Woerden, July 2026

Dear SilverFit 3D client,

You have just received the SilverFit 3D software update for 2026. In this letter, we explain the changes and improvements made in this software version.

1. **New! Practice on a treatment table or bed**

This year, we are adding no fewer than two new exercises to the SilverFit 3D. Both exercises are suitable for training from a lying position. Additionally, these exercises can also be performed from a **seated or standing position**. We explain them below:

The Bridge keeper:

- Train knee flexion in a supine position
- Train knee raise in a seated or standing position
- Train dynamically (hold briefly) or statically (hold longer)
- Train based on time or in sets of repetitions
- Customize the exercise to the patient in the settings menu



In this exercise, the patient operates the drawbridge. Boats appear that want to pass the bridge. By raising the leg, the bridge will open and the boat can proceed. Lower the leg in time to let the waiting cars pass.

The exercise can be fully tailored to the patient:

Determine the movement: There are 3 movement options in this game: knee flexion (lying down), knee raise in a standing position, and knee raise in a seated position. You can determine the range of motion separately for both the left and right leg.
Static/Dynamic: You can indicate whether the movement should be held briefly (dynamic) or for a longer period (static). In static mode, you can also specify how long the movement should be held.
Extra challenges: Add a timing element where the patient must initiate the movement on time, otherwise the boat returns. Note: this is only possible in dynamic mode. Or add a reaction time where the patient moves the leg back down in time, otherwise the waiting cars will become impatient.
Assist during training: As a therapist or family member, you have the option to assist with this game. You can use the airmouse to indicate on which side the boat appears and thus which leg will be trained.
Training duration: You can specify when the game ends; this can be after a certain duration or after a certain number of sets and repetitions.

The fishing pond:

- Train elbow flexion, shoulder anteflexion, or shoulder abduction in supine, seated or standing position
- Train dynamically (hold briefly) or statically (hold longer)
- Train based on time or with sets of repetitions
- Customize the exercise to the patient in the settings menu

Let's go fishing! As soon as there is a fish on our hook, the fish can be reeled in with an upward arm movement. If the patient is not quick enough or does not complete the movement fully, the fish may escape. There are ten types of fish to catch. After a successful repetition, you will be shown the details of the caught fish.



Also tailor this exercise completely to the patient:

Determine the movement: There are 3 movement options in this game: elbow flexion, shoulder anteflexion, and shoulder abduction. For the camera detection it does not matter which movement you make. The choice in the settings menu determines which instruction video is shown. All movements can be performed in supine, seated, and standing positions.
Static/Dynamic: You can indicate whether the movement should be held briefly (dynamic) or for a longer period (static). In static mode, you can also specify how long the movement should be held.
Training duration: You can specify when the game ends; this can be after a certain duration or after a certain number of sets and repetitions.

2. Standard exercise series added

We have compiled and added several exercise series. You can find these exercise series in the bar at the bottom of the home dashboard. With these standard exercise series, you only need to tailor an existing series to your patient. Briefly summarized:

- **Goal:** The series are structured based on treatment objective or target group.
- **Adjust level:** The ROM in the standard exercise series is set to 'easy'. Is this too easy for your patient? By saving a copy, you can adjust the same exercise series to the patient's level.
- **Duration of a series**: A standard exercise series contains a maximum of 5 exercises. An estimate of the total time is provided per series.

The standard exercise series can save you time during a session with a patient, as you do not have to look up exercises in between. It also offers the opportunity to discover new exercises. We are curious to hear about your experiences with these exercise series!

3. Calibration for Ants crossing improved for knee extension

We have made a small adjustment to provide you with clear instructions regarding the desired starting position for the exercise. Proper calibration of the starting position will reduce detection errors. If detection is not working well during the exercise, we have also added a recalibration button to the menu on the right. This allows you to recalibrate without restarting the game.



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