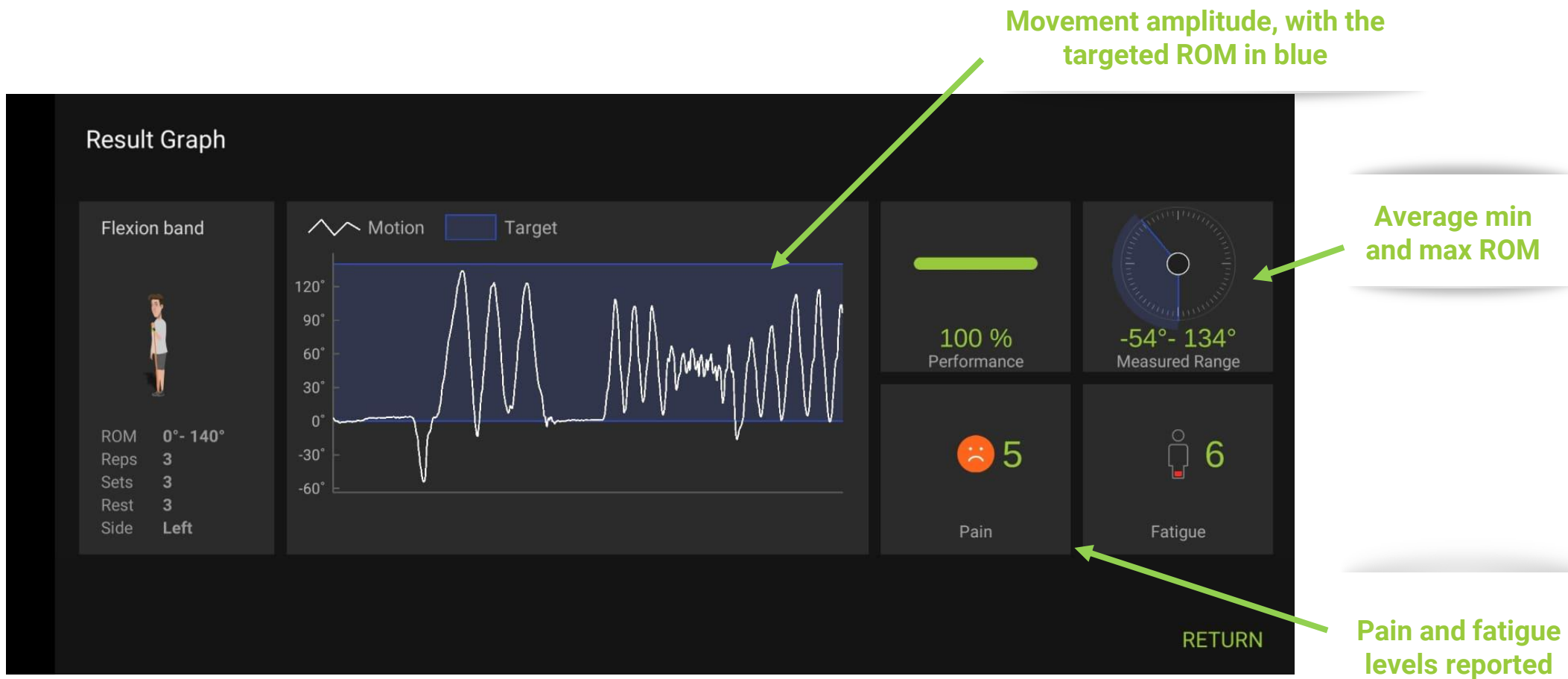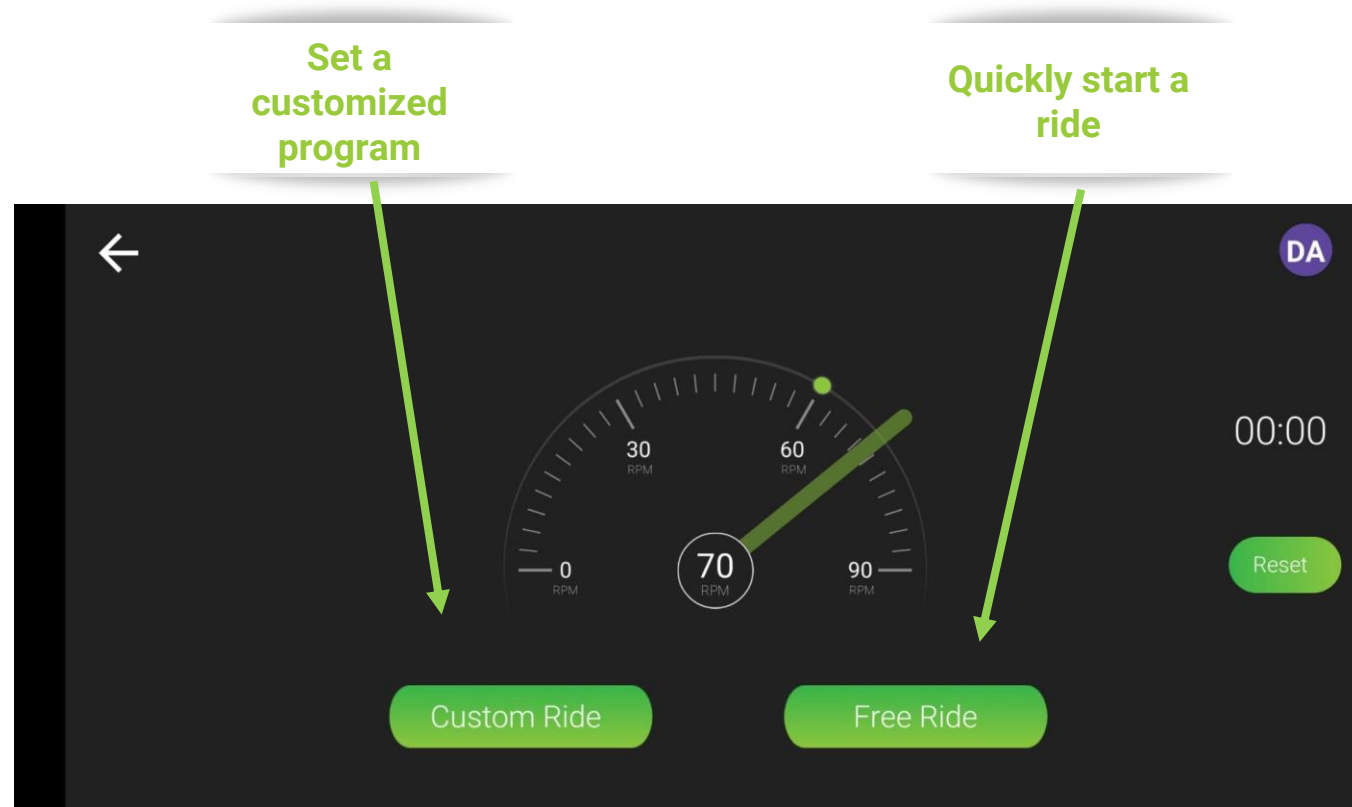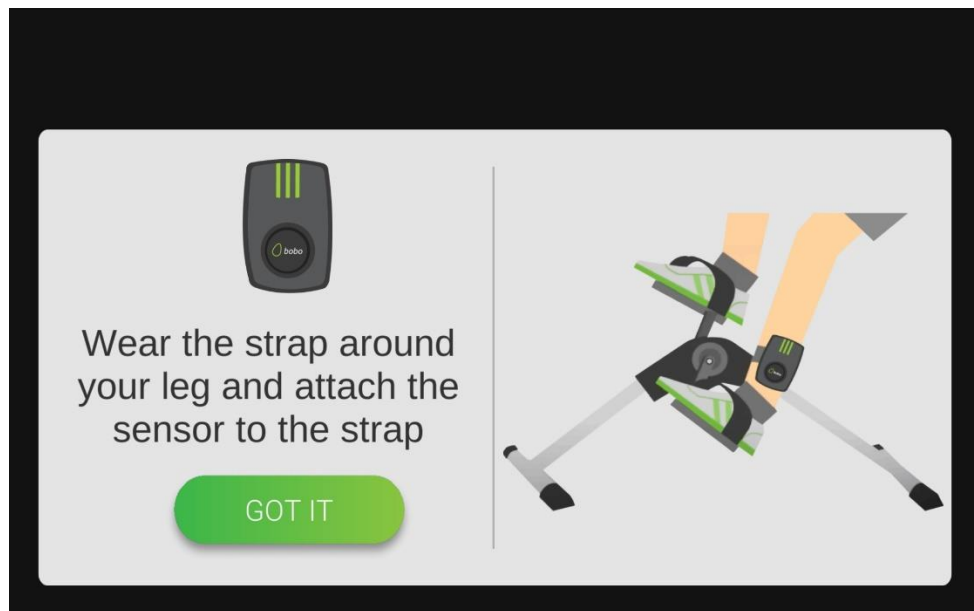
Cycling / *Custom Ride*
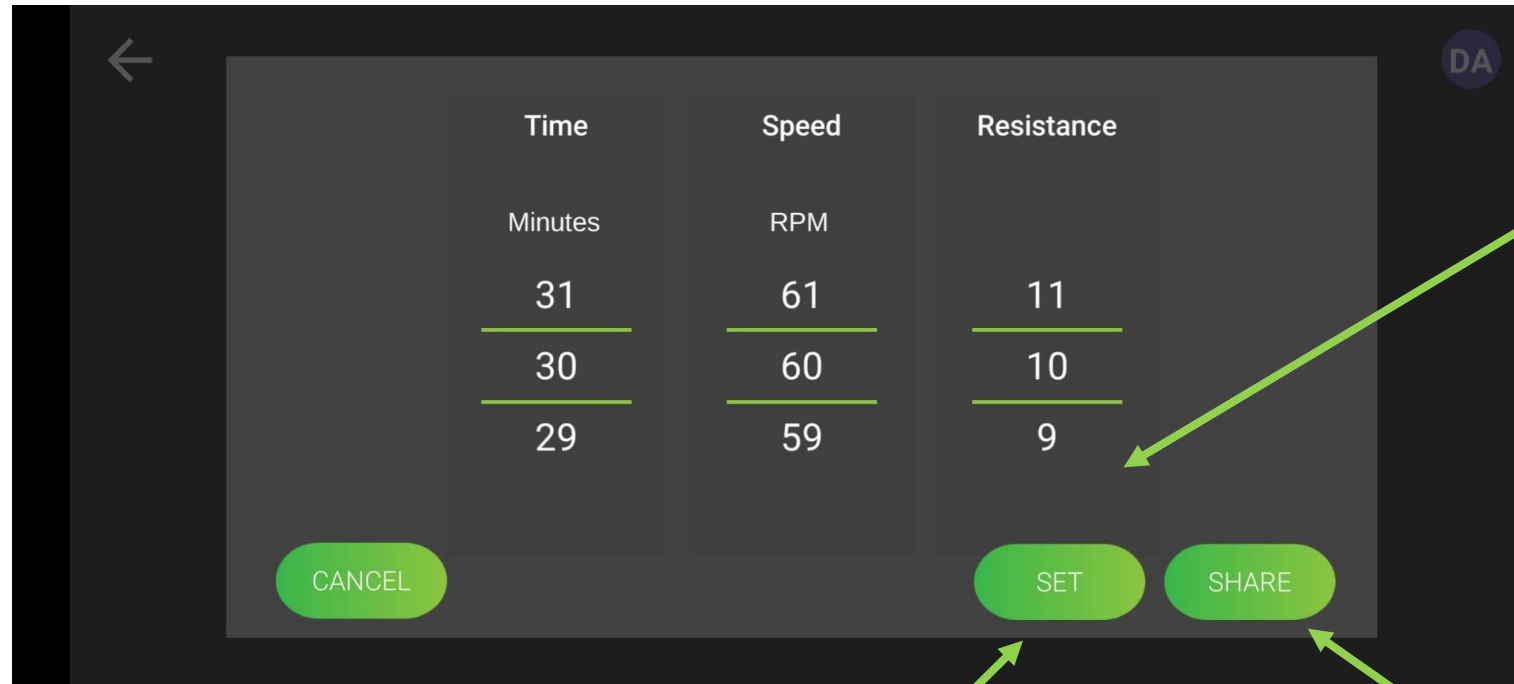
Set the resistance according to the bikes resistance level

Click SET to start the training

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

Set the parameters and start or share the training session

Cycling / *Custom Ride - Choose the type of feedback*

Cycling / Game-Based Feedback

Score: 340

29:41

Workout timer

Real-time RPM

RPM: 41 / 60

Target RPM

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*

Date & Hour

Average session's RPM

Prescribed target RPM
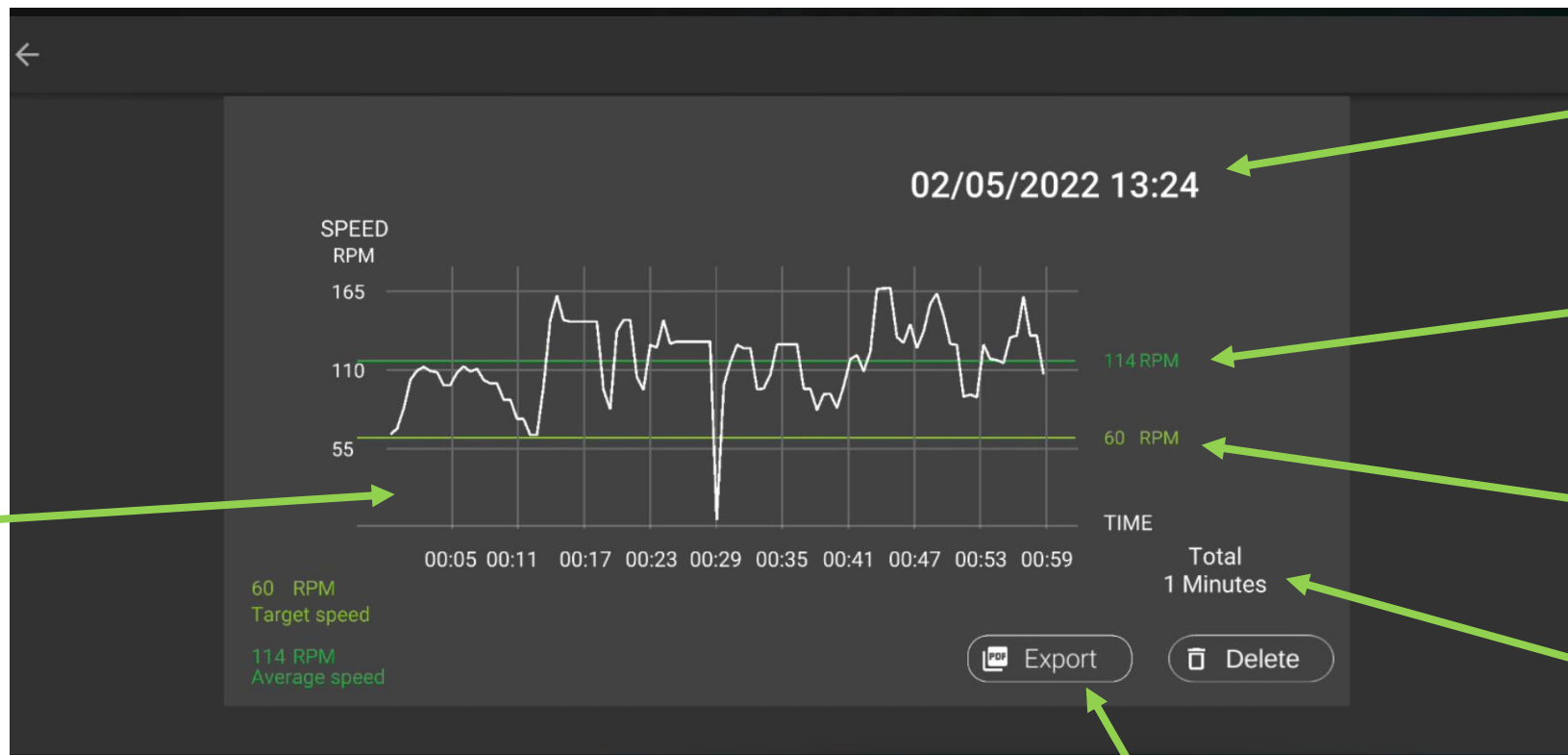
Total workout time

The speed amplitude

Get a single cycling session PDF report by email

Data from a training session is saved to the patient's dashboard for further analysis

Patient's Dashboard Access

Tap to access the settings
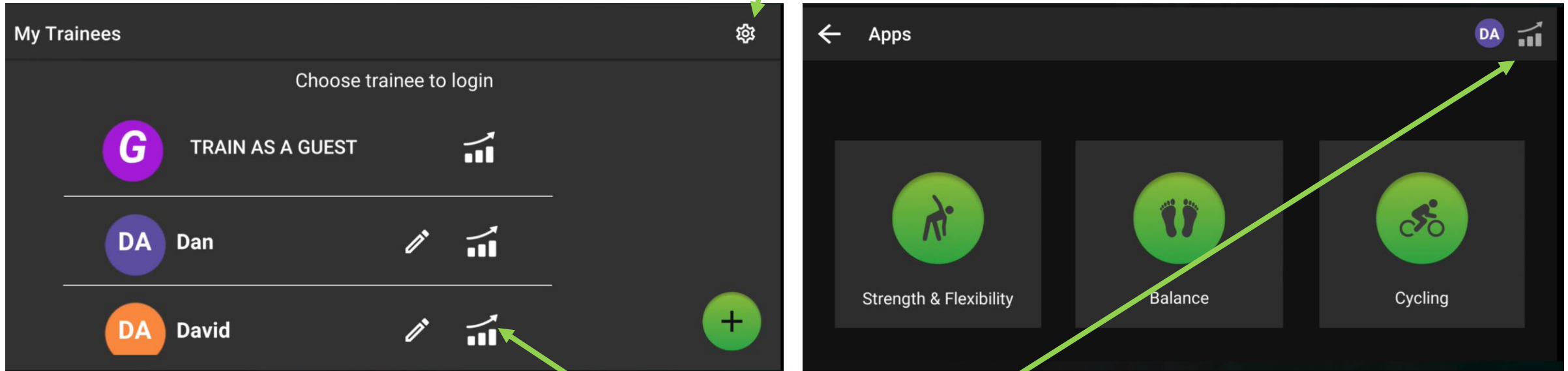
Tap to access the patient's dashboard

Patient's Dashboard

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

You can track patients' compliance with the exercise calendar
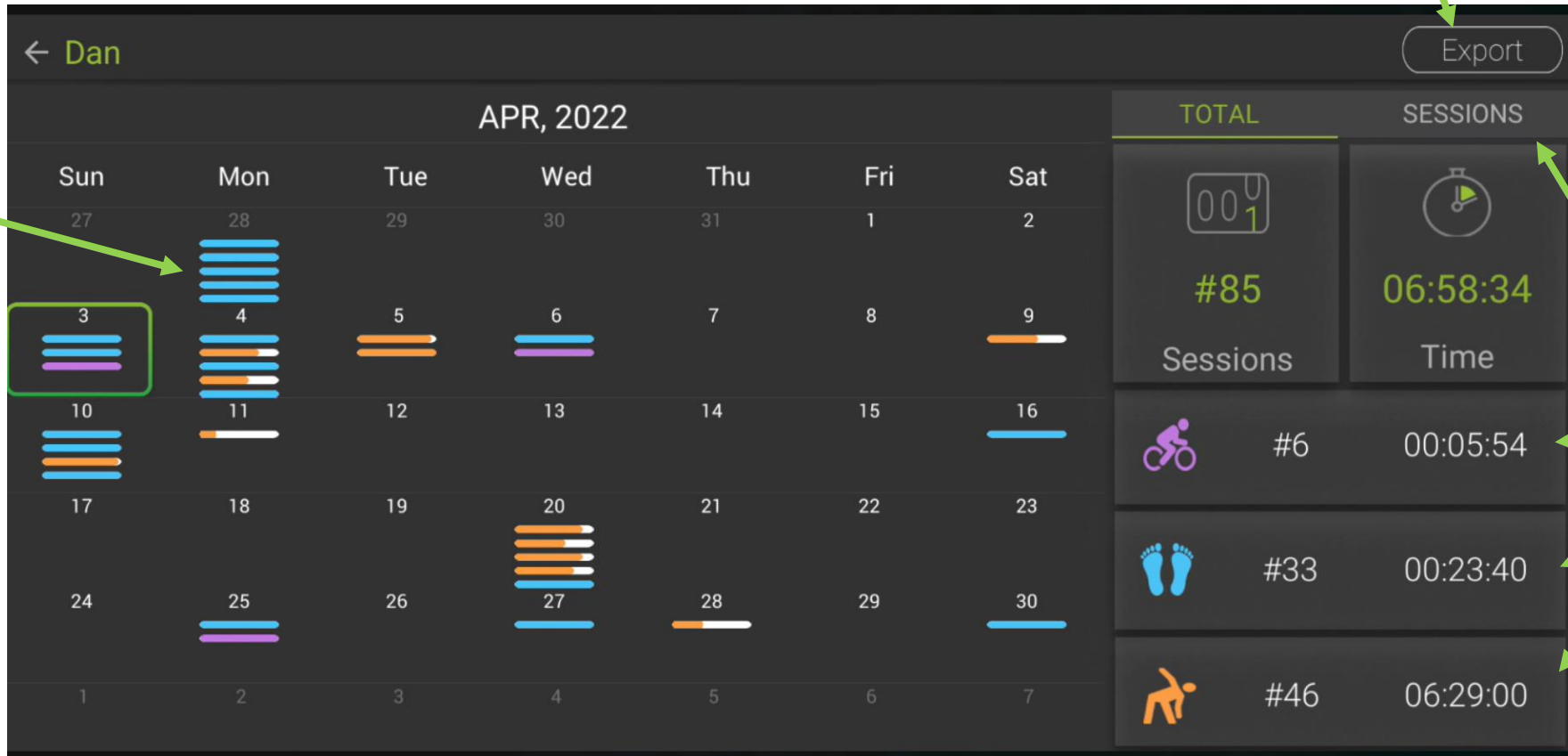
Toggle between the different exercises to deep-dive into each and every one of the sessions and exercises

From the "Apps" main menu, tap the right-up corner button to access the patient's dashboard

Settings

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

Select language

APP legal documents

← Settings

🌐 Language
en

👣 Advanced Settings

👤 User Details

🛡️ Licenses

🔍 Privacy policy

↺ Restore default settings values

From the "My trainees" menu, tap the right-up corner button to access the settings

chiroform®
Your strong back partner.....
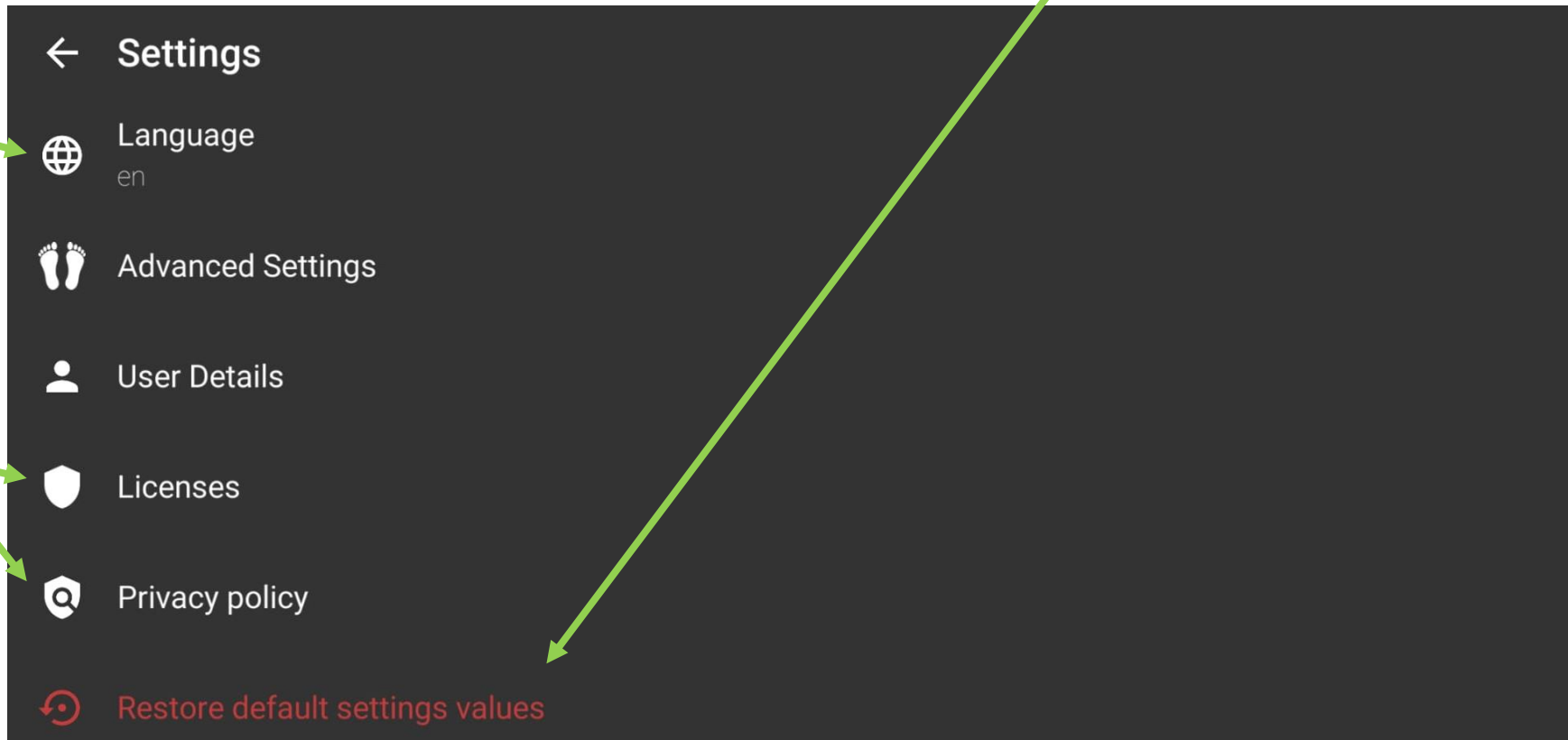
Advanced balance settings

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.

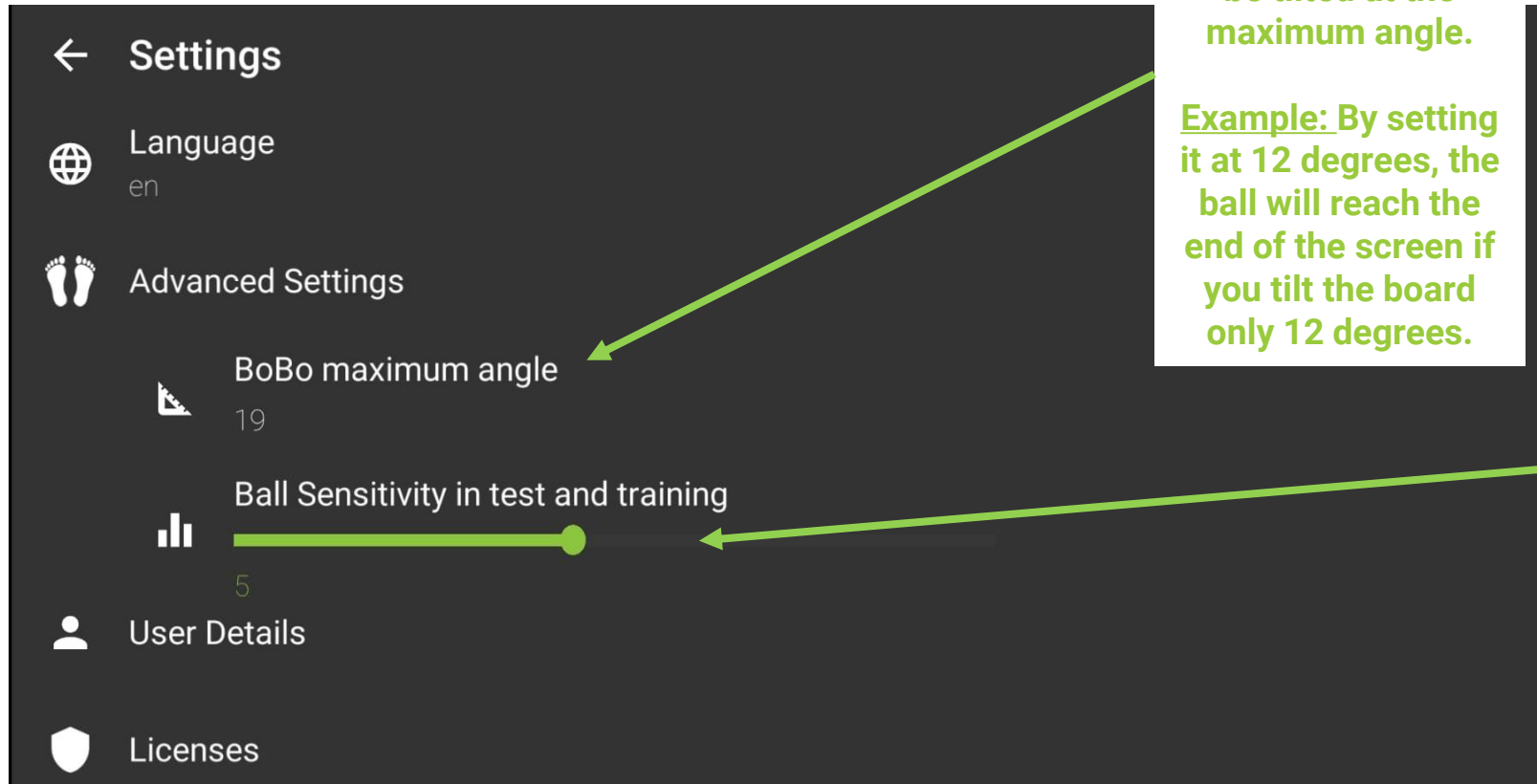The higher you adjust it, the more difficult it becomes.

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.

From the "Settings" menu, tap the "Advanced Settings"

User Settings

Edit user name

Delete all user data

Log out of user account

Settings

👤 User Details

    Name - Gadi Nir ✏️

    Email - gadi@bobo-balance.com

    Trainer license ✓

🗑 Delete user

➡ Logout

🛡 Licenses

🔍 Privacy policy

From the "Settings" menu, tap the "User Details"