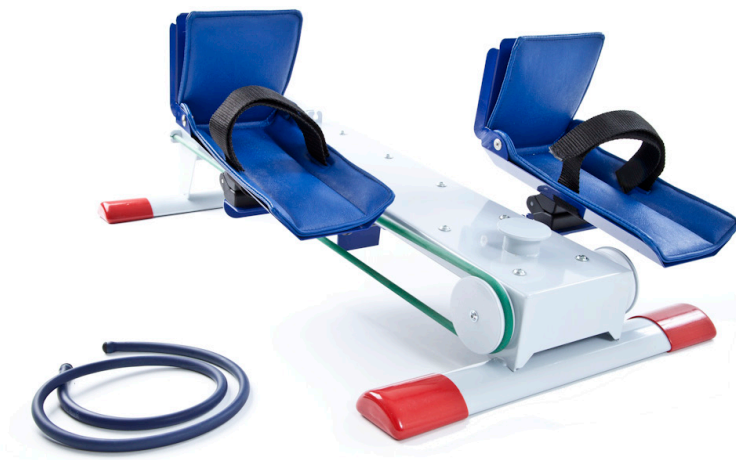


Product of:



MR SYSTEMS

MONITORED REHAB SYSTEMS



Manual MRS Easy Slide 1.0I

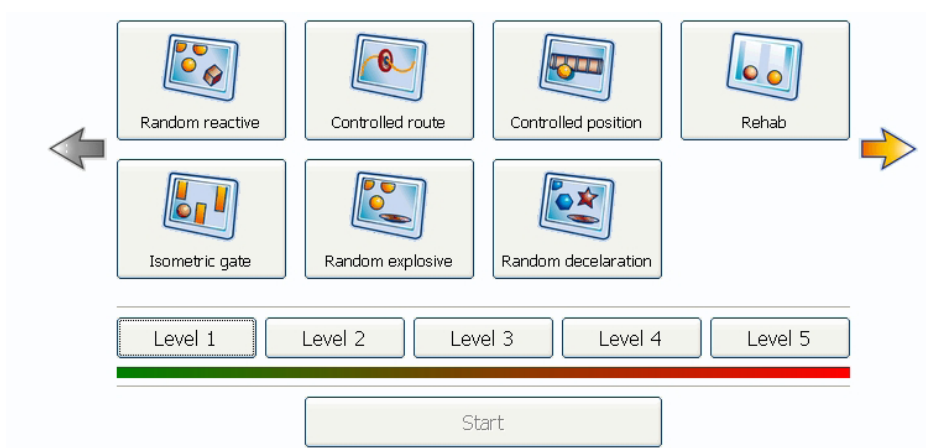


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I. User manual Easy Slide

The Easy Slide system includes:

- Easy Slide
- Battery charger including manual of battery charge
- 2 tubes: 1 blue, 1 green
- Manual
- Installation CD

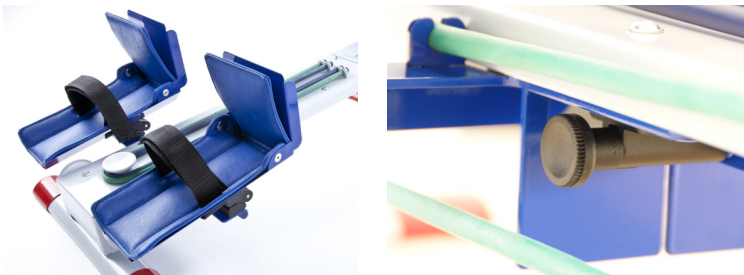
The Easy Slide

The Easy Slide has a few different parts and accessories. In the following paragraphs the workings of those parts and accessories are explained.



The Easy Slide foot rests

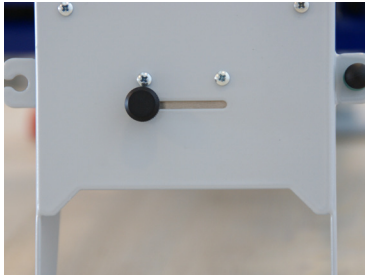
The foot rests can move together as one, or individually. The leather inlays and velcro holders can be detached.



By pulling the knob and turning 90° there can be chosen to lock them together or to move them separately (knob pulled out).

Sensor

At the front of the Easy Slide, where also the ON/OFF switch is, as well as the battery charger connector, is the selection knob for the sensor. If the feet move separately, this knob indicates which foot is used for training: left or right.



The ON/OFF slide switch

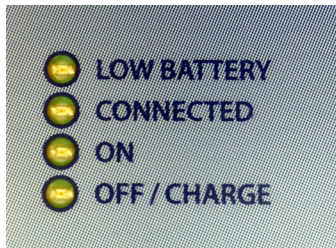
At the same place where the settings for the sensor can be changed, the ON/OFF switch is attached. This button is a slide switch. The ON position is left, the OFF position is right.



Battery charger connector

Besides the ON/OFF slide switch, the connector for the battery charger is attached.

On top of the Easy Slide you find 4 LED's:



LOW BATTERY

This LED will start burning if the supply voltage from the battery becomes low and the charger is not connected. After this led starts burning, the Easy Slide can still be used for about 30 minutes without the charger being connected.

CONNECTED

This LED will start burning if a connection is established between the Easy Slide and the computer which runs the Software.

ON

This LED will start burning if the Easy Slide is turned on. It makes no difference if the Easy Slide is working with or without the charger connected.

OFF / CHARGE

This LED will start burning if the Easy Slide is turned OFF and the charger is connected. If the Easy Slide is turned on and the charger is connected, the OFF / Charge LED will not burn.

The Battery Charger

The battery charger can be connected to be used as a charger as well as a voltage supply.

On the battery charger itself, another led is attached. The colors of this led will change depending on the status of the charge cycle.

Yellow: No battery connected/Idle state

Orange: Charging

Green: Ready

Orange/Green: Error (reconnect the charger)

Warning for Easy Slide users in USA: Do not use Easy Slide if battery charger is connected.



2 Tubes

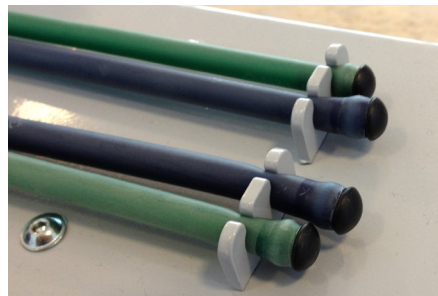
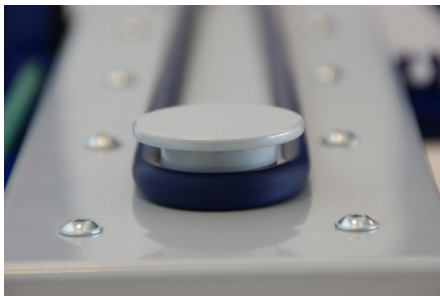
To increase the exercise resistance, the tubes can be attached to the foot rests.

Each color has a different level of resistance.

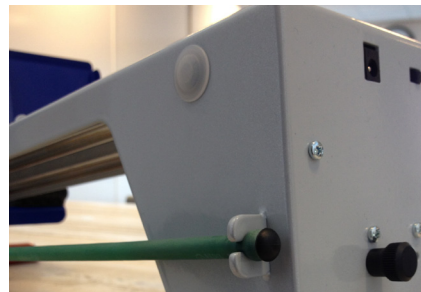
Blue: Highest level of resistance

Green: easier than blue

If the tubes are not in use, they can be attached to the Easy Slide on top, like this:



If the tubes are in use, they should be attached to the Easy Slide this way:



2. Add Bluetooth connection

This Chapter will explain how to add a connection between the Easy Slide and a computer:

To connect the Easy Slide to a computer, the computer needs to be provided with Bluetooth. This can be a default function on your computer, or you can add this function by installing a Bluetooth USB converter. The following instructions are about installing the Easy Slide on a computer which is provided with Bluetooth. The pictures in these instructions may vary from the screens you will see during installation. This is because the different Microsoft operating systems and the different Bluetooth configuration programs.

If the Easy Slide is connected to another than the default computer, the Bluetooth pairing should be done again. The Easy Slide should be switched off before re-use. We do not recommend to use one Easy Slide on more computers according the above extra actions.

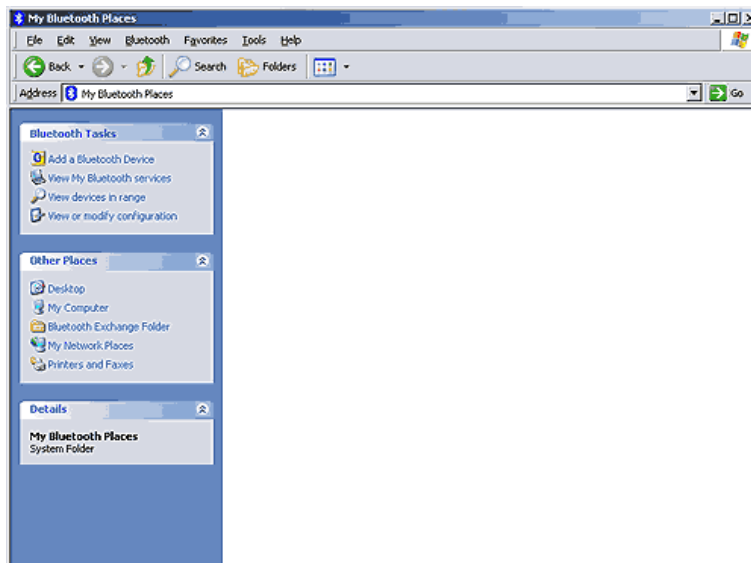
2.1 Bluetooth installation Windows XP

To start the installation, open My Bluetooth Places by double clicking the Bluetooth icon on your desktop, taskbar or in the Control Panel.

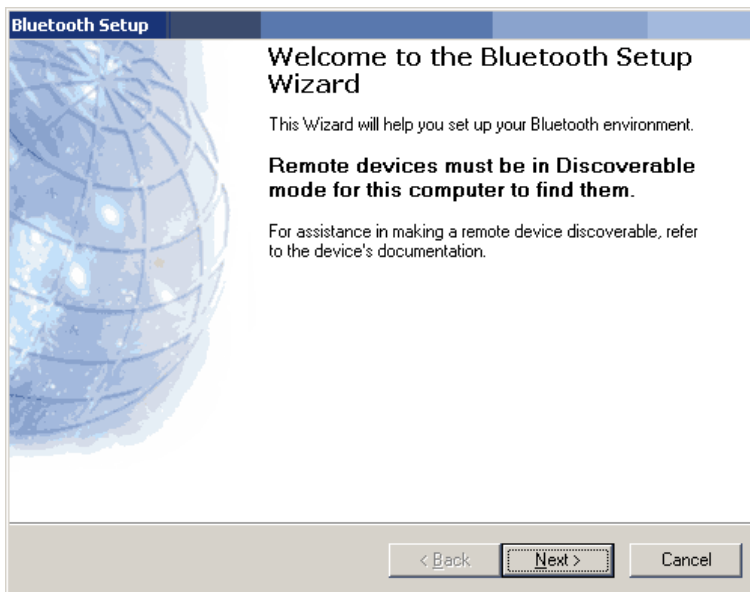


Make sure the Easy Slide is turned on and that the serial number of the Easy Slide is known. The serial number can be found at the bottom of the Easy Slide.

In My Bluetooth Places, click "Add a Bluetooth Device".



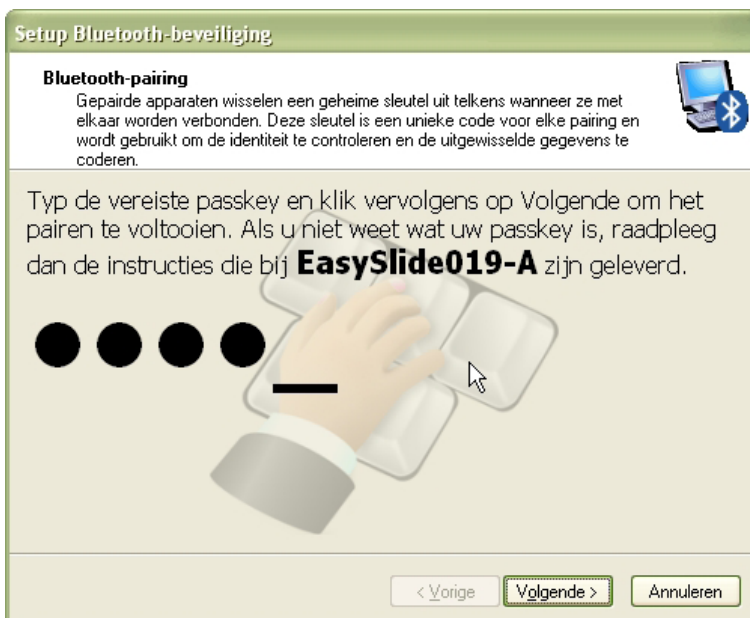
The Bluetooth Setup Wizard will start:



Press <Next> to continue.

The wizard will show all available devices. If your Easy Slide is found by the wizard, it will be shown on the Bluetooth Device Selection screen. The name of the device must be Easy Slide + "serial number". In this case EasySlide019-A. If your computer cannot find the Easy Slide, make sure the Easy Slide is turned on and try again.

If your Easy Slide is found, double click it or select it and press <Next> to continue.
If your Easy Slide is still not found, please contact your dealer.

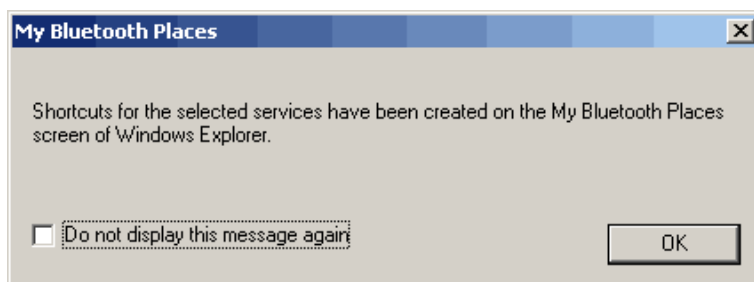


The Bluetooth Security Setup appears. In the field "Bluetooth security code:" field the security code must be typed. For the Easy Slide, this code is 2031. After typing the code, press <Pair Now>.

The "Bluetooth Service Selection" screen appears. This screen shows the available services. Select "SerialPort" and press <Next> to continue.

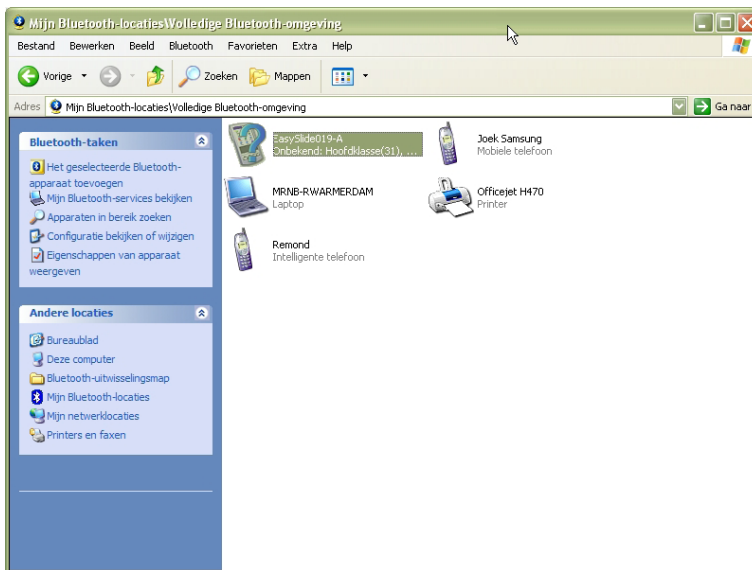


The following message may appear. Press <OK>.



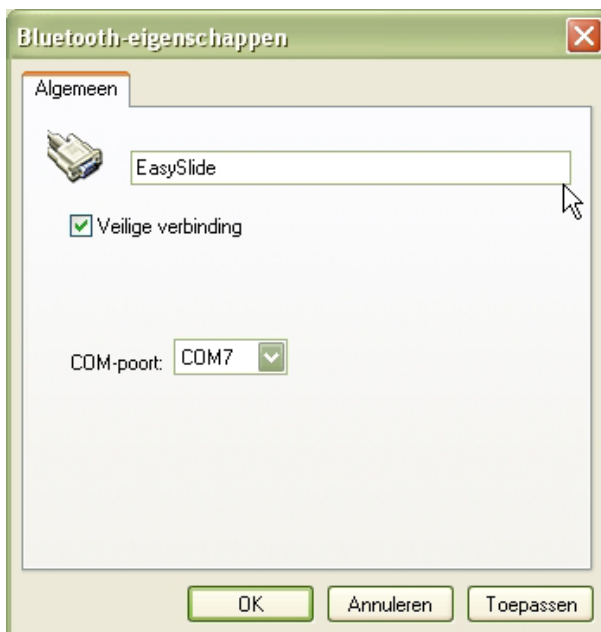
The "Bluetooth Setup Wizard Completion Page" appears.

Press <Finish> to continue. The screen closes and the Easy Slide is installed. Open "My Bluetooth Places". The Easy Slide is shown and connected. Right click the Easy Slide and select <Disconnect>.



Right click again and select "Properties".

"Bluetooth Properties" appears and the COM Port is shown. This COM Port number must be used in the MRS software. Press <OK> to continue.

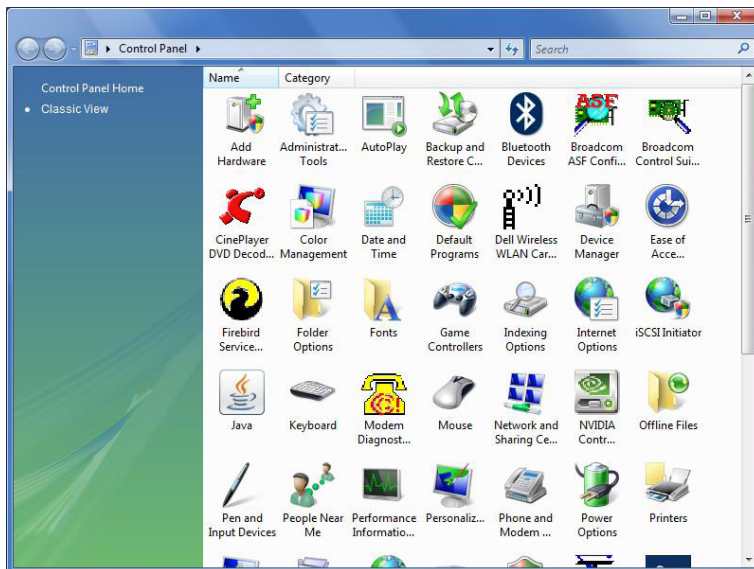


2.2 Bluetooth installation Windows Vista

How to add a connection between the Easy Slide and a computer:

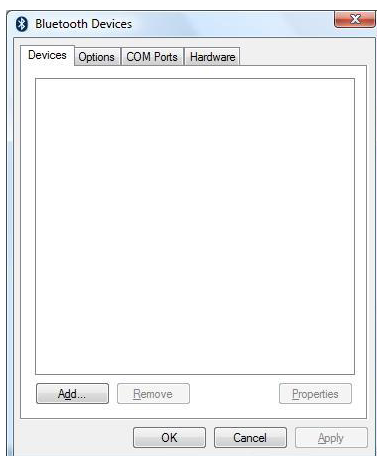
To connect the Easy Slide to a computer, the computer needs to be provided with Bluetooth. This can be a standard function on your computer, or you can add this function by installing a Bluetooth USB converter. The following instructions are about installing the Easy Slide on a computer which is provided with Bluetooth. The pictures in these instructions may vary from the screens you will see during installation. This is because the different Microsoft operating systems and the different Bluetooth configuration programs.

To start the installation, open My Bluetooth Places by double clicking the Bluetooth icon on your desktop, taskbar or in Control Panel.



Make sure the Easy Slide is turned on and that the serial number of the Easy Slide is known. The serial number can be found underneath the Easy Slide.

In Bluetooth Devices, click <Add...>



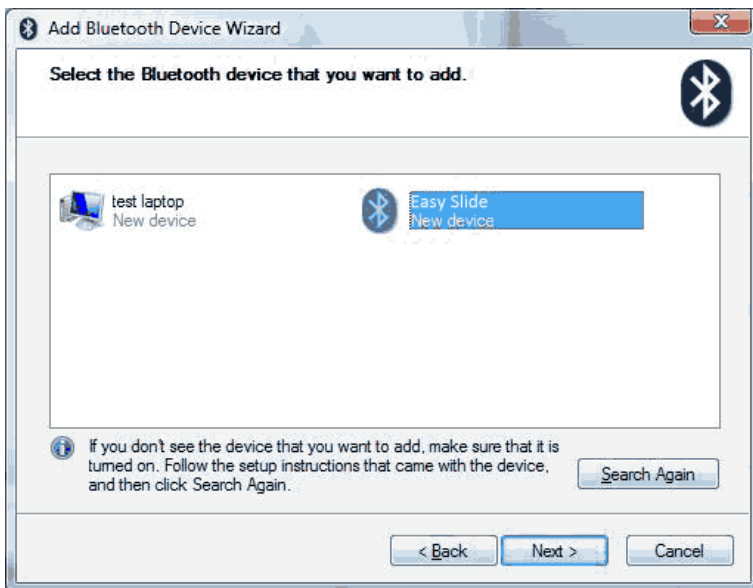
The Add Bluetooth Device Wizard will start.

Make sure the Easy Slide is turned on and select "My device is set up and ready to be found".

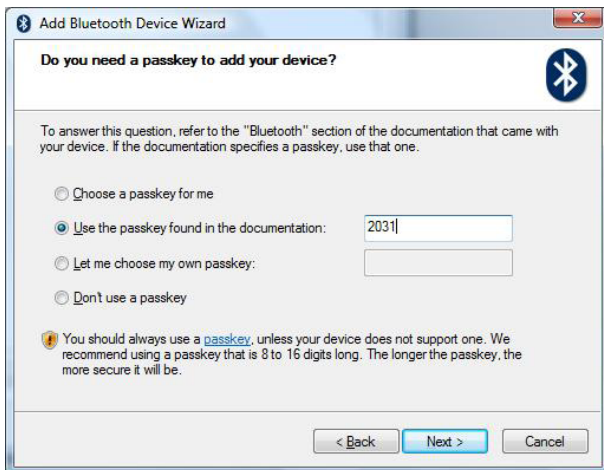
Press <Next> to continue.



The wizard will show all available devices. If your Easy Slide is found by the wizard, it will be shown on the Bluetooth Device Selection screen. The name of the device must be Easy Slide + "serial number". In this case EasySlide014. If your computer cannot find the Easy Slide, make sure the Easy Slide is turned on and search again. If your Easy Slide is found, double click on it or select it and press <Next>.



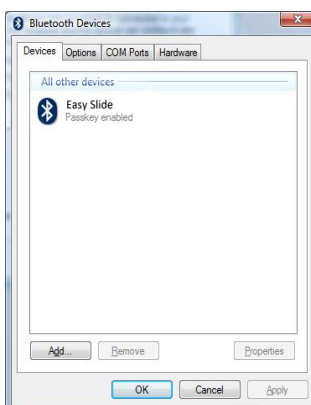
Select "Use the passkey found in the documentation." For the Easy Slide, this code is 2031. After typing the code, press <Next> to continue.



The assigned COM ports are shown in the following screen. The outgoing COM port is the COM port to use in the Monitored Rehab Systems Software. In this case COM 4. Press <Finish> to continue.



The installed Easy Slide is shown in the Bluetooth Devices. Press <OK> to continue.

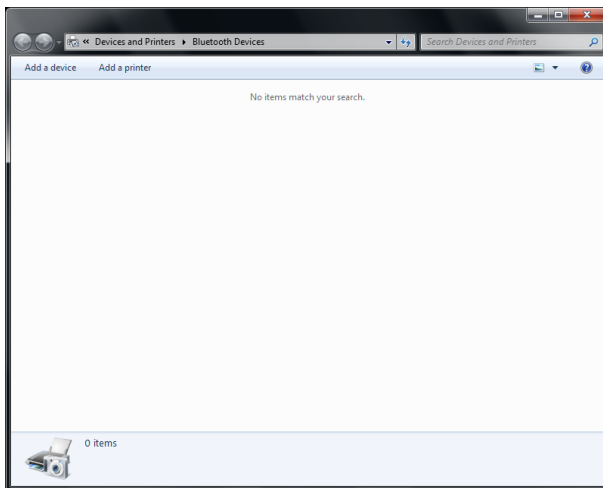


2.3 Bluetooth installation Windows 7

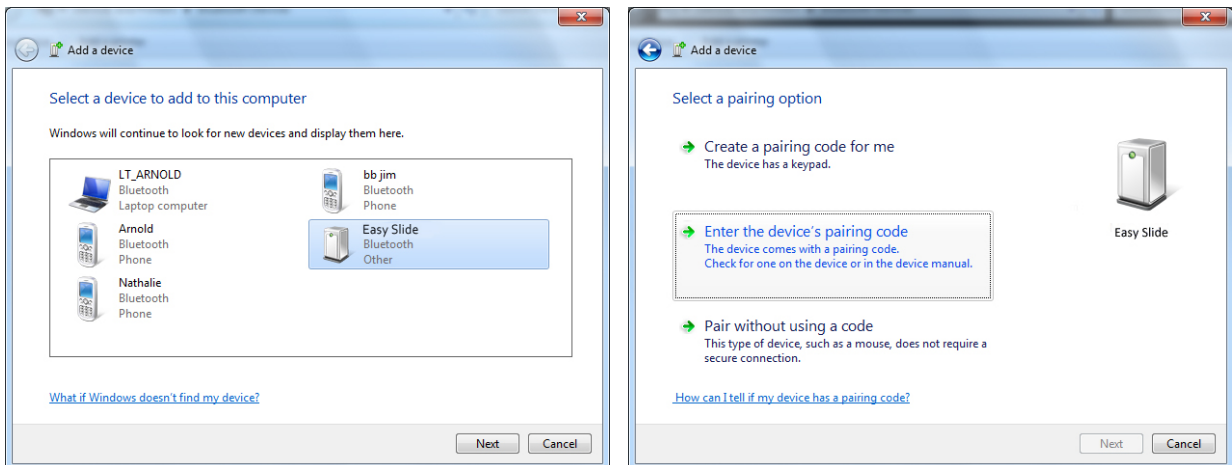
How to add a connection between the Easy Slide and a computer:

To connect the Easy Slide to a computer, the computer needs to be provided with Bluetooth. This can be a default function on your computer, or you can add this function by installing a Bluetooth USB converter. The following instructions are about installing the Easy Slide on a computer which is provided with Bluetooth. The pictures in these instructions may vary from the screens you will see during installation. This is because the different Microsoft operating systems and the different Bluetooth configuration programs.

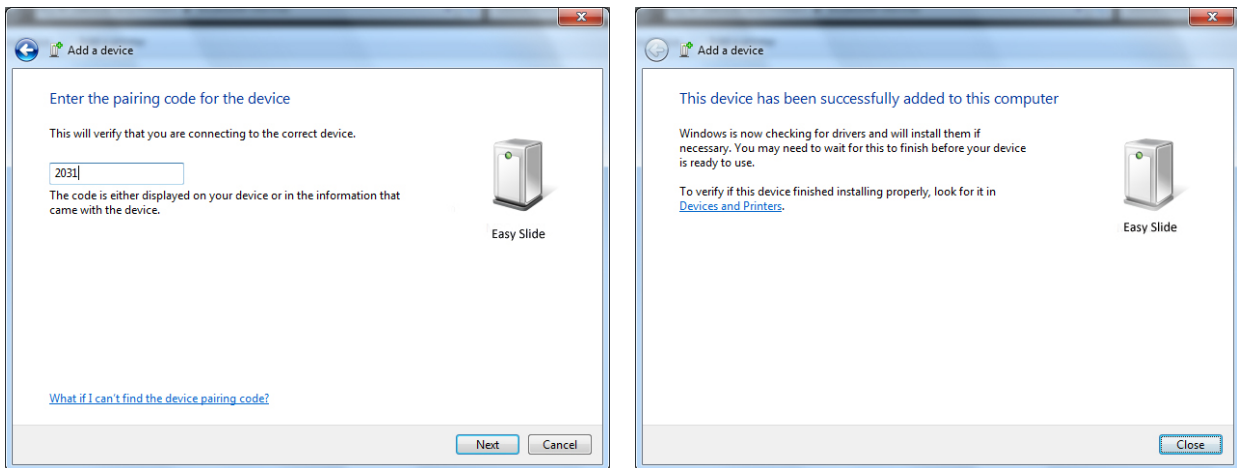
To start the installation, open My Bluetooth Places by double clicking the Bluetooth icon on your desktop, taskbar or in Control Panel.



Make sure the Easy Slide is turned on and that the serial number of the Easy Slide is known. The serial number can be found at the bottom of the Easy Slide. In Bluetooth Devices, click <Add a device>.



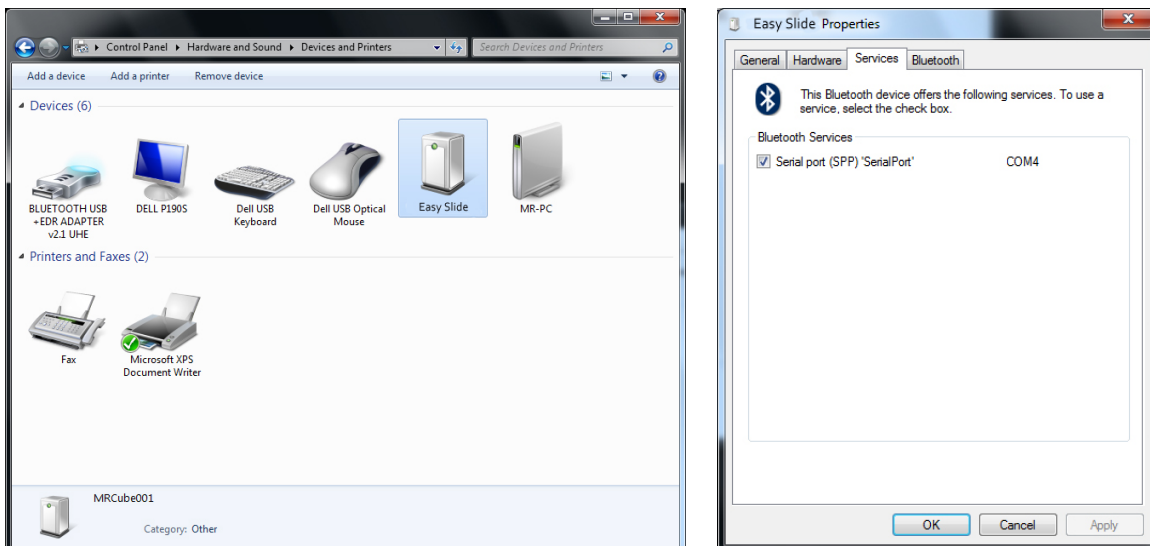
Make sure the Easy Slide is turned on. Press <Next> to continue. Select "Enter the device's pairing code".



For the Easy Slide, this code is 2031. After typing the code, press <Next> to continue.

To verify the correct COM port, open the Control Panel. Choose Hardware and Sound - Devices and printers. Double click the EasySlide01 device.

The assigned COM ports are shown in the following screen. The outgoing COM port is the COM port to use in the Monitored Rehab Systems Software. In this case COM 4.



3. MRS Software: Easy Slide module installation

3.1 Introduction

In this chapter the installation of Monitored Rehab Systems software is described. The server and the client installation are clearly explained step by step. Keep this installation manual next to you during the installation.

3.2 Minimal requirements:

Processor: Pentium IV or compatible AMD processor

Operating system: Windows XP/Windows Vista/Windows 7

Memory: 2048 Mb

Hard disk: 2 Gb available

Screen resolution: 1024 x 768

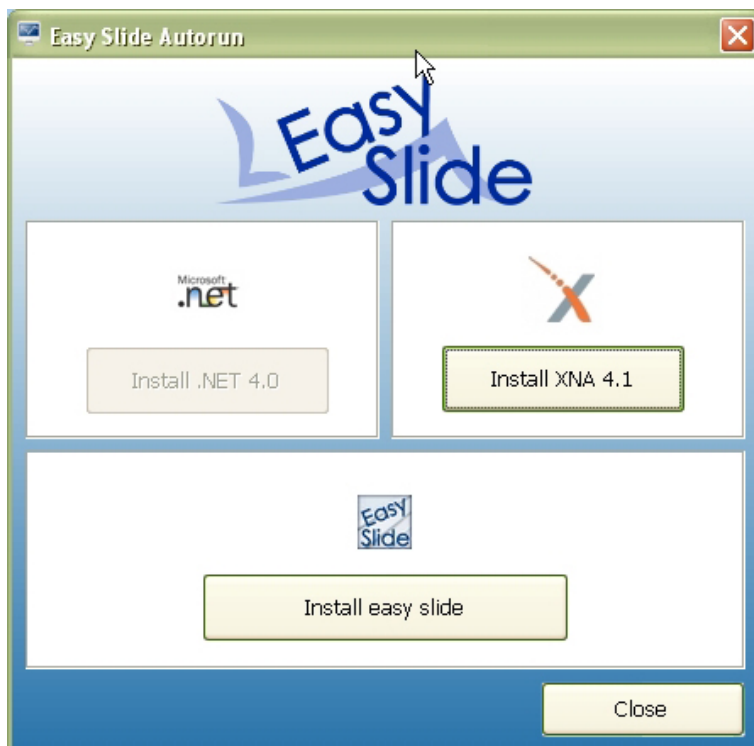
Graphic adaptor: ATI or Nvidia DirectX 10 comp. Vertex Shader 3.0 comp. with at least 256 MB VRAM

Bluetooth (onboard or USB)

UAC (User Account Control) has to be disabled (only Windows Vista/7)

3.3 Autorun installation

Put the installation CD in the CD-Rom player of the computer. If "Autorun" is switched on, the following screen appears:



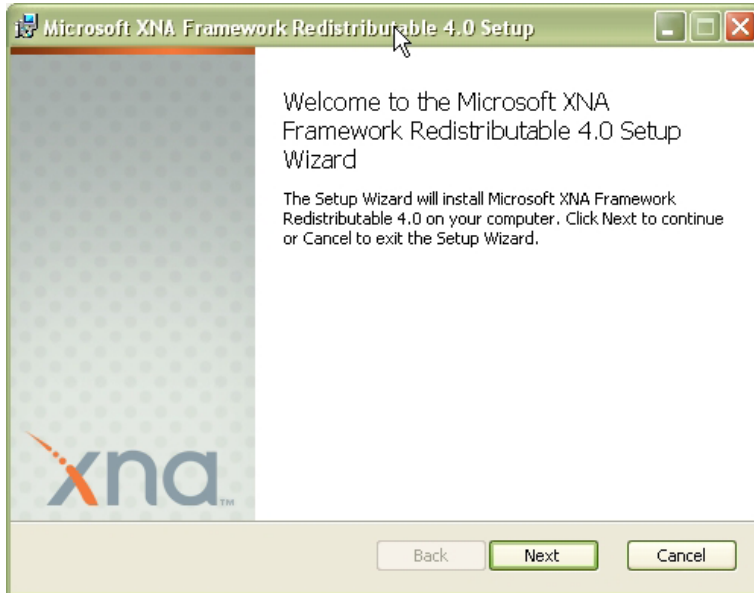
If the screen doesn't appear, double-click on the icon "my computer" on your desktop. Select the CD-Rom player (generally the D-disk) and click on your right mouse button. Choose <Open> in the menu that appears. Now double-click on the icon "Autorun.exe".

The following software is required:

- .NET Framework 4.0
- XNA Framework 4.0

If they are not installed, press the buttons to install the software.
First .NET, last XNA.

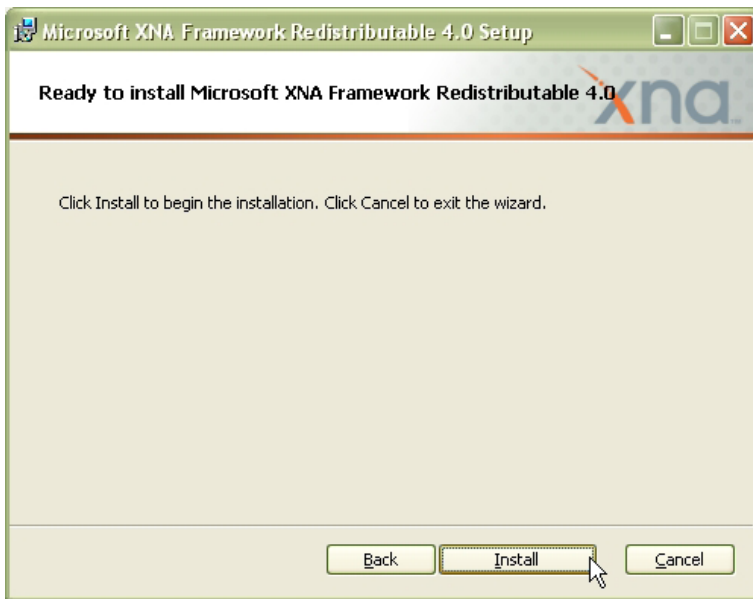
If you see the button Install XNA version 4.0 this means you don't have this version and you have to click this button.
If the button Install XNA version 4.0 or Framework .Net 4.0 appears, this means you don't have this software or correct version and you have to click this button.
The following screen will appear:



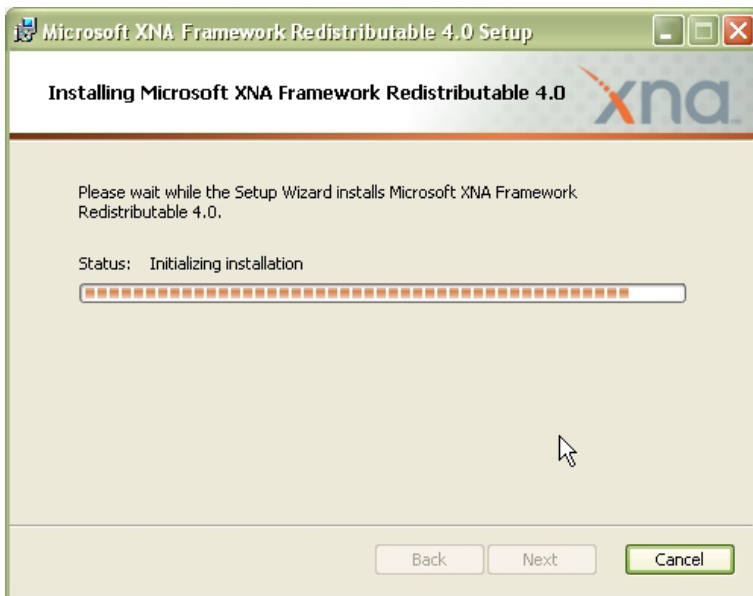
Press <Next> to continue.



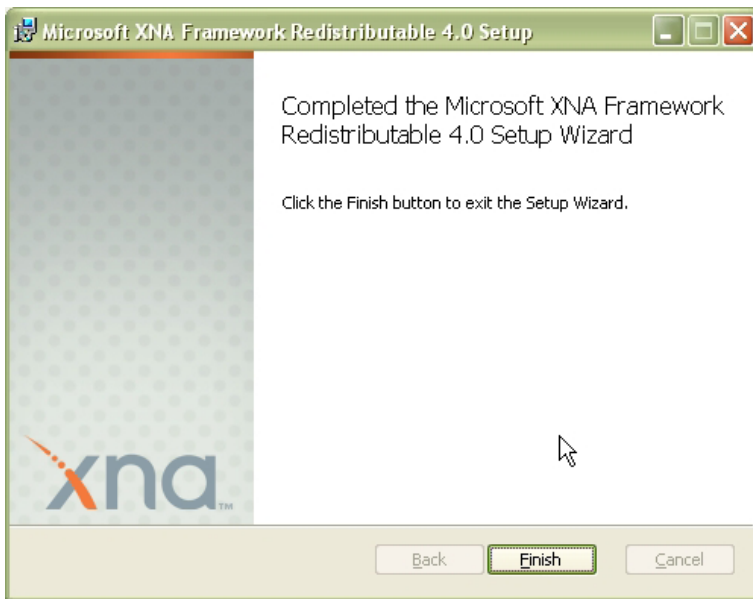
Check "I accept the terms in the License Agreement".
Press <Next> to continue.



Press <Install>. This installation take several minutes.

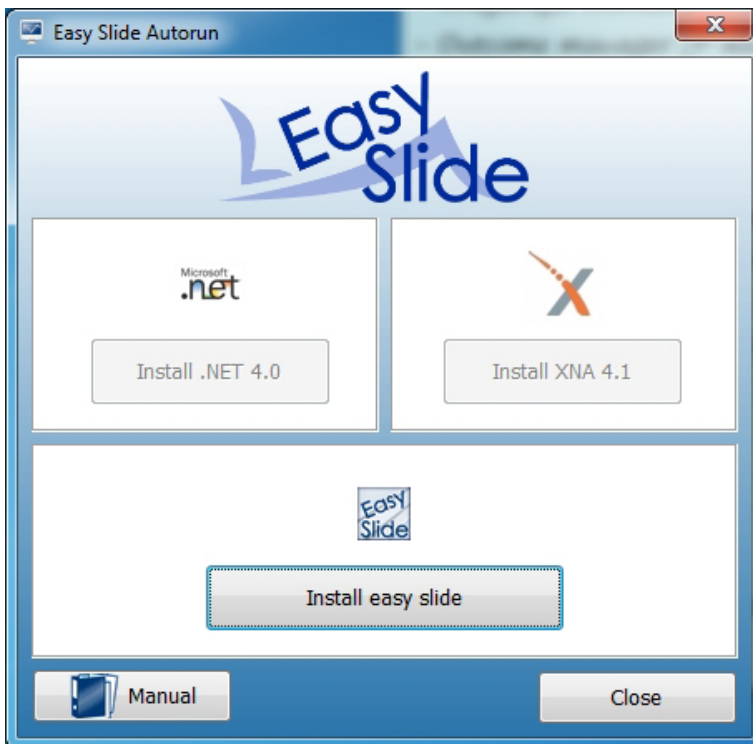


The following screen will appear when the installation has been successful:

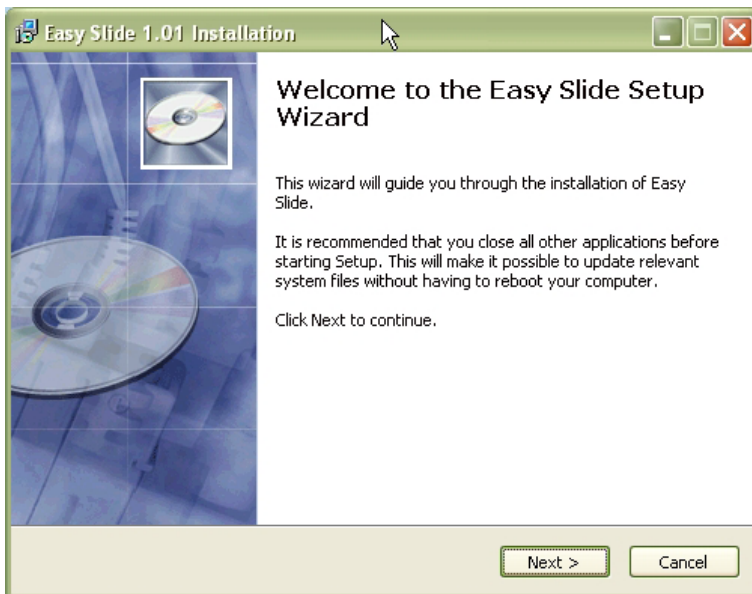


Press <Finish> to continue.
The button in the start up screen will disappear.

If the icons of .NET Framework and XNA Framework are disabled, you can install the Easy Slide software:



When selecting "Install easy slide" you can choose your language:



Choose <Next> to select the folder where the Easy Slide software must be installed.

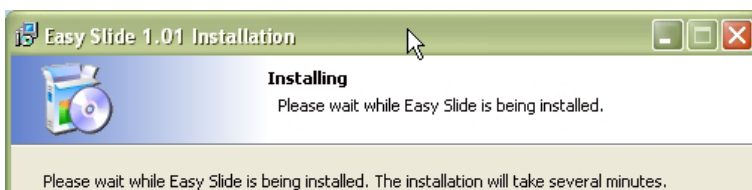
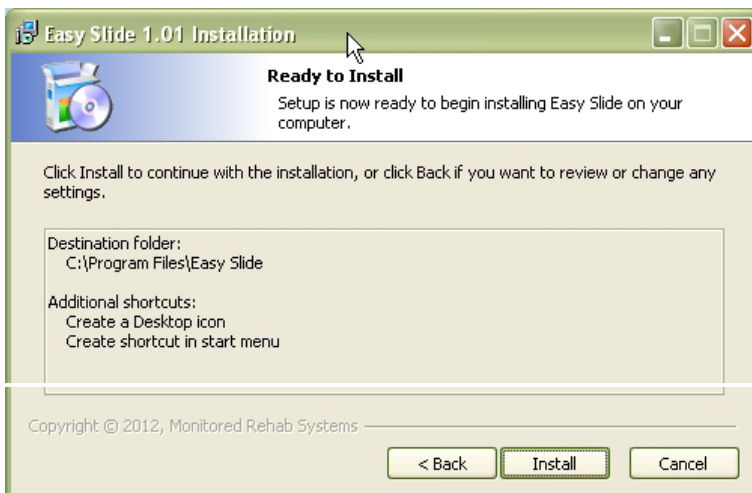
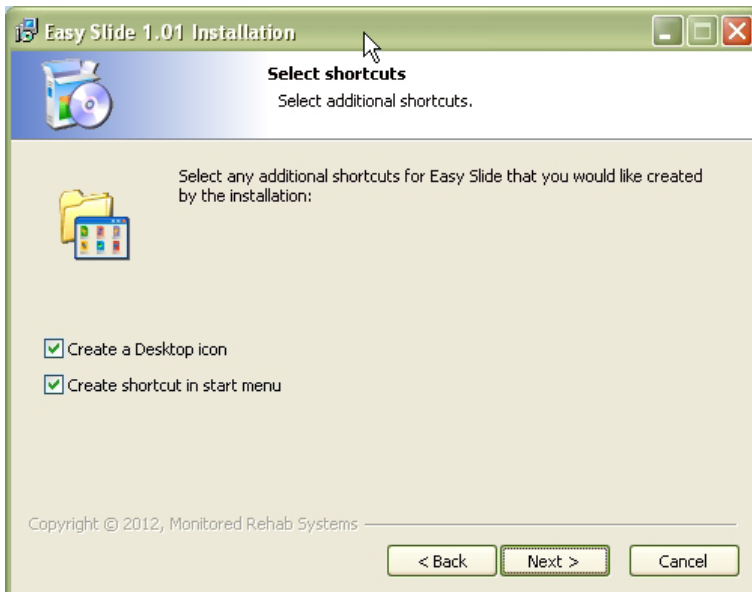


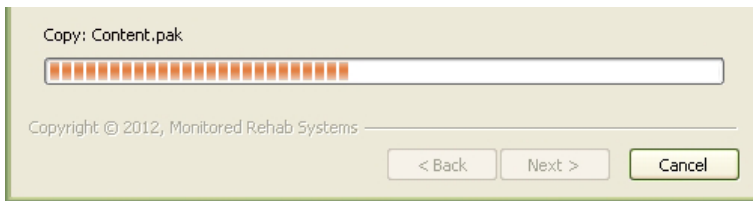
With the button <Change> the location can be changed. It is advised to install the software in the standard folder. If this is chosen for this software it will be installed in the folder:

C:\Program Files\MRS Easy Slide

Hereafter press the button <Next>.

You can choose to put a shortcut icon for the Easy Slide on the desktop or to create a shortcut for the Easy Slide in the start menu (or both):





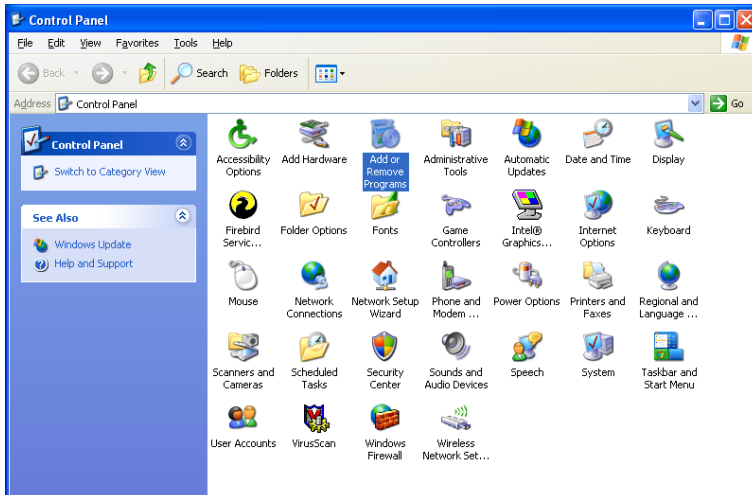
The installation is now almost ready. With the button <Finish> will the installation be completed and can possible client updates be started.



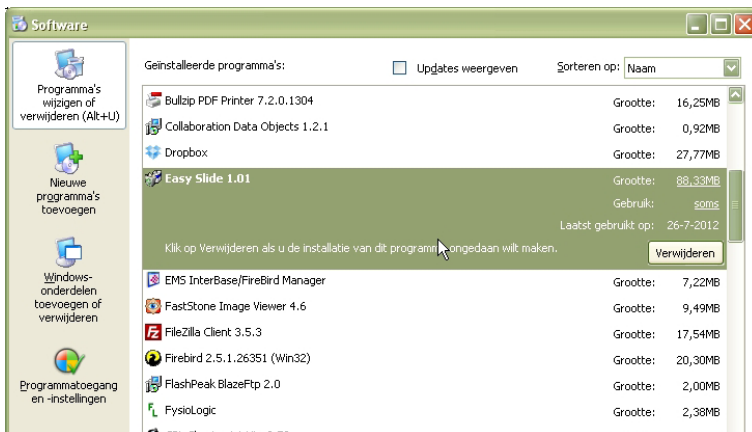
3.4 Uninstall

To safely remove the Easy Slide, follow the steps in this chapter.

Open the Control Panel via the <Start> button.



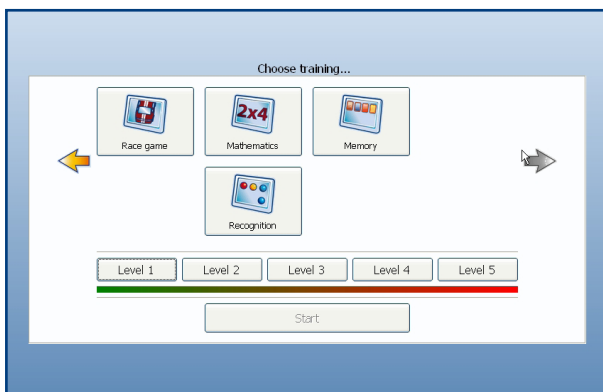
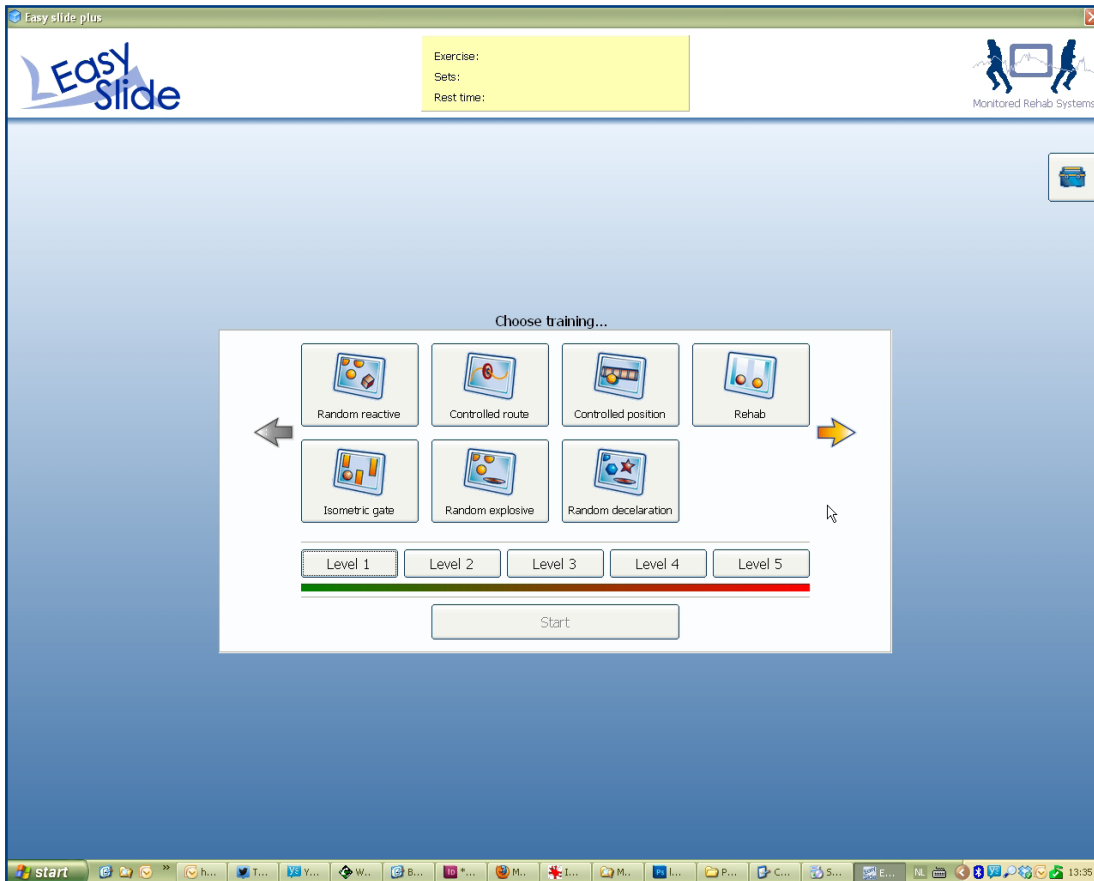
Locate the icon "Add or Remove Programs" in the control panel.
Double click on the icon.



Select "Easy Slide 1.0.1" and press the <Remove> button.
The software is now definitely removed.

4. Easy Slide menu

When the Easy Slide software is started, the following screen will appear:
With the yellow button you can go to a new screen with exercises.



- 1) Choose exercise/challenging program bij clicking on the yellow arrow and select button;
- 2) Choose level
- 3) Press start.

Details about these exercises is described in the following chapters.

5. The exercises

5.1 Rehab F7



This training program ends after a number of repetitions:

Level 1: 4 sets × 5 reps, rest time 45 sec.

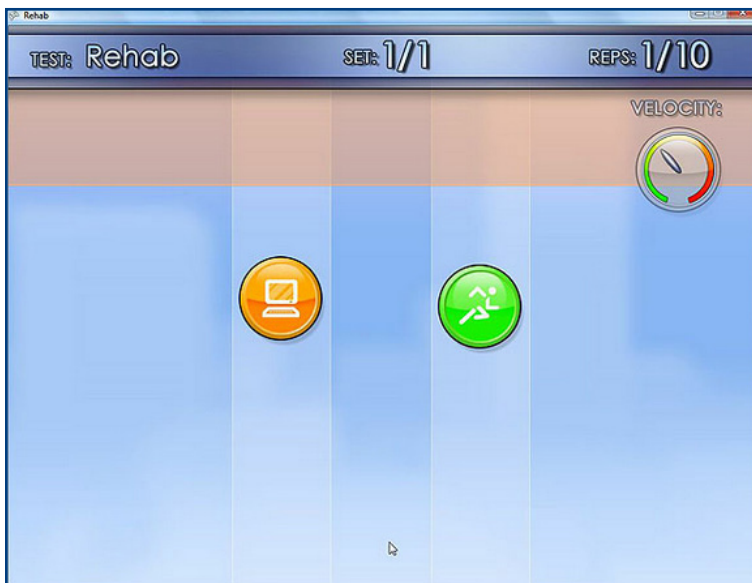
Level 2: 4 sets × 8 reps, rest time 45 sec.

Level 3: 4 sets × 12 reps, rest time 45 sec.

Level 4: 4 sets × 15 reps, rest time 60 sec.

Level 5: 4 sets × 20 reps, rest time 60 sec.

To set up a rehab training: just choose the level of the exercise. After choosing the level, press "Start".



Purpose of the patient is to get the green ball (right side) moving with the same speed as the orange ball (left side). If the training is finished you go back to the main screen.

5.2 Random reactive FI



This training program ends after a period of time:

Level 1: 2 sets x 25 seconds, rest time 60 seconds.

Level 2: 5 sets x 35 seconds, rest time 60 seconds.

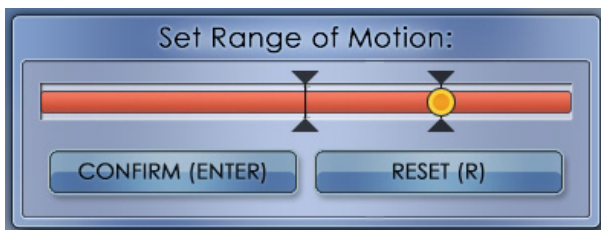
Level 3: 6 sets x 45 seconds, rest time 60 seconds.

Level 4: 6 sets x 60 seconds, rest time 60 seconds.

Level 5: 6 sets x 75 seconds, rest time 60 seconds.

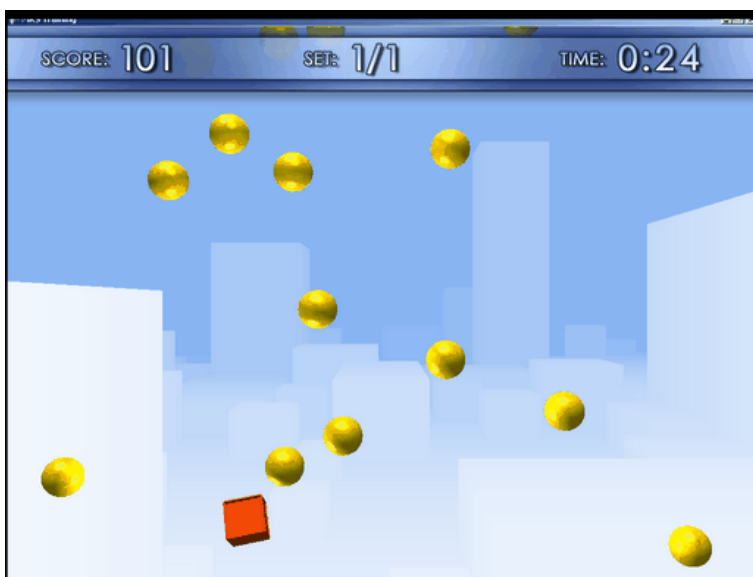
To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

First set the range of motion by making 1 repetition:



After pressing <Enter> the exercise will start.

In this exercise yellow balls will fall down from the screen "at random". The red square can be moved by the patient. Making concentric or eccentric movements will shift the red square to the right (concentric) or to the left (eccentric). The goal is to avoid the yellow balls.



If you want to skip the resting time, just press the "escape" button on the keyboard.



5.3 Isometric Gate F4

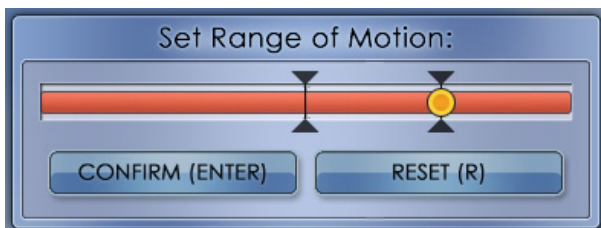


This training program ends after a period of time:

Level 1: 2 sets x 25 seconds, rest time 60 seconds.
Level 2: 5 sets x 35 seconds, rest time 60 seconds.
Level 3: 6 sets x 45 seconds, rest time 60 seconds.
Level 4: 6 sets x 60 seconds, rest time 60 seconds.
Level 5: 6 sets x 75 seconds, rest time 60 seconds.

To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

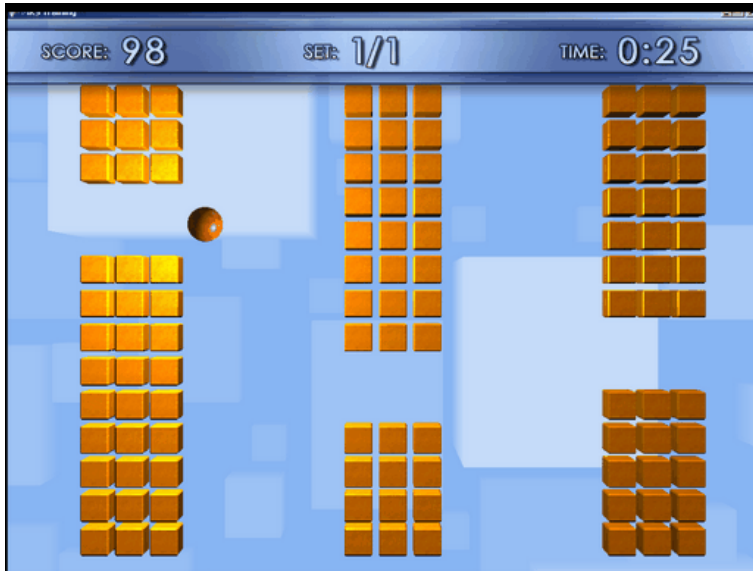
First set the range of motion by making 1 repetition:



After pressing <Enter> the exercise will start.

The isometric training has concentric, eccentric and isometric moments. The ball must fit in the isometric (hold) position. The required force is challenging both coordination and proprioceptive skills. The ball has to find its way by maneuvering it between

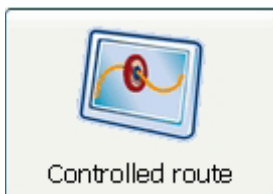
the gaps in the bars. The spaces between the bars are random. If the exercise is carried out well, the difficulty level will increase. The ball will move higher, giving the patient less time to spot the gates. As with the other exercises the concentric and eccentric movements will shift the ball to the right (concentric) or to the left (eccentric).



If you want to skip the resting time, just press the "escape" button on the keyboard.



5.4 Controlled Route F2



This training program ends after a period of time:

Level 1: 2 sets x 25 seconds, rest time 60 seconds.

Level 2: 5 sets x 35 seconds, rest time 60 seconds.
Level 3: 6 sets x 45 seconds, rest time 60 seconds.
Level 4: 6 sets x 60 seconds, rest time 60 seconds.
Level 5: 6 sets x 75 seconds, rest time 60 seconds.

To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

First set the range of motion by making 1 repetition:



After pressing <Enter> the exercise will start.

In this exercise the red circle has to stay on the yellow line (path). The yellow line moves over the screen at random. Concentric/eccentric movements will shift the circle to the right or left. This exercise activates the eccentric/concentric muscle control and invigorates the coordinate abilities.



If you want to skip the resting time, just press the "escape" button on the keyboard.



5.5 Random Explosive F5



This training program ends after a period of time:

Level 1: 2 sets x 25 seconds, rest time 60 seconds.
Level 2: 5 sets x 35 seconds, rest time 60 seconds.
Level 3: 6 sets x 45 seconds, rest time 60 seconds.
Level 4: 6 sets x 60 seconds, rest time 60 seconds.
Level 5: 6 sets x 75 seconds, rest time 60 seconds.

To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

First set the range of motion by making 1 repetition:



After pressing <Enter> the exercise will start.

In this exercise yellow balls will drop at random slow, normal or fast. These balls have to be caught and bounced back. Fast reaction (explosivity) is necessary to get good results. Concentric/eccentric movements will shift the red plate to the left and to the right.



If you want to skip the resting time, just press the "escape" button on the keyboard.



5.6 Controlled position F3

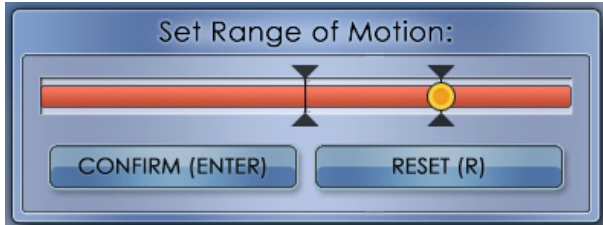


This training program ends after a period of time:

- Level 1: 2 sets x 25 seconds, rest time 60 seconds.
- Level 2: 5 sets x 35 seconds, rest time 60 seconds.
- Level 3: 6 sets x 45 seconds, rest time 60 seconds.
- Level 4: 6 sets x 60 seconds, rest time 60 seconds.
- Level 5: 6 sets x 75 seconds, rest time 60 seconds.

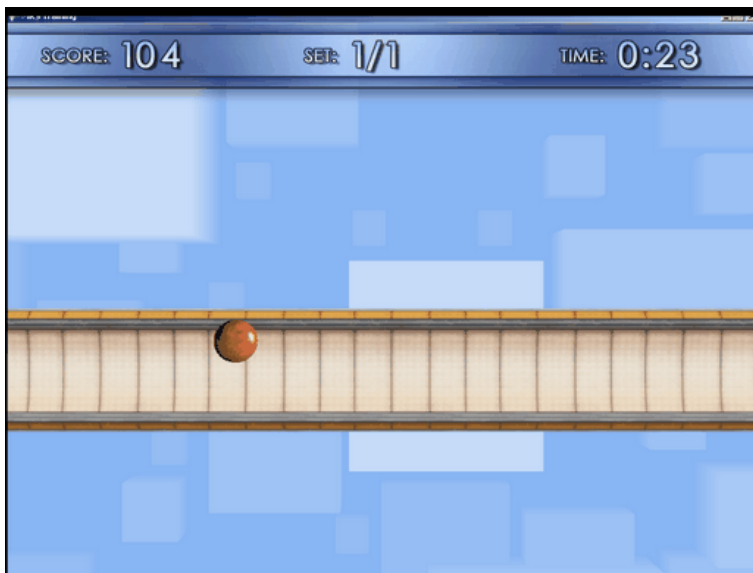
To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

First set the range of motion by making 1 repetition:



After pressing <Enter> the exercise will start.

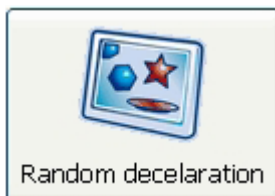
This exercise copies "simulation". Target is to keep the ball on the road. The "road" moves at random up and down with unexpected acceleration. Concentric/eccentric movements will shift the ball to the left and to the right.



If you want to skip the resting time, just press the "escape" button on the keyboard.



5.7 Random Deceleration F6



This training program ends after a period of time:

- Level 1: 2 sets x 25 seconds, rest time 60 seconds.
- Level 2: 5 sets x 35 seconds, rest time 60 seconds.
- Level 3: 6 sets x 45 seconds, rest time 60 seconds.
- Level 4: 6 sets x 60 seconds, rest time 60 seconds.
- Level 5: 6 sets x 75 seconds, rest time 60 seconds.

To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

First set the range of motion by making 1 repetition:



After pressing <Enter> the exercise will start.

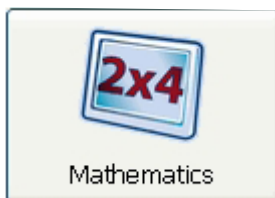
In this exercise little green stars with individual changing speeds will drop down the screen at random. The plate symbolizes the catcher. Concentric/eccentric movements will shift the catcher to the left or to the right. The goal is to catch the green stars before they arrive at the bottom of the screen and avoid the unexpected red stars.



If you want to skip the resting time, just press the "escape" button on the keyboard.

6. Challenging Programs

6.1 Dual Tasks: Mathematics F9



This training program ends after a period of time:

Level 1: 2 sets x 25 seconds, rest time 60 seconds.

Level 2: 5 sets x 35 seconds, rest time 60 seconds.

Level 3: 6 sets x 45 seconds, rest time 60 seconds.

Level 4: 6 sets x 60 seconds, rest time 60 seconds.

Level 5: 6 sets x 75 seconds, rest time 60 seconds.

To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

First set the range of motion by making 1 repetition:



After pressing <Enter> the exercise will start.

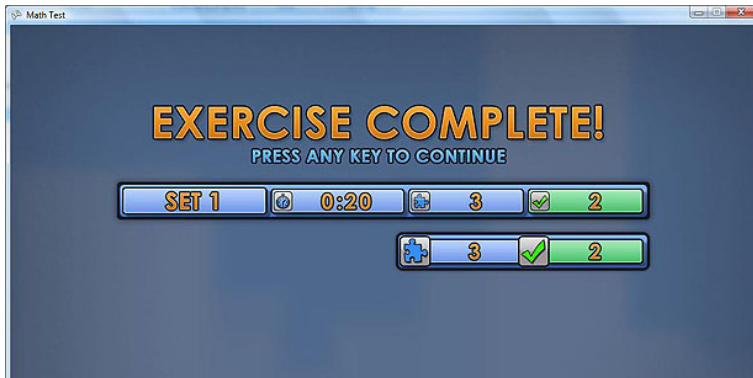
Choose the correct answer by moving the arrow.



If a correct answer is chosen, a green check mark will appear. After this, the next equation will appear.



If a wrong answer is selected, a red cross will appear. After this, the next equation will appear. After finishing the exercise the results will be shown:

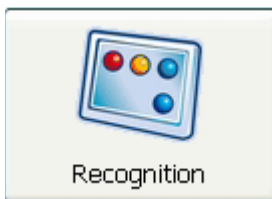


The preset settings are blue. The correct answers are green.

If you want to skip the resting time, just press the "escape" button on the keyboard.



6.2 Dual Tasks: Recognition F10



This training program ends after a period of time:

- Level 1: 2 sets x 25 seconds, rest time 60 seconds.
- Level 2: 5 sets x 35 seconds, rest time 60 seconds.
- Level 3: 6 sets x 45 seconds, rest time 60 seconds.
- Level 4: 6 sets x 60 seconds, rest time 60 seconds.
- Level 5: 6 sets x 75 seconds, rest time 60 seconds.

To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

First set the range of motion by making 1 repetition:

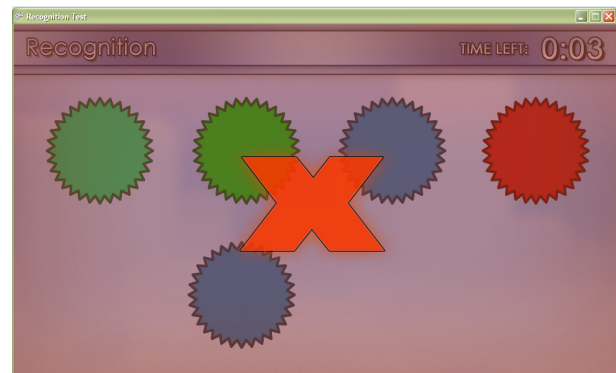


After pressing <Enter> the exercise will start.



Choose the correct figure by moving the arrow.

If a correct figure is chosen, a green check mark will appear. After this, the next figure will appear.



If a wrong answer is selected, a red cross will appear. After this, the next figure will appear.

After finishing the exercise the results will be shown:

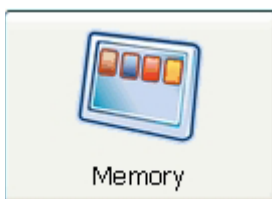


The preset settings are blue. The correct matches are green.

If you want to skip the resting time, just press the "escape" button on the keyboard.



6.3 Dual Tasks: Memory F I I



This training program ends after a period of time:

Level 1: 2 sets × 25 seconds, rest time 60 seconds.

Level 2: 5 sets × 35 seconds, rest time 60 seconds.

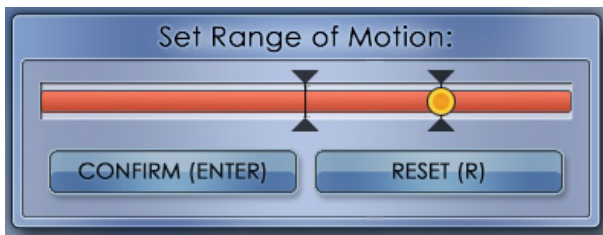
Level 3: 6 sets × 45 seconds, rest time 60 seconds.

Level 4: 6 sets × 60 seconds, rest time 60 seconds.

Level 5: 6 sets × 75 seconds, rest time 60 seconds.

To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

First set the range of motion by making 1 repetition:



After pressing <Enter> the exercise will start.

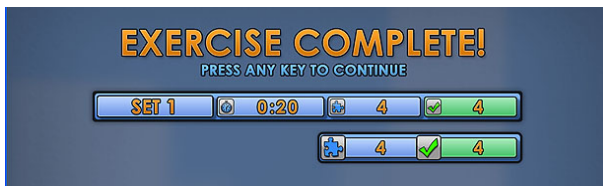


Cards (colors or numbers) are laid out face up, they turn black after a number of seconds. A new card will appear. Choose the matching card by moving the new card and place it under the correct card. If the two cards match, the player scores one point.

If a correct match is chosen, a green check mark will appear. After this, the next new card will appear. If a wrong answer is selected, a red cross will appear. After this, the next set of cards will appear.



After finishing the exercise the results will be shown:

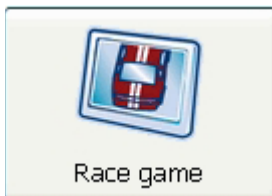


The preset settings are blue. The correct matches are green.

If you want to skip the resting time, just press the "escape" button on the keyboard.



6.4 Sport: Race Game F8



This training program ends after a period of time:

Level 1: 2 sets x 25 seconds, rest time 60 seconds.

Level 2: 5 sets x 35 seconds, rest time 60 seconds.

Level 3: 6 sets x 45 seconds, rest time 60 seconds.

Level 4: 6 sets x 60 seconds, rest time 60 seconds.

Level 5: 6 sets x 75 seconds, rest time 60 seconds.

To set up a training: just choose the level of the exercise. After choosing the level, press "Start".

First set the range of motion by making 1 repetition:



After pressing <Enter> the exercise will start.

Start driving and avoid other vehicles. Collecting coins by driving through them. A yellow coin gives you extra time, a red coin gives you a temporary speed boost. Driving on the emergency lane will diminish the speed.



If you touch another vehicle you will crash and you have to restart.



After finishing the game, the scores will be shown.



If you want to skip the resting time, just press the "escape" button on the keyboard.



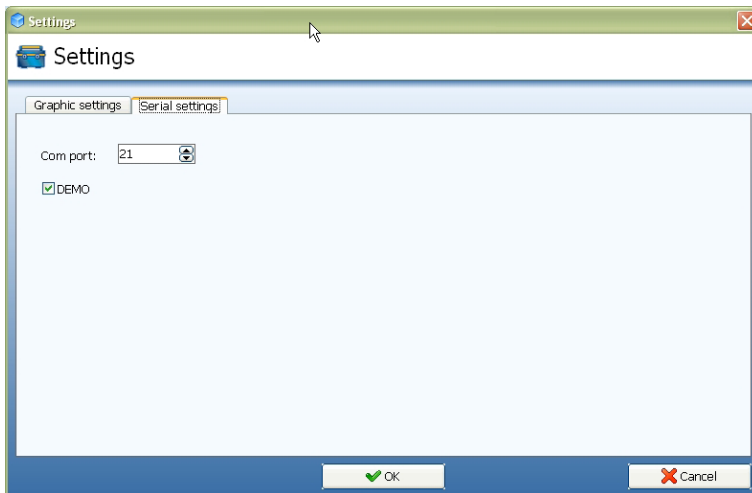
12. Easy Slide Settings

To activate the setting screen, press the "Ctrl" button on the keyboard and click with the mouse on the settings icon at the same time.



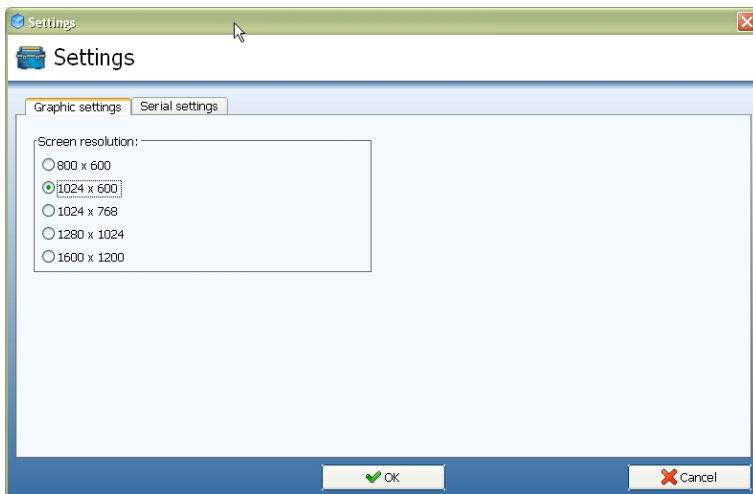
The following settings can be found under 'Settings'.

12.1 Serial settings



You can choose the correct COM port here. This one will be used from now on. If you check the "DEMO" option, the software can be used without the easy slide. The mouse movements will be used in all the exercises.

12.2 Graphic settings



To have the best exercise experience, it is wise to set the screen resolution. That way you can get the full screen modus.

If the correct screen resolution is not available, choose the one most near your own resolution.

8. Shortcuts

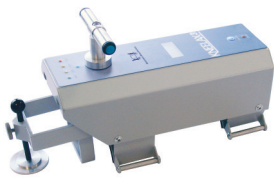
F1	Random Reactive
F2	Controlled Route
F3	Controlled Position
F4	Isometric Gate
F5	Random Explosive
F6	Random Declarations
F7	Rehab
F8	Race Game
F9	Mathematics
F10	Recognition
F11	Memory
Ctrl	Settings button
S	Start
1-5	Choose level
Arrows	Choose exercise
Enter	Confirm exercise
Space bar	Next exercise window



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