

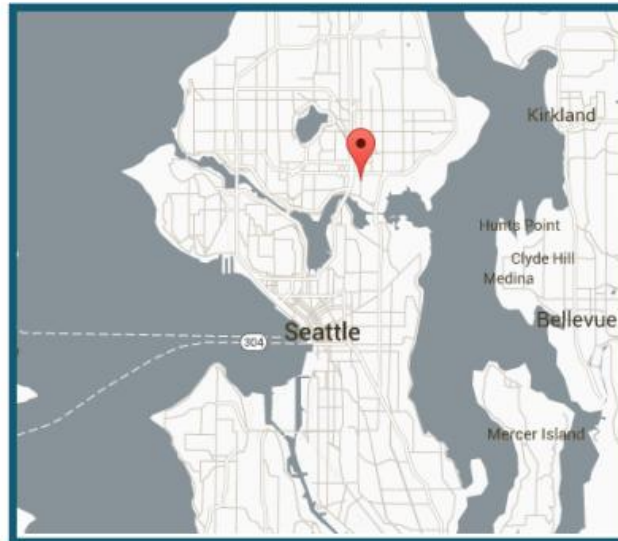
## Goals of the Study

We are interested in understanding how gamifying therapy by using special hand motion and muscle activity sensing effects adherence to home therapy practices in individuals who need hand and arm therapy.

### Study Outline:

- Total of 16 weeks with two 8 week sections
- Participants will use vHAB at home to enhance their home therapy practices for one of the two 8 week sections
  - Week 1 - 8 OR
  - Week 8 - 16
- When not using the system, we will call you every 2 weeks to ask a few questions about your home therapy practices.
- Participants will come in to the University of Washington for a maximum of 5 Assessment sessions where we will measure your hand and arm capability and ask questions about your perception of vHAB.

## Contact Us



**University of Washington**  
1414 NE 42nd St  
Suite 204  
Seattle, WA 98105

For information about  
this study please contact:

**Melissa Smith**  
melissa.ralston@gmail.com  
206-930-6520

Watch a video about vHAB at  
[multimodalhealth.com](http://multimodalhealth.com)

# vHAB

## Research Study



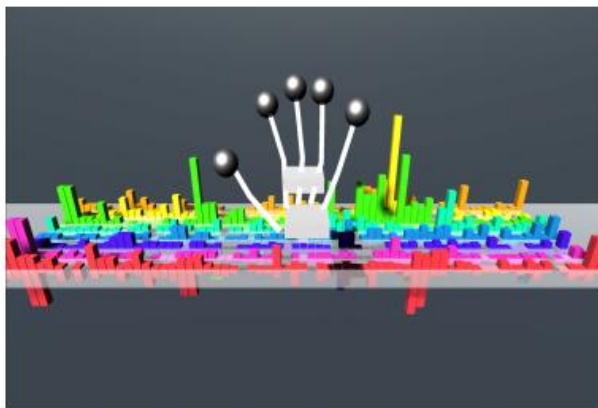
University of Washington



[multimodalhealth.com](http://multimodalhealth.com)

# What is vHAB?

The vHAB Platform is a gamified therapy system that provides a fun way to do hand and arm therapy exercises in the comfort of your own home.



vHAB analyzes hand position and muscle activity data without complicated setup.

## What's included:

- **Tabletop Camera**  
*Measures hand movements without any glove, stickers or markers*
- **Muscle-sensing Armband**  
*Measures forearm muscle group activations without stickers or calibration*
- **Intuitive Software**  
*Easy to use interface makes it quick to get started doing therapy exercises*
- **Tablet-based for convenience**  
*Simple to set up as an exercise station anywhere in your home.*

# How to Participate in the vHAB Study

## Curious about trying vHAB?

### 3 Simple steps:

- 1) Email or call our Study Coordinator, Melissa Smith (contact info on back of pamphlet).
- 2) Melissa will answer any questions you have about vHAB and ask you some questions to understand your eligibility to participate.
- 3) We'll schedule your first session where you'll be introduced to the system and train you how to use it.

## Who we are looking for to participate:

We are looking for individuals who have suffered an injury that has left them with impairments to their hand and/or arm, including but not limited to spinal cord injury, traumatic brain injury, and stroke.

# Therapy Games

vHAB games turn standard therapy exercises like wrist flexion, extension, pronation, supination, and finger movements into fun and engaging games!



## vHAB makes home therapy more enjoyable!



Grow a garden as you progress and to help you stay motivated on your road to recovery!