

GRIPABLE

SERIOUS.FUN.REHAB.

A CLINICIAN'S SIX TOP TIPS FOR USING GRIPABLE



Think outside the box

Try new applications whilst playing GripAble. Combine with Theraband to increase your resistance during wrist training. What about using the games as a distraction from pain? Don't forget GripAble can also be used to achieve physical, cognitive and psychosocial goals. (Write in and tell us the ways you use GA).

Take into account the patient's position

GripAble doesn't have to be played sitting down! GripAble can be used to keep patients engaged and working towards their goals whilst they are on bed rest. For patients who are safe to do so or in supervised sessions consider changing your patient's position. Think about what postures are required for the daily functional tasks your patient needs to train for and have them play in these positions.

Play the activities yourself before prescribing them to your patient

You will have a better understanding of the activities and their application for your patients as well as how to integrate it into your therapy practice. Also spend some time navigating the app on how you can use the reporting functionality and goal setting to enhance your therapy.

Observe the patient's performance and NOT just the screen

Observing your patients whilst they play GripAble can provide you with a lot of information as well as helping you to correct any unwanted compensatory movements. Consider standing behind the patient so you can observe them and the screen.

Consider the patients cognitive level

Not only to inform which activities are best for your patient but also -which motor learning strategy are you going to deploy. For example, how much verbal instruction does your patient require? You can also increase or decrease the cognitive load for your patient by choosing different levels, adjusting the volume or introducing haptic feedback.

Educate, Educate, Educate! Ensure your patient knows the importance of their training

Help your patients to understand that GripAble can help increase the intensity and repetitions for their training which in turn can improve function strength and improve activities of daily living.

More top tips

1. Engage in Group Therapy Sessions: Incorporate GripAble into group therapy sessions to promote social interaction and friendly competition among patients. You can create challenges and games that encourage cooperation and teamwork, fostering a supportive and motivating environment.

2. Rehabilitation at Home: Extend the use of GripAble beyond the clinic or hospital setting by providing patients with the device to use at home. This allows for increased practice and reinforcement of therapy goals outside of scheduled sessions, leading to better overall outcomes.

3. Cross-training with Other Modalities: Combine GripAble with other therapy modalities, such as balance boards or resistance bands, to create a comprehensive and multidimensional rehabilitation program. This approach can target multiple aspects of physical function simultaneously, providing a well-rounded therapy experience.



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5. Gamify Functional Tasks: Use GripAble to simulate and gamify daily functional tasks that patients need to work on. For example, if a patient needs to improve their fine motor skills for activities like buttoning a shirt or tying shoelaces, create game scenarios that mimic these tasks, making therapy more engaging and relevant to their daily lives.

6. Track and Analyze Progress: Utilize GripAble's reporting functionality to track patients' progress over time. This allows therapists to objectively assess improvement, identify areas of strength and weakness, and adjust treatment plans accordingly. Regularly reviewing progress can also serve as a source of motivation for patients, as they can see their own advancements.

7. Promote Self-Management: Educate patients on how to use GripAble independently and encourage them to take an active role in their therapy. By empowering patients to monitor their progress, set goals, and practice on their own, GripAble becomes a tool for long-term self-management and continued improvement.

Remember, these examples are just a starting point, and there are numerous creative ways to incorporate GripAble into therapy sessions. The key is to think creatively, tailor the approach to individual patients' needs, and constantly explore new possibilities for maximizing therapeutic outcomes.

Clinical appointments are an essential part to every patient's road to recovery, and GripAble is a device that provides a new form of rehabilitation that is smartphone compatible for those who want to build strength and confidence from anywhere.

Check out a patient's story and experience using GripAble [here](#)

