

Woerden, november 2025

Dear SilverFit Flow client,

We are pleased to share the 2025 update for the SilverFit Flow. This letter highlights the new features and improvements included in this version.

## 1. Add the Dandelion to an exercise series

The Dandelion is designed for training the ACBT/Huff technique, which helps patients clear mucus from their airways in a structured and energy-efficient way.



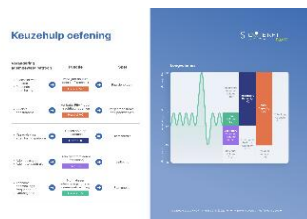
By combining gentle breathing, deep inhalation, and the huff technique, mucus is moved from the smaller airways to the throat, making it easier to cough up. This reduces the risk of lung infections and improves breathing efficiency.

The exercise is particularly valuable for people with chronic lung conditions such as COPD, as it is less tiring than repeated coughing and supports independent use of the breathing technique.

With this update, the Dandelion can now be added to exercise series. You can start the exercise with an unlimited number of ACBT cycles (ending it manually with the red X), or by selecting a set number of cycles. In the latter case, the exercise will automatically end once all three phases have been completed the chosen number of times.

## 2. Exercise selection diagram

Therapists sometimes find it challenging to match observed respiratory changes to the most suitable Flow exercises. To support this, we've created a quick reference diagram that links common respiratory symptoms to recommended exercises.



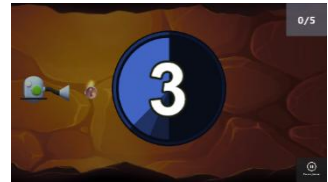
You can keep this diagram in the treatment room for easy reference. A digital version is also available on request.

### 3. Countdown timer before starting an exercise

Based on customer feedback, we've introduced a countdown timer before the start of each exercise.

- During the countdown, no sensor input is registered—making it the ideal moment to bring the sensor to the mouth.
- The visual timer also provides a clear signal for when to begin the exercise.

This improvement prevents false repetitions and makes it easier for clients to start correctly.



In addition to the countdown timer, we have also made an adjustment to the repetition threshold value. This is a flow value that must be exceeded for the system to recognize it as a repetition. This value will be increased when the protocol indicates that someone's flow is higher than 1 L/s. This also helps to prevent false repetitions.

### 4. Changes to Windows

The computer running SilverFit Flow usually operates on Windows 10. As Microsoft will soon end support for Windows 10, no further updates will be provided, which may create potential security risks. However, because Flow is not connected to the internet, the risk is minimal.

Not all computers can be updated to Windows 11. Consult your IT-department to check if this is necessary for your SilverFit Flow system. Our support team can advise you in the possibilities.

### Suggestions or ideas?

We are continuously working on the next update. If you have any suggestions or ideas, feel free to share them with us by emailing [flow@silverfit.nl](mailto:flow@silverfit.nl) or calling (+31) 348 769 110.

Best regards,  
Team SilverFit