

+ ARM COACH + © DINIS MEIER & SAMUEL BAUER | ZHDK INTERACTION DESIGN | SPRING 2011 +

+ 0.1 CONCEPT + ARM COACH +



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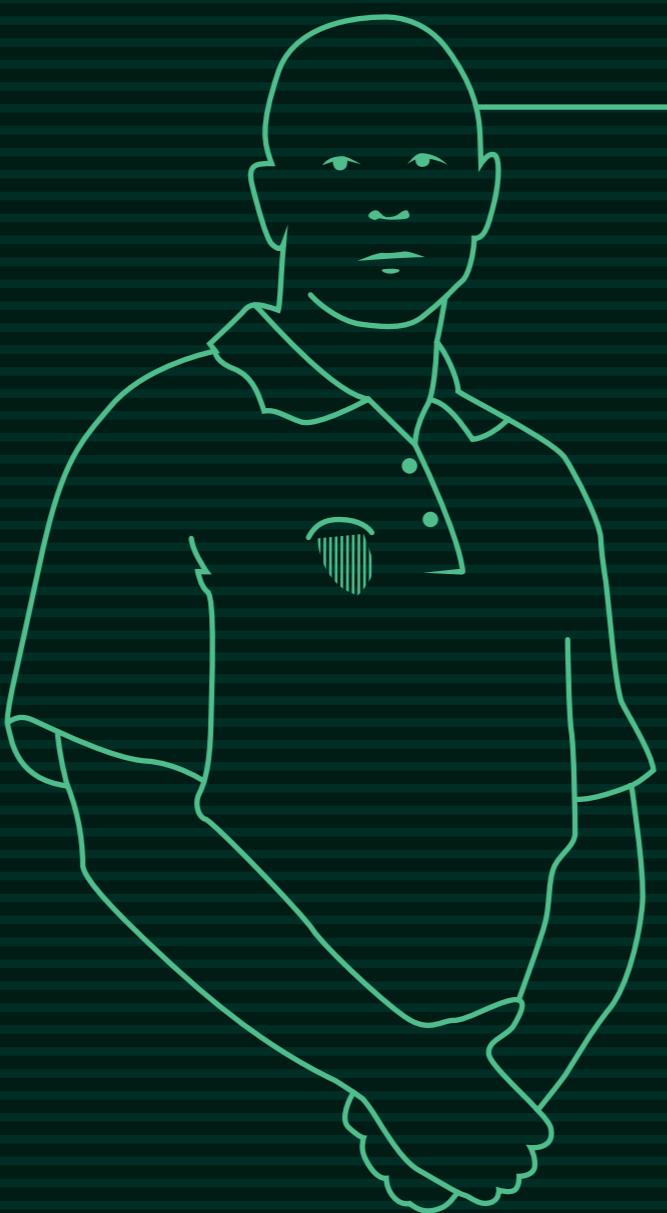
+ 0.2 MAIN FOCUS + CONCEPT +

1 LEVEL BASED TRAINING
+ [visible progress of arm-parts (e.g. shoulder)] +

2 REMINDING TO MOVE
+ [no precise measurement required] +

3 HINTS FOR ADL
+ [sensitizing arm integration in daily live] +

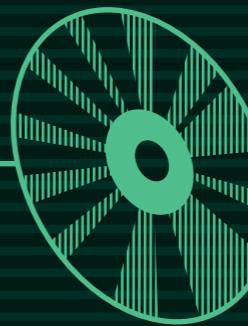
+ 1.1 HOW TO START + AT THERAPY SESSION +



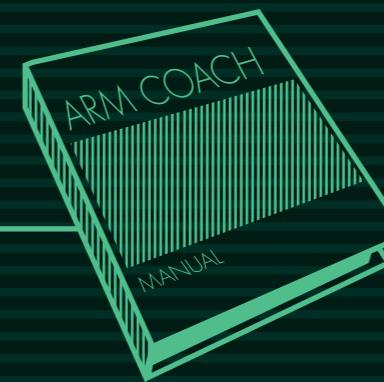
1 | THERAPIST
+ introduction +



2 | BRACELET
+ to wear at wrist +

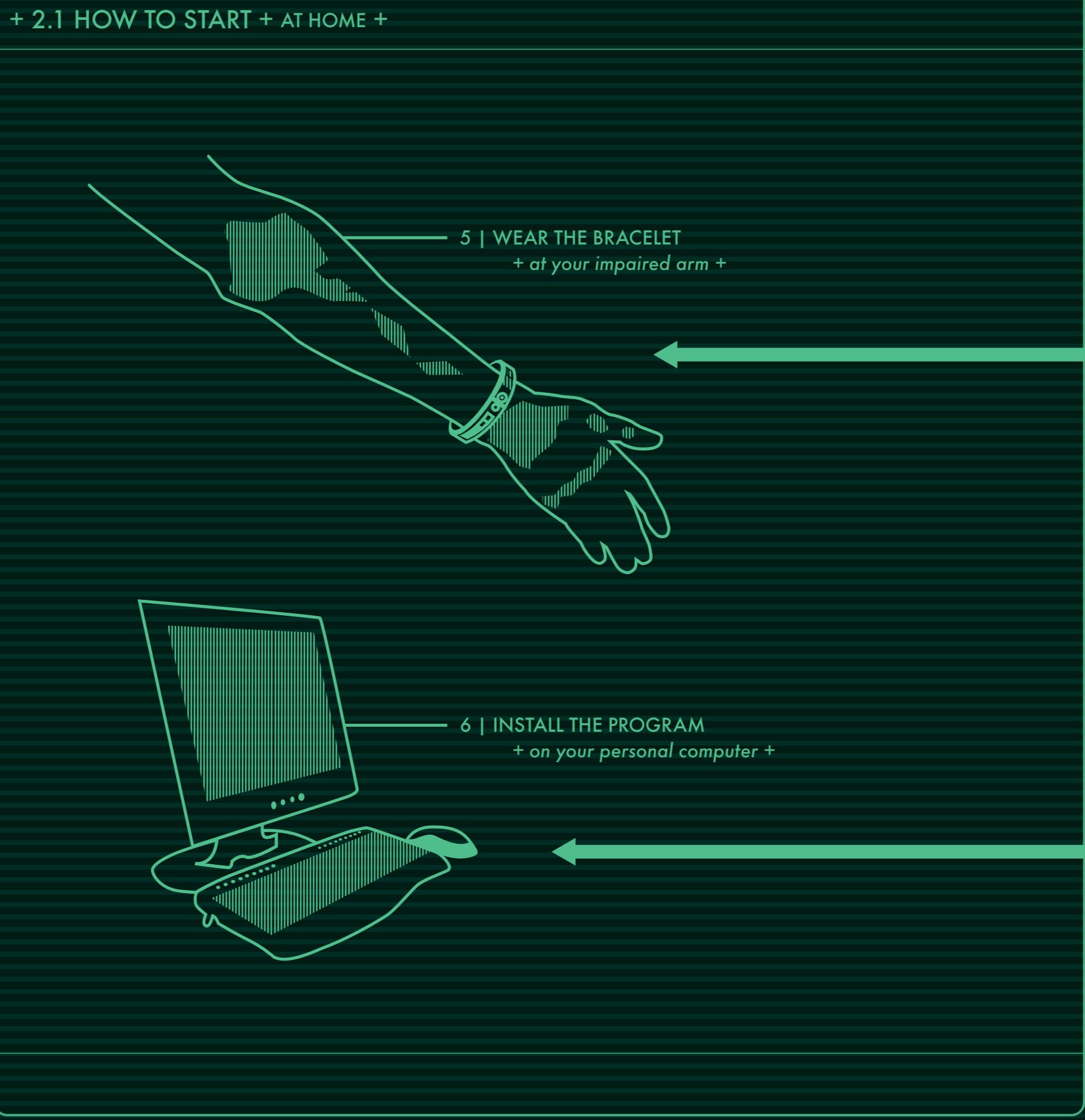


3 | INSTALLER
+ for home PC +



4 | MANUAL
+ for help +





+ 3.1 THE BRACELET + HOW & WHY +

1 | SPEAKER

+ [output] to remind +

3 | VIBRATOR

+ [output] to remind +

5 | LEDS

+ [output] daily progress +

2 | BUTTON

+ [input] to snooze training +

4 | ACCELEROMETER

+ [input] measurement +

6 | GYROSCOPE

+ [input] measurement +



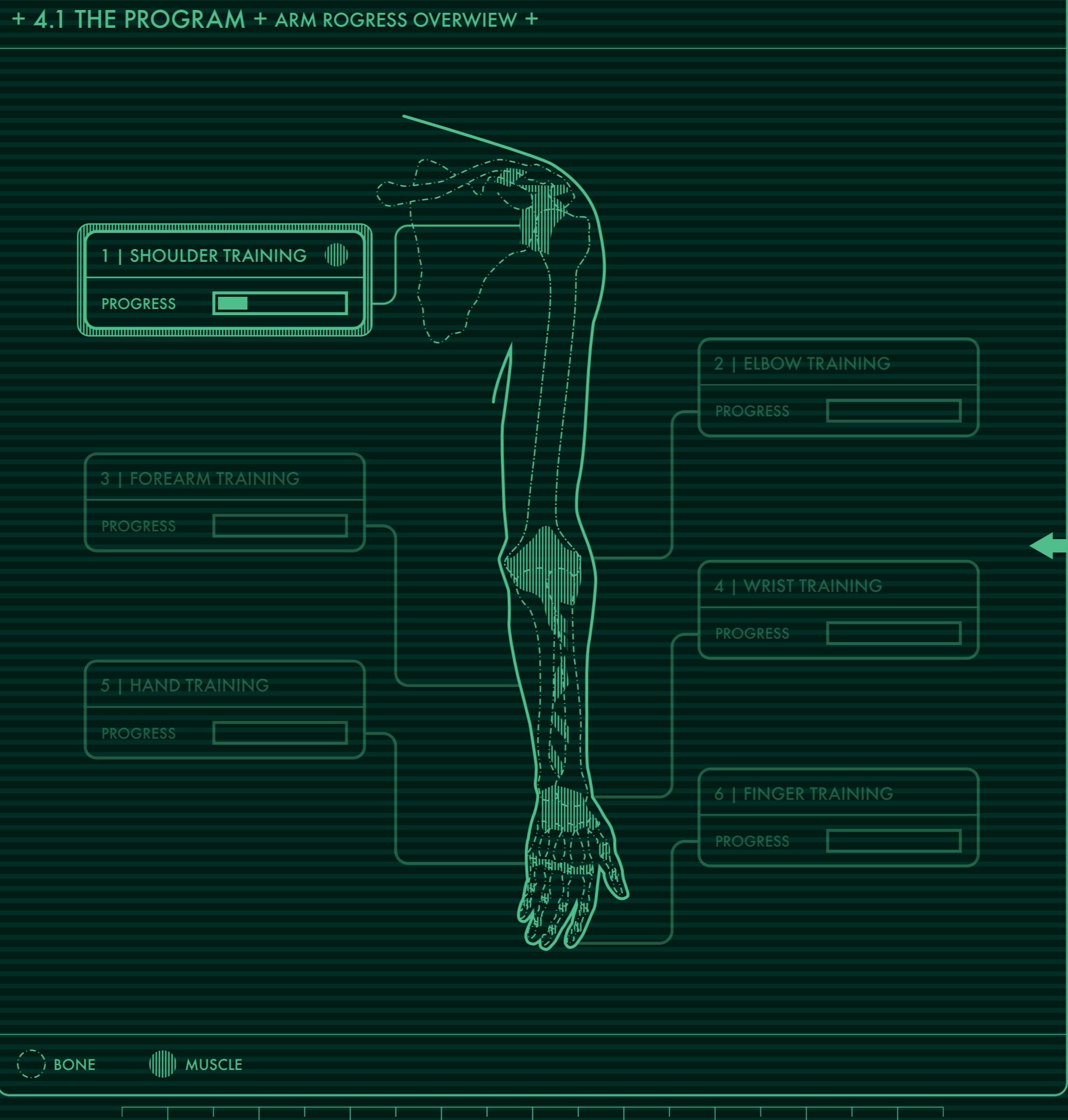
WEAR THE BRACELET ALL DAY LONG

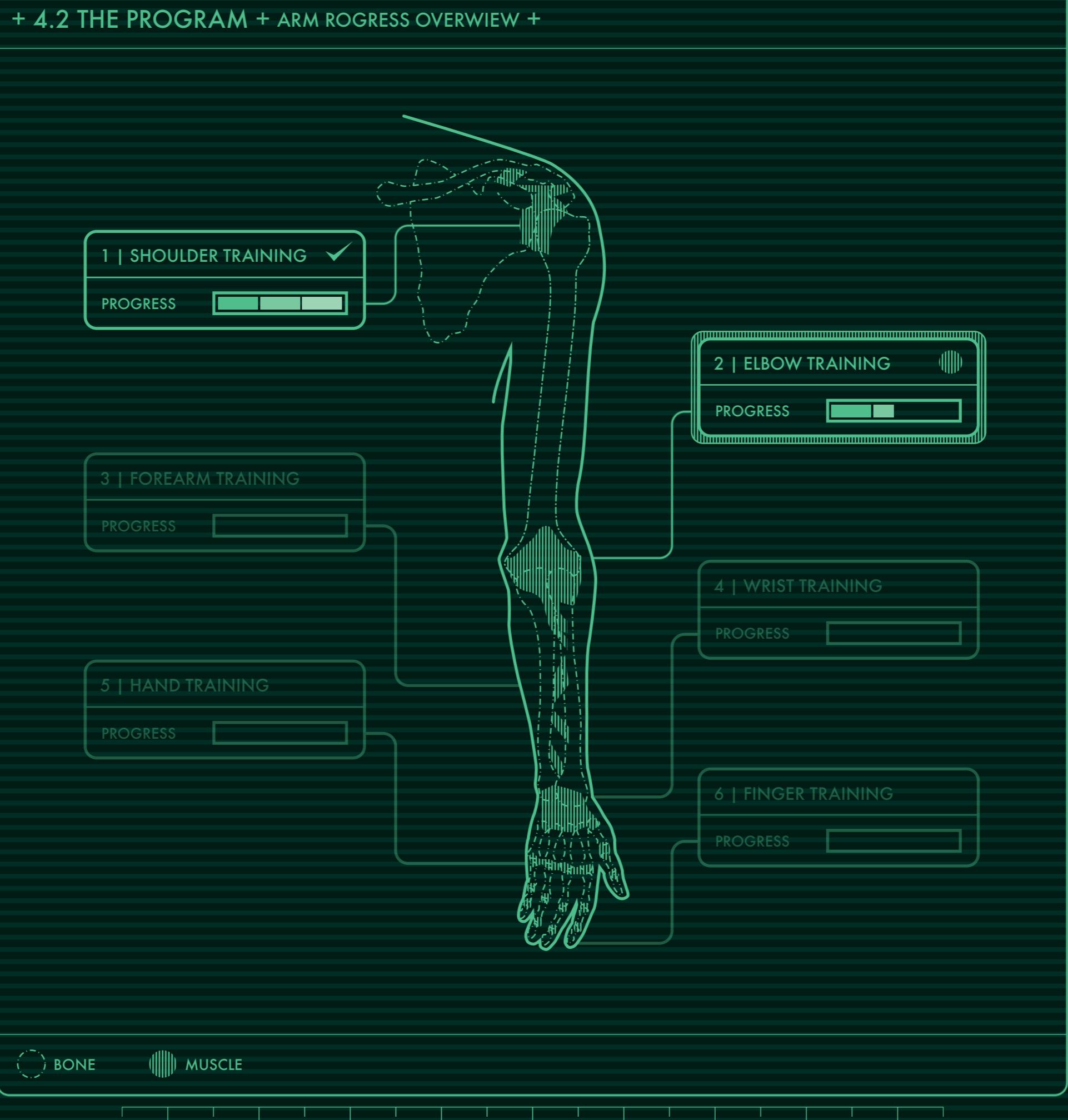
+ at your impaired arm +

AT SOME POINTS OF TIME ITS VIBRATING

+ move your arm [input] +
+ do specific training (if you like) +
+ if its enough the [output] will stop +
+ check your progress & ADL rewards +







+ 5.1 THE PROGRAM + SHOULDER TASKS +



1 | SHOULDER TRAINING

PROGRESS [019%]



SHOULDER TASK LEVEL 01 [068%]

HEUTE

	SA	FR	DO	MI	DI	MO
Progress	100%	100%	100%	100%	100%	100%
Rewards	1	1	1	1	1	1

REWARDS [01/12]



2 | ELBOW TRAINING

PROGRESS

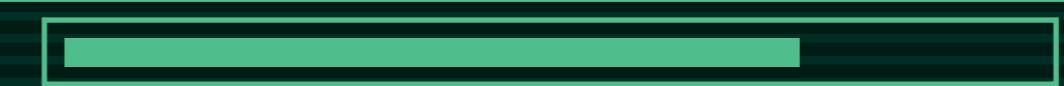


+ 5.2 THE PROGRAM + SHOULDER TASKS +



1 | SHOULDER TRAINING

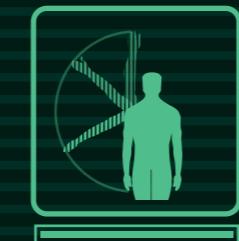
PROGRESS [072%]



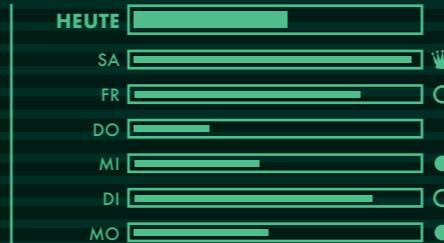
SHOULDER TASK LEVEL 01 [100%]



SHOULDER TASK LEVEL 02 [100%]



SHOULDER TASK LEVEL 03 [022%]



REWARDS [08/12]



2 | ELBOW TRAINING

PROGRESS



+ 6.1 MOTIVATIONS + CONTEXT INQUIRY +



MOTIVATIONS [OVERALL]

- + [dynamic complexity] begin from the bottom (shoulder) +
- + [daily use] subconscious - without attracting attention +
- + [arm integration] in activities of daily life (ADL) +
- + [daily movement] to avoid vicious circle (muscular dystrophy) +

- + [therapist support] therapist sees your progress (advisor) +
- + [relatives] can see your rewards and progress +
- + [arm awareness] that brain is not forgetting impaired side +



MOTIVATIONS [BRACELET FUNCTIONS]

- + [reminder] to move the impaired arm +
- + [no choice] to get rid of the annoying [output] +

- + [visual feedback] daily progress visible +
- + [haptic feedback] increase perception of impaired arm +



MOTIVATIONS [PROGRAM FUNCTIONS]

- + [progress visibility] overall improvement +
- + [arm leveling] visualized upgrade system (of impaired arm) +
- + [ADL hints] rewards are hints to integrate your arm +

- + [realistic tasks] proposed tasks are dynamic (non-frustrating) +
- + [personal & individual] the user chooses how to move +

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