

AN INTRODUCTION TO

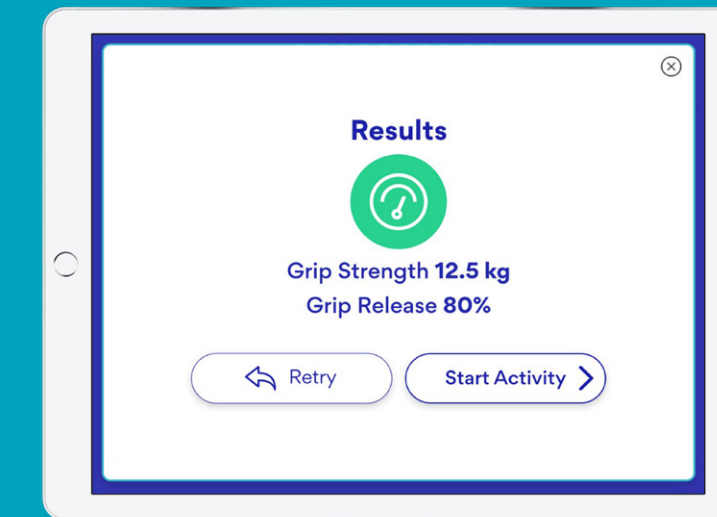
ACTIVITIES AND GOAL SETTING



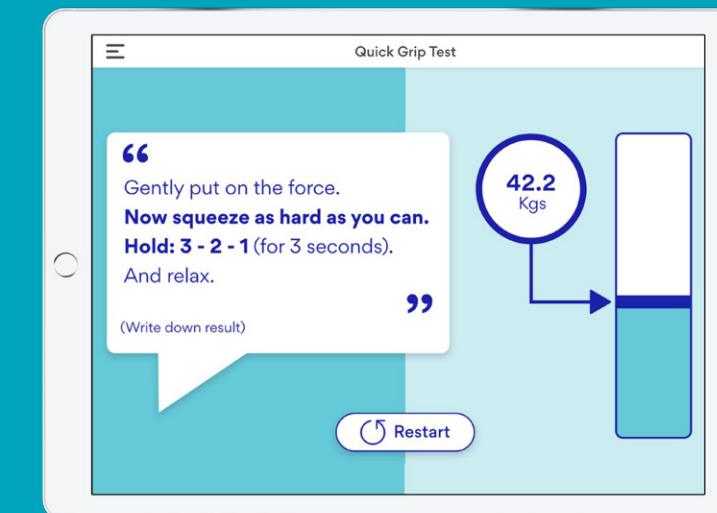
GRIPABLE
SERIOUS. FUN. REHAB.

OUR AIM SERIOUS. FUN. REHAB.

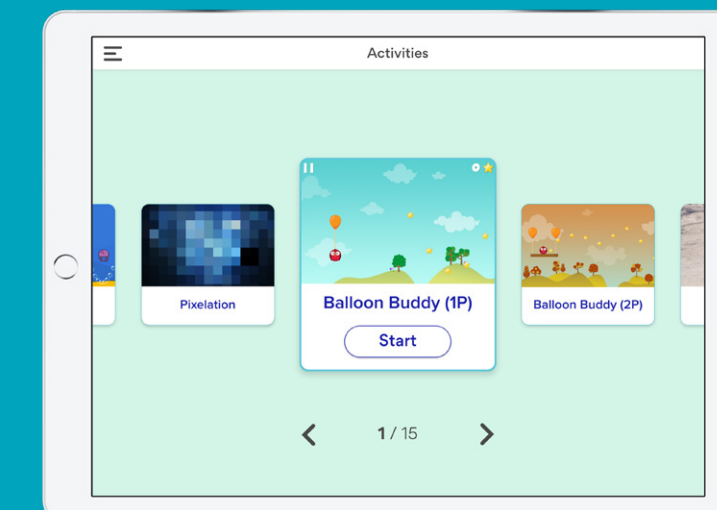
GripAble is a smart 'two-in-one' mobile assessment and training device that connects to an app on a tablet, with fun and engaging activities that support training of core hand and wrist movements.



TRACK PROGRESS



HIGHLY SENSITIVE



ENGAGING ACTIVITIES

SERIOUS DATA

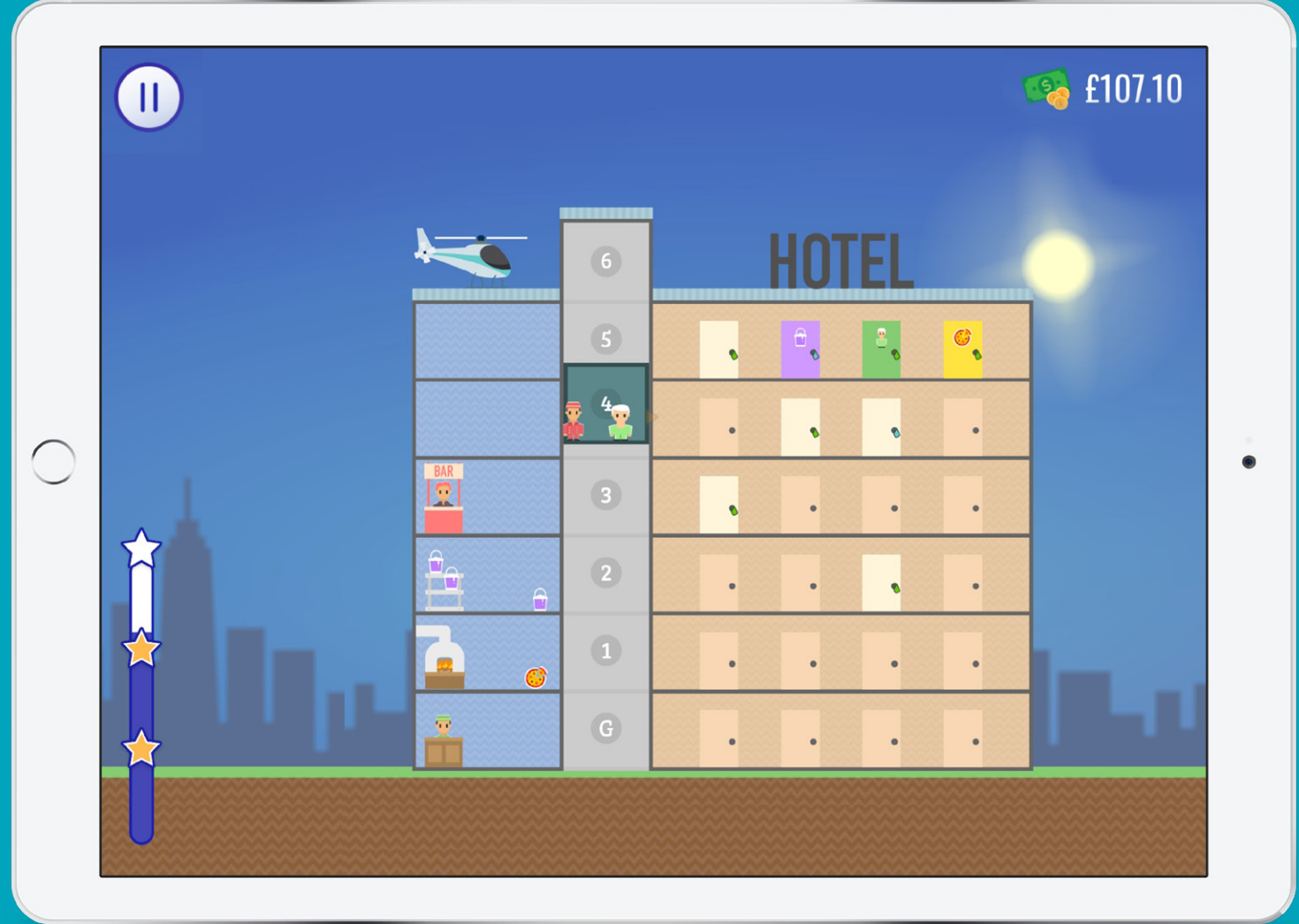


GripAble allows the therapist to set challenging yet rewarding goals that are relevant to each individual. This is especially valuable when working with children, where the skill of the OT in keeping these goals attainable, yet just out of reach, really comes to the fore.

There are currently nine activities on the GripAble app. Choose different activities to work on strength or endurance, stability or range of motion, to translate into functional movements. Cognitive and perceptual goals such as visual tracking, hand-eye co-ordination and planning can also be addressed.

The therapist can set daily targets for each activity; the target can be number of repetitions of the desired action or number of minutes spent training a specific action. All activities give real-time feedback, providing the therapist and the user with a daily record.

FUN ACTIVITIES



At the start of each activity, a video will play which introduces the game including how to use the device to control the actions and the goal of the game. This video can be replayed as often as the user wishes or can be skipped to enter the activity.

A GRIPABLE JOURNEY FROM A PARENT TO A CHILD

“Over the last 11 years we have tried lots of therapies for our 12 year old son, but the sessions were really stressful, our son was not motivated. GripAble has been a game changer. He is so motivated, sessions are a pleasure with very rewarding results.”



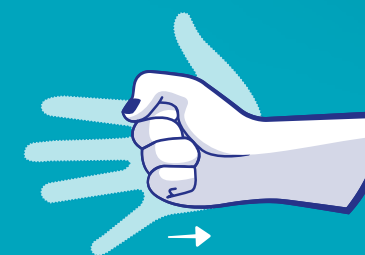
A GUIDE TO THE ACTIVITIES **PLAYING MAKES PERFECT**



1

BALLOON BUDDIES

Targets controlled grip and release. The goal is for the user to control the owl which is suspended from the balloon. The emphasis is on smooth transition between grip and release.



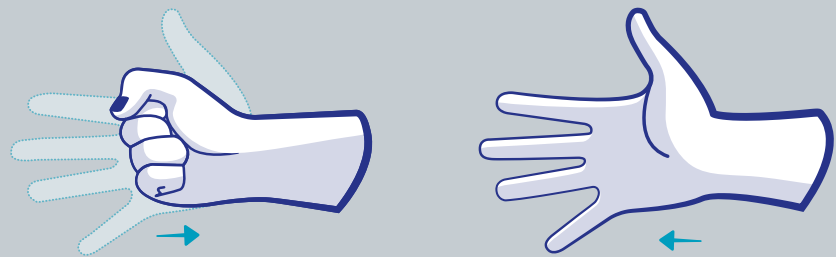
Grip and Release

SERIOUS. FUN. REHAB.

2

CIRCUS ESCAPE

Circus Escape targets controlled and fast reaction in grip and release. The goal is for the user to power the bear on the cycle along the course without falling off the cliff. The user will need to squeeze harder and with more intensity as the cycle moves up hills.

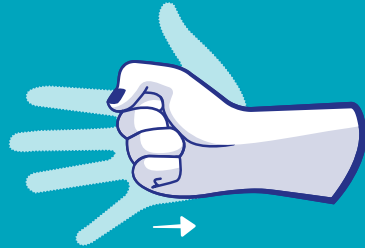
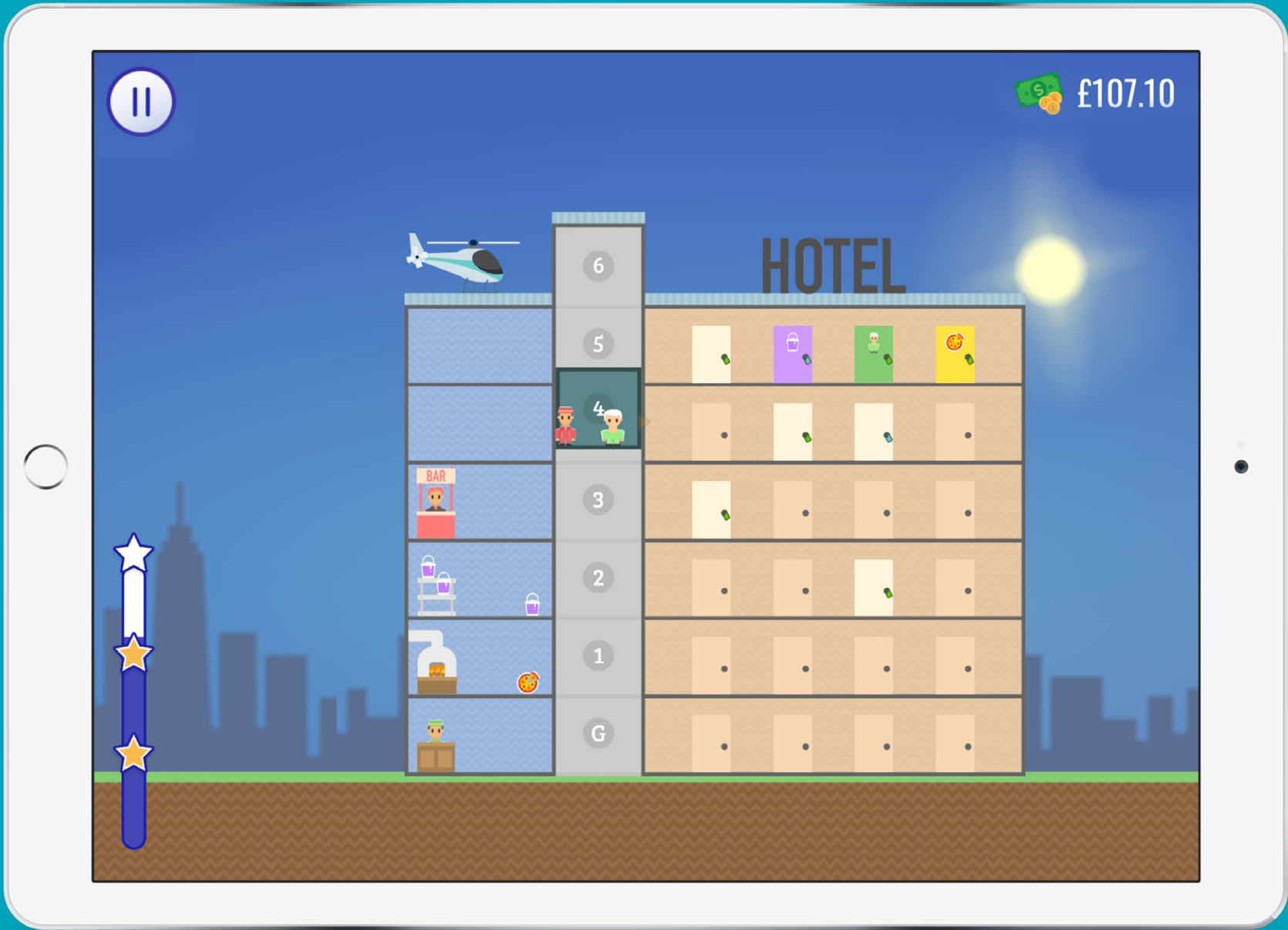


Grip and Release

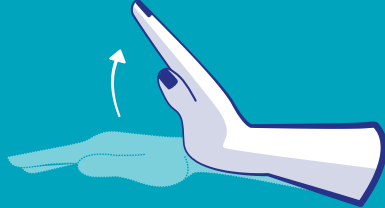
3

CONCIERGE

Concierge targets end of range wrist extension by biasing the time spent moving the concierge character to the top of the hotel. It also encourages strong grip while stabilising the wrist.



Grip and Release

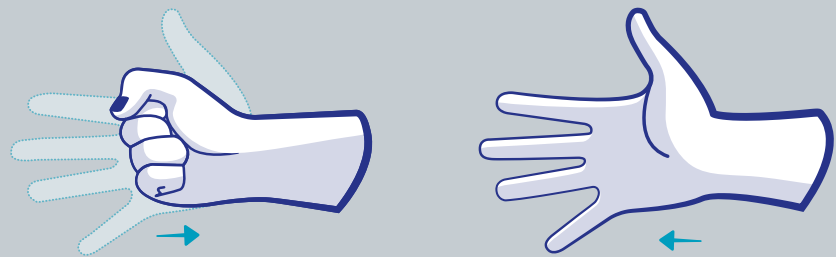
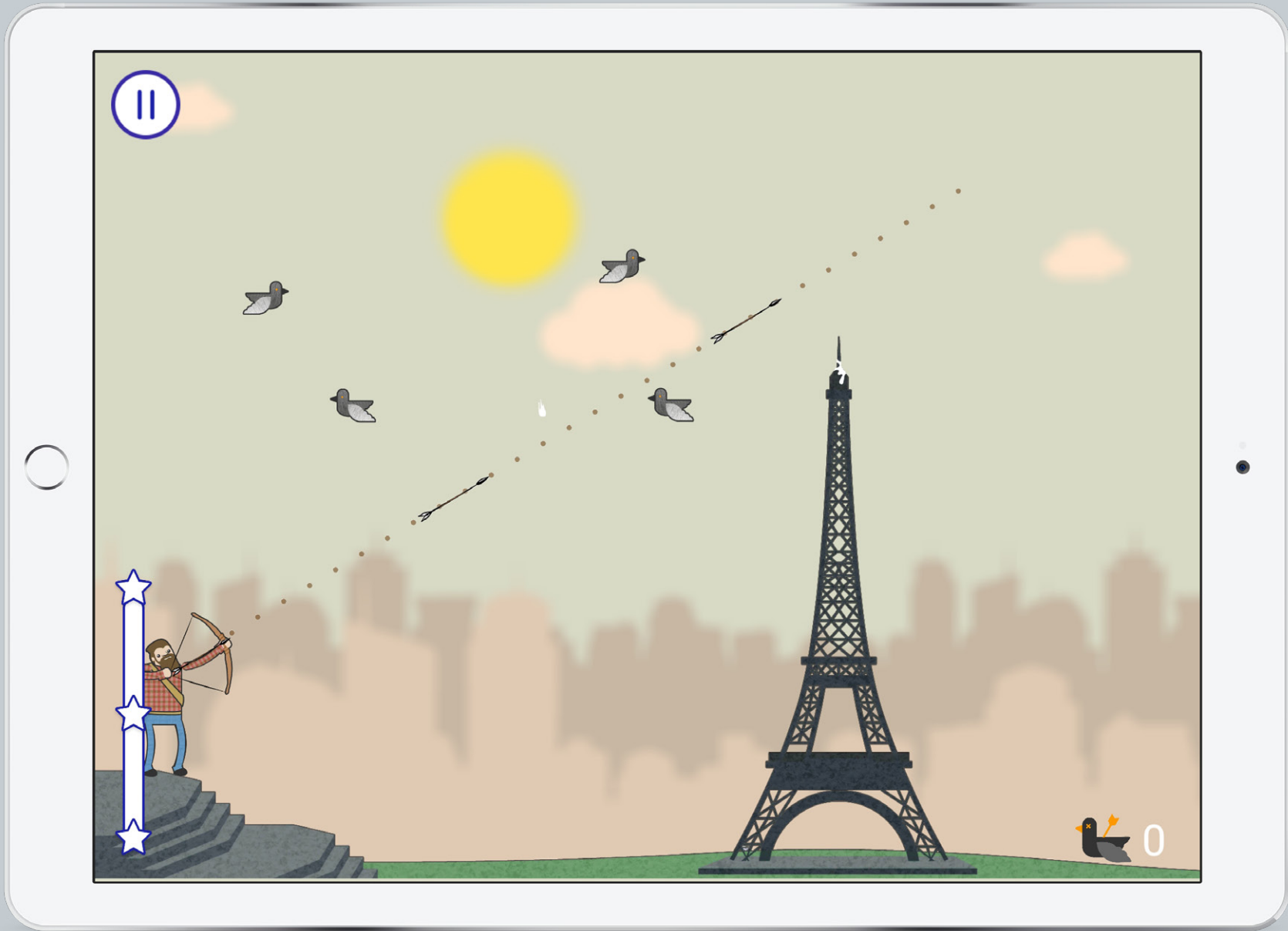


Wrist Extension and Flexion

4

PIGEON HUNTER

Pigeon Hunter requires repeated squeezes and control of release in time with a flying bird. A squeeze draws the arrow and a release lets it go.

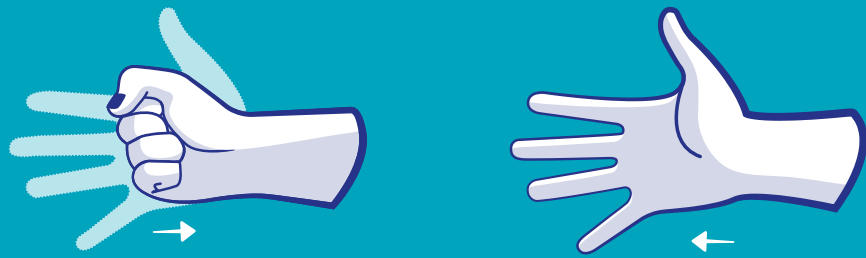
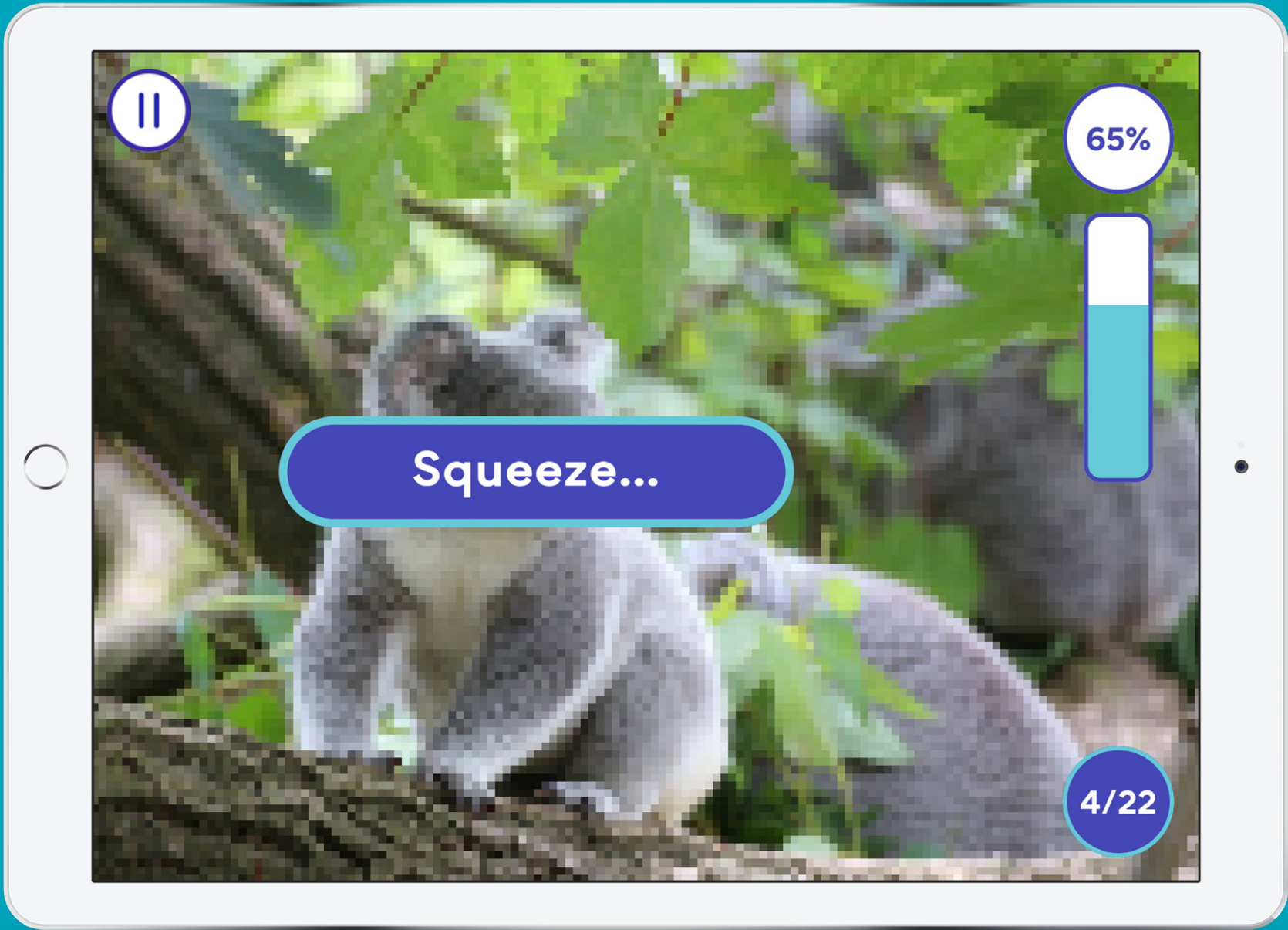


Grip and Release

5

PIXELATE

Pixelate aims to encourage grip and release. The user can choose whether the emphasis is on grip or release. The release option maybe suitable for people with high tone or challenges with release of grip.

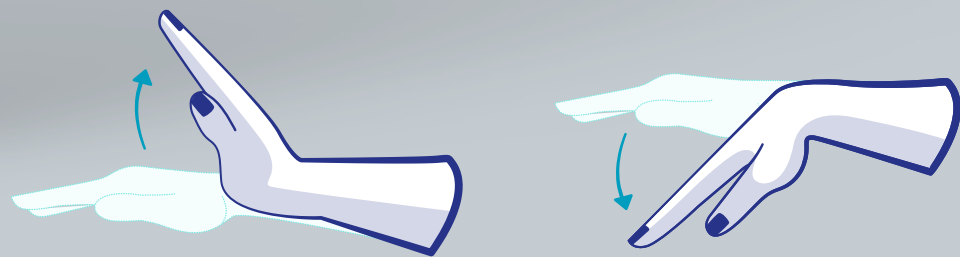


Grip and Release

6

PLUME

With Plume, the user controls the bird as it flies along a course using wrist flexion to move downwards and wrist extension to move upwards. High level of visual perception and concentration required.

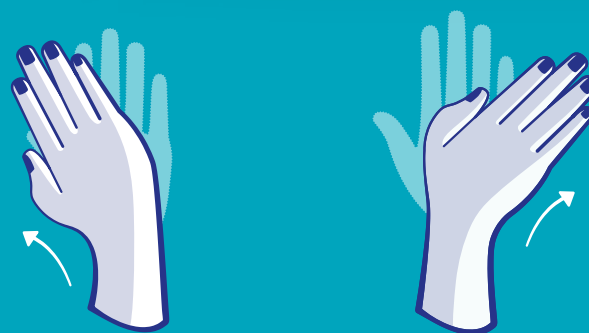
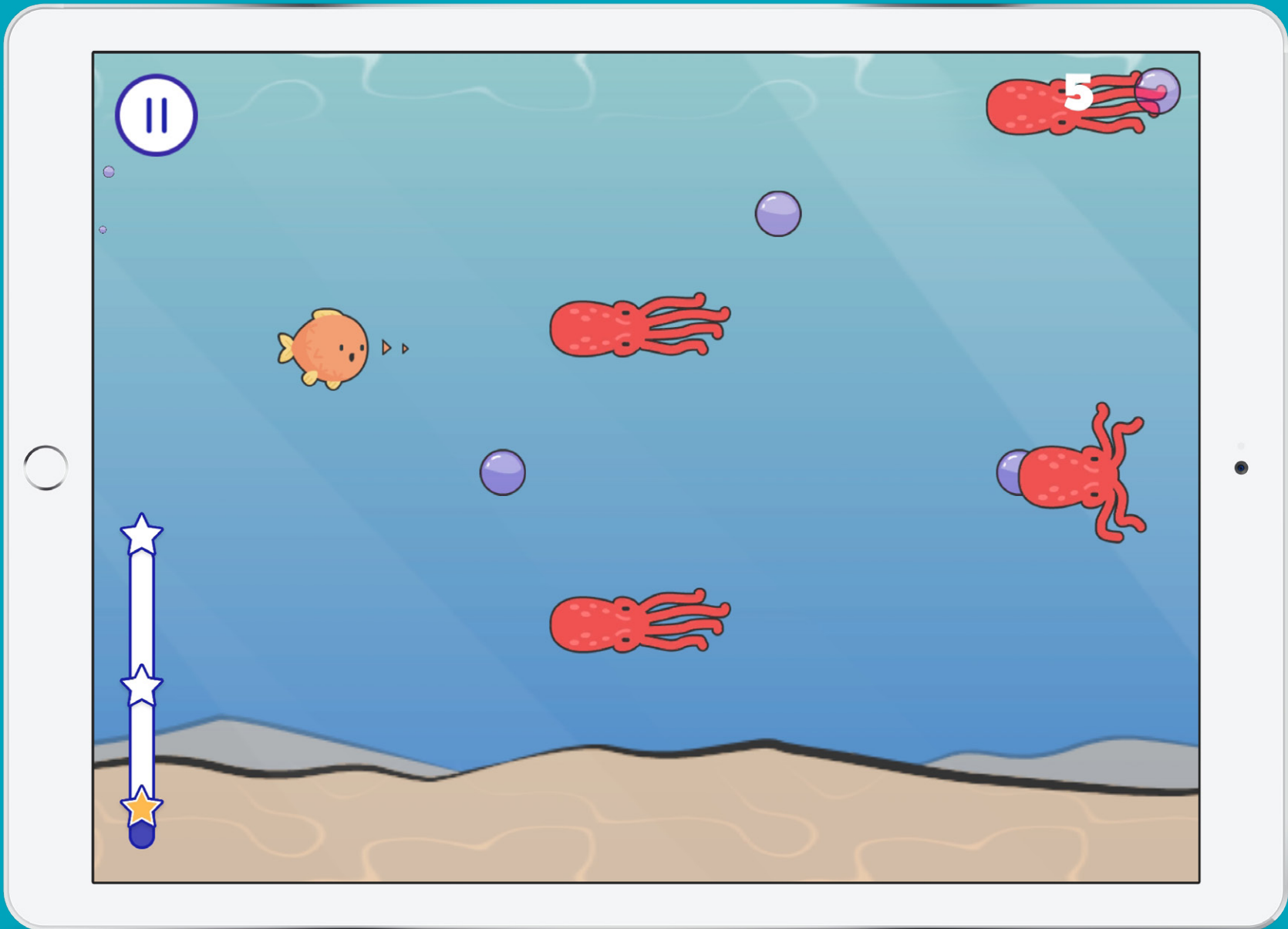


Wrist Extension and Flexion

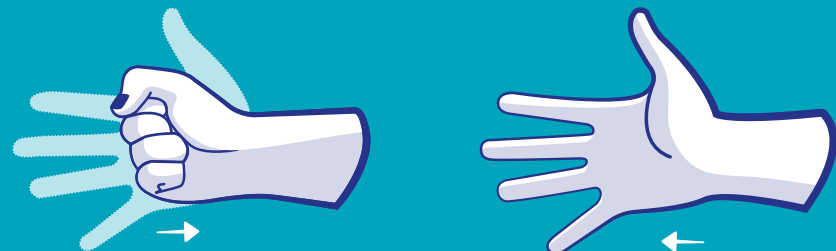
7

PUFFERFISH

In Pufferfish the user controls the fish to move up and down the screen by moving GripAble through wrist radial and ulnar deviation, avoiding more challenging items as the user proceeds through the levels.



Radial and Ulnar Deviation



Grip and Release

8

SPACE SHOOTER

In Space Shooter the user needs to move through pronation and supination to navigate left to right. Grip propels the spaceship up the screen and release to go down. Requires high levels of concentration and co-ordination of movement and grip.



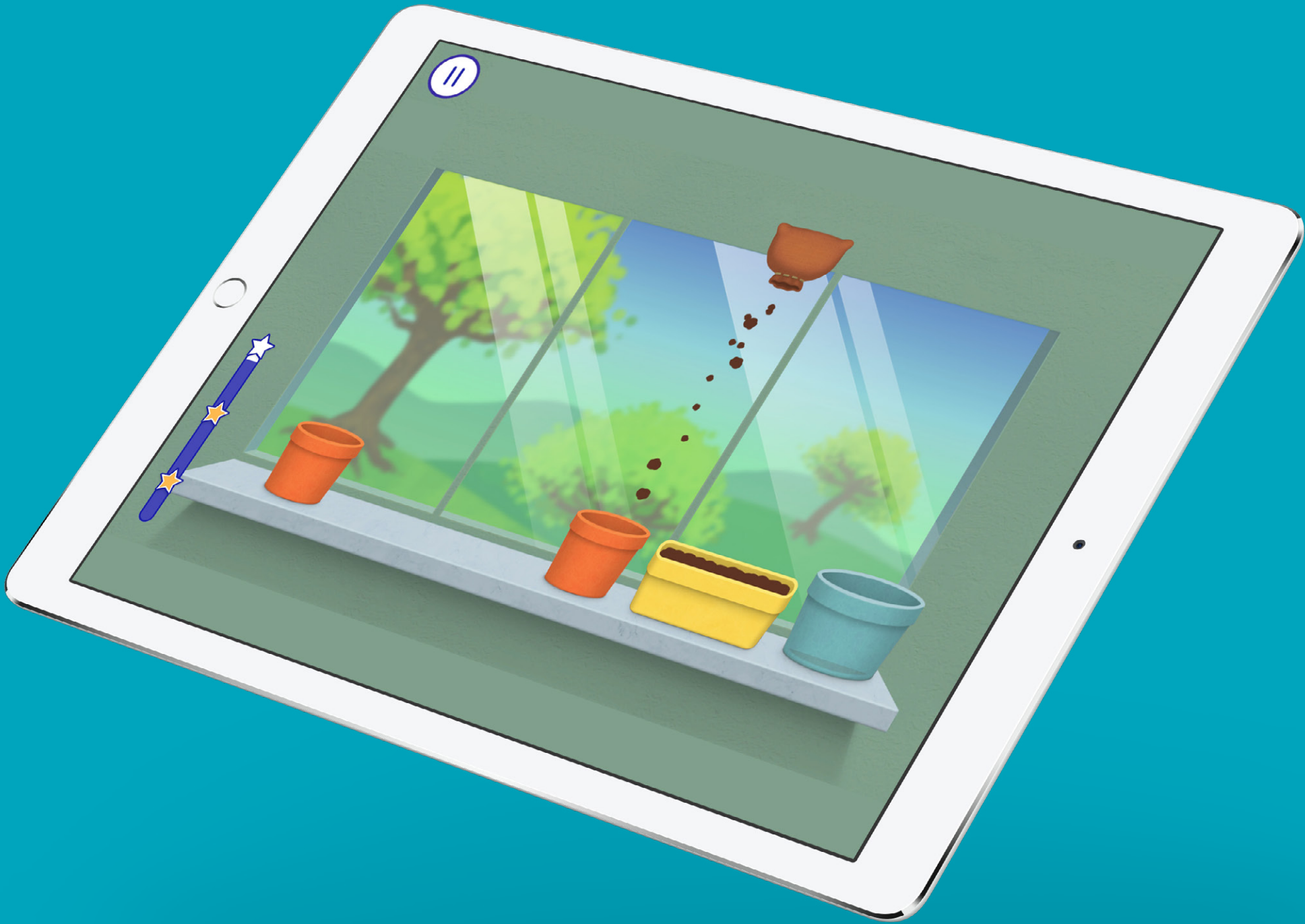
Pronation and Supination

Grip and Release

9

WINDOWSILL

Windowsill is aimed at moving in a controlled manner through the pronation / supination range with the ability to stabilise at specific points through the range, where the user will need to grip and release while maintaining position.



Pronation and Supination

Grip and Release



TRY BEFORE YOU BUY

GripAble is currently available on a trial basis to therapists, please contact the team to find out more.

CONTENTS

- ✓ GripAble device with straps
- ✓ Tablet
- ✓ Activities and updates
- ✓ Assessments and data
- ✓ Multiple therapist log ins
- ✓ Unlimited patient log ins



WWW.GRIPABLE.CO