Flint Rehabilitation Devices LLC

FitMi Pucks
Users Manual

REHABSTUDIO

for FitMi

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Home User's Guide

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FlintRehab

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1 General

1.1 Warnings

Signal words and images are used in this manual to bring attention to unsafe practices which could result in personal injury or property damage. See below for definitions of the signal words.

CAUTION
Caution indicates a potentially hazardous situation which, if not avoided, may result in property damage or minor injury or both.

IMPORTANT
Indicates a hazardous situation that could result in damage to property if it is not avoided.

INFORMATION
Gives useful tips, recommendations and information for efficient, trouble-free use.

1.2 Limited Warranty

PLEASE NOTE: THE WARRANTY BELOW HAS BEEN DRAFTED TO COMPLY WITH FEDERAL LAW APPLICABLE TO PRODUCTS MANUFACTURED AFTER JULY 4, 1975.

This warranty is extended only to the original purchaser who purchases this product when new and unused from Flint Rehabilitation Devices, LLC (hereafter, Flint) or a dealer. This warranty is not extended to any other person or entity and is not transferable or assignable to any subsequent purchaser or owner. Coverage under this warranty will end upon any such subsequent sale or other transfer of title to any other person.

This warranty gives you specific legal rights and you may also have other legal rights which vary from state to state. Flint warrants all components of this product when purchased new and unused to be free from defects in materials and workmanship for a period of one (1) year from the date of purchase from Flint or a dealer, with a copy of the seller's invoice required for coverage under this warranty. If within such warranty periods any such product shall be proven to be defective, such product shall be repaired or replaced, at Flint's option. This warranty does not include any shipping charges incurred in replacement part installation or repair of any such product. Flint's sole obligation and your exclusive remedy under this warranty shall be limited to such repair and/or replacement.

For warranty service, please contact the dealer from whom you purchased your Flint product. In the event you do not receive satisfactory warranty service, please write directly to Flint. Provide dealer's name, address, the product model number, date of purchase, indicate nature of the defect and, if the product is serialized, indicate the serial number. Do not return products to our factory without our prior consent.

Limitations and Exclusions: The foregoing warranty shall not apply to serial numbered products if the serial number has been removed or defaced, products subjected to negligence, accident, improper operation, maintenance or storage, products modified without Flint's express written consent including, but not limited to, modification through the use of unauthorized parts or attachments; products damaged by reason of repairs made to any component without the specific consent of Flint, or to a product damaged by circumstances beyond Flint's control, and such evaluation will be solely determined by Flint. The warranty shall not apply to normal wear and tear or failure to adhere to the product instructions.

The foregoing express warranty is exclusive and in lieu of any other warranties whatsoever, whether express or implied, including the implied warranties of merchantability and fitness for a particular purpose, and the sole remedy for violations of any warranty whatsoever, shall be limited to repair or replacement of the defective product pursuant to the terms contained herein. The application of any implied warranty whatsoever shall not extend beyond the duration of the express warranty provided herein. Flint shall not be liable for any consequential or incidental damages whatsoever.

Some states do not allow the exclusion or limitation of incidental or consequential damage, or limitation of how long an implied warranty lasts, so the above exclusion and limitation may not be applicable. This warranty shall be extended to comply with state/provincial laws and requirements.

2 Safety

2.1 General Guidelines

CAUTION
Do not use this product without first completely reading and understanding the warning, cautions, or instructions, contact a healthcare professional, dealer or technical personnel before attempting to use this equipment.

Do not use this product if it has been damaged. Inspect all parts before use. In case of damage, contact Flint or your dealer for further instruction.

IMPORTANT
The information contained in this document is subject to change without notice.

FCC INFO

2.2 Safety and Handling

The FitMi system contains sensitive electronic components that require proper safety and handling during use. The hardware can be damaged if dropped, burned, punctured, crushed, or if it comes in contact with liquid. Therefore, it is important that you read and understand these safety instructions before use.

IMPORTANT
The FitMi hardware does not contain serviceable components. If you experience technical difficulties with any of the FitMi components, please contact Flint.

Cleaning Procedure

CAUTION
Do not submerge the FitMi Hadware under water. This can permanently damage the device.

To clean your FitMi hardware:

1. Disconnect the power cable from the charging dock and unplug the Pucks and Receiver.
2. Use a wet cloth or disinfectant wipe to clean the outside of each component. Be sure to avoid getting any moisture in the openings.
3. Wait until the components are completely dry before placing the Pucks back in the charging dock, plugging in the charging cable, and plugging the Receiver into your computer.

Contraindications

Do not use the FitMi System in the following scenarios:

1. General systemic infection or local infection of skin on hand.
2. Inflammatory or allergic reaction to any plastic component.
3. Your physician has advised you to refrain from moderate physical activity.

CAUTION
FitMi is an exercise platform, so some fatigue is expected after use. However, if you experience any continued pain or soreness, stop using FitMi immediately and consult your medical professional.

Electrical Safety

The FitMi hardware has a single power supply and the Pucks are charged using the charging dock. Proper handling should be observed to minimize the risk of electrical shock.

1. **Do not** use any charging station other than the charging dock supplied by Flint.

2. **Do not** use any AC adapter other than the one supplied by Flint.

3. **Do not** plug the FitMi Receiver into an improper USB port, such as a USB charging port. The receiver is intended to be plugged into a USB port on a computer.

4. Make sure the FitMi Pucks are fully inserted into the charging dock when you are charging them.

Radio Frequency Exposure

The FitMi Pucks use a 2.4 GHz low-latency propriety wireless protocol to connect to the Receiver. While it has been thoroughly tested for non-interference with other devices, such emissions can affect the operation of other electronic equipment. If any interference is detected, please do not use the devices at a close proximity.

Regulatory Information

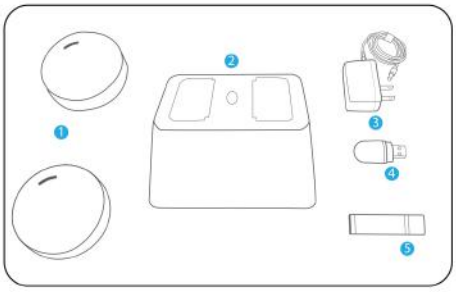
Tested to comply with FCC standards:
FitMi Pucks FCC ID:
FitMi Receiver FCC ID:
For medical use. This device complies with part 15 of the FCC rules. Operation is subject to the following two conditions: (1) This devices may not cause harmful interference, and (2) this device must accept any interference received. This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

Disposal and Recycling information

You must dispose of the FitMi system properly according to local laws and regulations. Because the FitMi system contains electronic components and a battery, it must be disposed of separately from household waste. Disposing of this product correctly will help save resources and prevent any potential negative effects on human health and the environment.

3 Package Contents

Please verify that your RehabStudio package contains the following components:



1. 2 FitMi Pucks (Yellow and Blue)
2. FitMi Charging Dock
3. Charging Dock power cord
4. FitMi Receiver
5. RehabStudio Installer Drive

4 The FitMi System

4.1 Purpose of the FitMi System

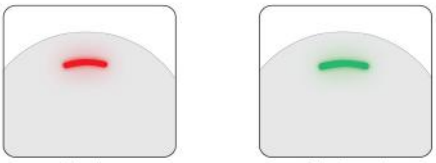
FitMi is a motion interface system designed to capture and measure movements that promote physical fitness and well-being. FitMi works by encouraging meaningful movements through fun and engaging software applications. Each app has a different purpose, but they all use the FitMi system to detect the completion of specific motions relevant for that application. For example, the FitMi system is able to detect rotation, translation, touches, and grip force applied by your hands, arms, core, and legs.

In other words FitMi was designed to get you moving!

4.2 Setting Up the FitMi System

Before using FitMi, make sure the FitMi Pucks are fully charged.

To charge the Pucks, make sure they are fully inserted into the Charging Dock. Plug the Charging Dock power cord into an outlet and plug the other end into the FitMi Charging Dock. The indicator light on the Pucks will glow red during charging, and will turn green once the Pucks are fully charged. It will take around 3-5 hours for the Pucks to be fully charged.

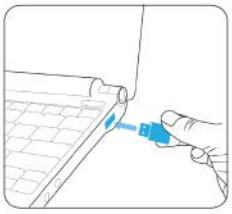


Charging Fully Charged

During use, the indicator light on the Pucks will light up when it detects a "touch". If the battery is charged, the indicator light will be green. The light will turn yellow when the Pucks have less than 25% charge, indicating that you should charge them soon. The indicator light will turn red when the Pucks have less than 5% charge, indicating that you should charge the Pucks immediately.

Fully charged Less than 25% charge Less than 5% charge

To use the FitMi Pucks with an app, plug the FitMi Receiver into a USB port on your computer. When you first plug in the Receiver, the indicator light on the Pucks will flash purple and the Pucks will vibrate to indicate that they are connected to the Receiver.



4.3 Using the FitMi System

Each FitMi app will provide specific instructions on how to use the FitMi System for that app.

> **INFORMATION**
>
> **Always** keep the receiver plugged into your computer when using FitMi. If the application does not appear to respond to the Pucks, unplug the receiver and then plug it back in.

Airplane Mode

In Airplane Mode, the wireless transmitters on the FitMi Pucks will be disabled, preventing possible wireless interference. To place the FitMi Pucks into Airplane Mode, first unplug the FitMi Receiver from your computer, then squeeze the Puck and hold it for 10 seconds. The Puck will vibrate when the Puck enters Airplane Mode, and the indicator light will flash PURPLE once a second.

To turn off Airplane Mode, simply squeeze the Puck and hold it for 10 seconds again. You may also simply plug the Puck back into the Charging Dock.

> **IMPORTANT**
>
> The FitMi System will not work while the Pucks are in Airplane Mode.

5 The RehabStudio App

5.1 Software Installation

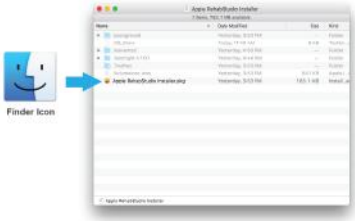
Before you start, please read the following instructions on how to install the RehabStudio software onto your computer. You can also watch a tutorial video at www.flintrehab.com/howto

5.1.1 Mac Installation

1. Plug the RehabStudio Installer Drive into a USB port on your computer.
2. Double click on **Apple RehabStudio Installer** icon on your desktop.

Apple Rehab Touch Installer

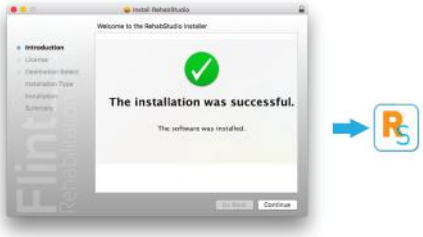
If the icon is not displayed on your desktop, click the Finder Icon in the menu bar. Then click on the Apple RS Installer icon under the Devices heading.



Finder Icon

3. Once the installer software appears on your screen, click Continue and follow the instructions.

4. After the installation is complete, double click on the RehabStudio icon on your desktop to launch the game.



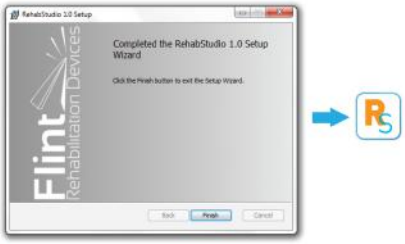
5.1.2 PC Installation

1. Plug the RehabStudio Installer Drive into a USB port on your computer
2. Click on **"Open folder to view files"** or click on the Windows Explorer icon on your taskbar and click on Rehab Studio USB Drive.

3. Double click on the file **"Windows RehabStudio Installer"**

4. Once the installer software appears on your screen, click Install and follow the instructions.

5. After the installation is complete, double click on the RehabStudio icon on your desktop to launch the game.



5.2 Using the RehabStudio App

The first time you launch RehabStudio, the app will offer to guide you through how to use it.

Click on "Yes" if you would like the software to guide you through how to use RehabStudio (Recommended).

Click on "No" if you would like to start using the software without instruction.

> **INFORMATION**
>
> You may click on the "?" on the bottom of the Main Menu at any time to relaunch the tutorial.

Main Menu

1. On this screen, you can click "Exercise" to begin your workout.

The numbers on the left side of the screen show the current Level for each region of your body. Your Level will allow you to keep track of your progress as you advance through the exercises. See if you can get all the way to Level 100!

Note, you can click on the Level Indicator to view your performance history over time (see Pg 25).

You can click "Quit" to exit the app. You may also press the Escape (Esc) button on your keyboard at any time to quit.

Workout Settings

2. On the left side of the screen, click on the part of the body you would like to exercise with:

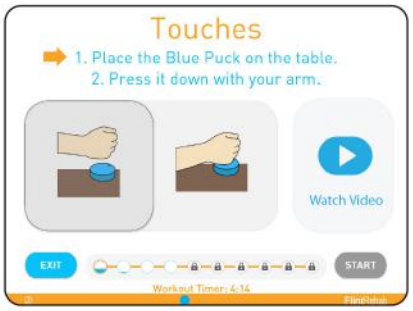
Arm, Core, Hand or Leg

Then, the screen will display your current Level, the total number of repetitions you have completed and the total time you have spent working out with this part of the body.

On the bottom of the screen you can see your progress for each exercise in the currently selected body part (there are 10 total exercises per body part). Level up to unlock more advanced exercises!

Click and drag the bar on the right side of the screen to select the duration for your workout.

Click "Begin" to start your workout, or click "Back" to return to the Main Menu.



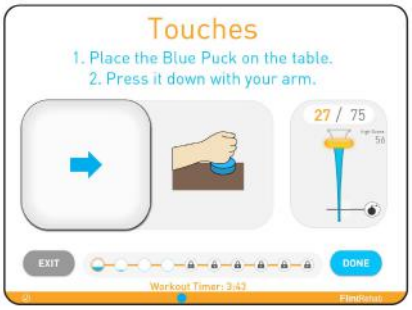
Workout Screen

3. The top of the Workout Screen displays the name of the current exercise. Below the exercise name, you will see instructions on how to set up the FitMi Pucks for this exercise.

On the left side of the screen, you will see two images demonstrating the exercise you are required to complete.

Take a moment to attempt the exercise until you feel comfortable with how to complete it. When you wish to begin the exercise, click on the "Start" button, or simply hit the Space Bar on your keyboard. You will receive a 3 second count down before the exercise begins.

If you need help understanding how to do a certain exercise, you may click on the "Watch Video" button on the right side of the screen to recieve instructions from an actual therapist!



Once the exercise begins, a sliding arrow will appear over the images on the left side of the screen. Complete the exercise by moving with the FitMi Pucks to match image that the arrow is pointing to. The arrow will snap over to the other image once you complete the exercise correctly.

Click the "note" icon on the bottom of the screen to turn off the background music during exercise.

During an exercise, you can click "Done" to finish the exercise early.If you do this, your progress for the current exercise will still be saved.

Before you start an exercise, you may also click the circles on the bottom of the screen to jump to any other unlocked exercise.

You will also see a dropping bar on the right side of the screen. Each time you complete an exercise successfully, the bar will move up. The objective is to complete the number of repetitions shown above the bar without letting the bar drop below the Bomb Line. If it does, you will have a few seconds to try to get it back up before you will have to start over and try to get passed the Stage on another attempt. Complete the Stage to Level Up.

As you advance to more challenging Stages, you will have to complete more repetitions to Level Up, the Bomb Line will move higher, and the bar will drop faster and faster. However you will also get a bigger boost up each time you complete the exercise successfully. Plus, occasional Power Ups will appear to help you out. Make the falling bar cross the Power Up line to get the following rewards:

- The Bomb Line will reset to full length and the falling bar will shoot to the top for 1 second.
- The falling bar will drop more slowly, giving you extra time to complete the exercise.
- The bar will get a bigger boost up each time you complete the exercise successfully.
- For some exercises, it will become easier to complete (for example, you won't have to move quite as far).

If the bar drops below the Bomb Line, the game screen will pause and you will see the total reps you made during your attempt. You may click on the "Retry" button to do this same exercise, or you may click on "Next" if you would like to continue to the following exercise.

Your workout will automatically end when the Workout Timer goes to 0:00. You may also end your workout early by clicking "Exit". Again, if you do this, your progress will still be saved.

IMPORTANT

! The FitMi Receiver must be plugged into the USB port in order to play the game.

Results Screen

4. After you are done with your workout, the app will show you how well you did.

For each exercise that you have unlocked, you will see the current Stage you are on, whether or not you advanced to a new Stage during your workout, and the total number of repetitions you completed during your workout.

At the bottom of the screen you will also see your Level for the body part you just exercised. Get to Level 100 by completing all 10 Stages for every exercise.

Click on "Done" to go back to the Main Menu.

Analytics Screen

This screen will automatically display the Levels you have achieved for the specific part of your body you selected.

Click on the dropdown menus on the upper right hand corner of the graph to modify the information you would like to be displayed.

You may click on the "trash" icon to reset your data at any time. Doing this will erase all workout history.

6 Contact Information

Please use the information below to contact Flint Rehabilitation Devices, LLC in the event of any device malfunction, complaint, return request, or compliment!

Mailing Address:

Flint Rehabilitation Devices, LLC

18023 Sky Park Circle, Suite H2

Irvine, CA 92614

Phone Contact:

Customer Service: 1-800-59-FLINT (800-593-5468)

Internet and Email Contact:

E-mail: support@flintrehab.com

Website: www.flintrehab.com

FCC STATEMENT :

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:
(1) This device may not cause harmful interference, and
(2) This device must accept any interference received, including interference that may cause undesired operation.
Warning: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

RF warning statement:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.