

Dear SilverFit 3D client,

You have just received the SilverFit 3D software update for 2024. In this letter, we explain the changes and improvements made in this software version.

1. **New exercise: Slalom skiing**

- Train flexibility and strength of the trunk and lower limbs
- Train walking balance
- Train the small knee bend
- Perform the exercise in sitting or standing
- Train at the functional level of the patient by selecting custom settings



We have developed a new game called Slalom skiing. This game can be played with a number of different movements. In a seated position, the player can use trunk or head side bending to navigate the skier across the screen. In a standing position, navigating is also performed using trunk side bending or alternatively walking sideways. It is also possible to add a temporary speed boost to score more points. The speed boost is triggered by bending the trunk forwards in sitting or performing a small knee bend in standing. Additional cognitive stimulation includes avoiding patches of grass and other obstacles. The above mentioned movement and cognition options can be activated and adjusted in the settings menu.

The goal of the exercise is to ski between as many sets of flags as possible before reaching the finish line. Trunk side bending will navigate the skier left and right across the screen. Avoid obstacles to prevent points being deducted from your score.

The settings are customizable to the functional level of your patient. The game has a choice of starting position: sitting or standing. It is also possible to select which movements should be performed to play the game. Once the movement is selected, the movement range is also adjustable. Adjusting the speed of the moving environment challenges reaction time. Selecting obstacles introduces a higher cognitive load to the game. For a quick start, select one of the predetermined settings: Easy, medium or hard.

2. Improved movement detection for the Ants crossing game

- Improved detection for knee extension
- Improved stability of borders
- Improved detection when sitting in a wheelchair

Ants crossing is a game often played on the SilverFit 3D. For this reason, correct movement detection and smooth gameplay is of the utmost importance. However, improving this for knee extension presented a challenge.



Throughout the development process we tested with multiple different wheelchairs and sunlight conditions to improve camera detection. The results of this meticulous process is something we are proud to release. Unfortunately there are still certain limitations to the movement detection while playing this game. High headrests present a significant limitation to detection. If possible to lower the headrest, we recommend doing so to prevent obstructing movement detection.

3. Saving exercises and organising with folders

We made small changes to the menu to make saving exercises and organising the start screen easier: The functionality for saving and deleting an exercise has become more user friendly.

- Saving an exercise for a signed in patient was already possible. It is now also possible to save an exercise to the general start screen which is relevant to everyone using the system.
- Organising the start screen is now easier. Click on 'Manage this screen' to change order of the items on the start screen. This screen now also has the possibility to create a folder and move exercises saved on the start screen directly to this folder.
- Exercises saved to an exercise series are saved to the start screen in a folder called 'Exercises saved for exercise series'. This makes them easy to find and localised to one place.

4. Changes to the Anatomy advisory menu

We made a few changes to the Anatomy advisory menu. We added a 'Walking frame' option for exercises that can be performed with a walking frame or rollator. On the basis of a critical evaluation by our experts, necessary changes were made to present the most up-to-date and relevant information.

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

Kind regards,

Team SilverFit