

Dear SilverFit 3D client,

You have just received the SilverFit 3D software update for 2025. In this letter, we explain the changes and improvements made in this software version.

1. Laundry day – let's remove the washing from the line

- Train Sit-to-stand transfers or trunk forward bending
- Add a cognitive challenge
- Available in single- or two-player mode
- Train at the functional level of the patient by selecting custom settings



We have developed a new exercise: The Clothesline. This exercise focuses on training Sit-to-stand transfers and trunk forward bending while seated.

Different clothing items move along a clothesline. When a piece of clothing moves in front of the person on the screen, it can be removed from the line by standing up or bending forward. The reward is folded laundry in the laundry basket. Avoid removing dirty laundry from the line!

The exercise settings can be adjusted to suit the level of the client:

Select the difficulty of the movement: The sit-to-stand transfer can be tailored to the therapeutic needs of the client. To prompt the client to initiate the transfer by bending the trunk forward, effectively demanding postural control as well as muscle strength, the Vorlage option can be chosen. This option must be selected and is not turned on by default.

Add a cognitive challenge: Challenge the client to distinguish between dirty and clean laundry. The dirty laundry must be left on the line and clean laundry placed in the basket. Additionally, specify the color or type of clothing the client must remove from the line.

Reaction time: Adjust the response speed so that your client can perform the exercise at a challenging level. The clothing can pause in front of the client for a short period before continuing, allowing enough time to react. It's possible to the speed of the clothing moving on the line.

2. Faster startup time for exercises

For this update, we took a critical look at the startup process of our exercises. We've heard that it can sometimes take a long time, and that this is a waste of the time you can with a client. We fully understand and would like to help in optimizing therapy time. We've made some upgrades that should speed up the startup process.

It's important to realize that the startup time also depends on the hardware being used (such as the age of the computer). For some systems, the startup time will be noticeably improved compared to others. If, after this update, you still feel that exercise start up is slow, please contact our support team to discuss upgrade options.

3. Tomato harvest supports use of a rollator

The tomato harvest trains shoulder flexion in the scapular plane. In this version, we adapted the game to be played with a walking frame.

The Tomato harvest is a very functional exercise as shoulder flexion is required in many activities of daily living. Think of opening a door while using a walking frame, for example.



4. Changes in Windows

The computer running the SilverFit 3D software uses Windows. Microsoft will soon end support for Windows 10, meaning no more security updates will be released. This may affect systems that are regularly connected to the internet. In such cases, we recommend upgrading to Windows 11. If the system is not connected to the internet, the risk is very low.

Please note: Installing Windows 11 can be more complex than a regular Windows or software update. We recommend having someone with technical computer knowledge perform the installation, such as an IT specialist. The installation may take at least one working day, so please plan accordingly.

Because we understand this can be a complicated step, we've added a tool to the software: the Windows Upgrade Assistant. This feature provides clear next steps tailored to your system. You can find this tool in the menu. Start the process by clicking on Windows Upgrade Assistant (this functionality only works if an internet connection is available).

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