

# Tetrax Biofeedback Training Exercises Quick Guide

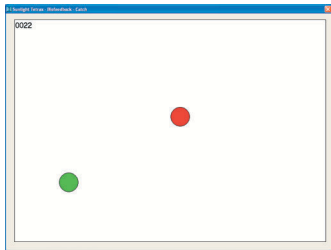
# TETRAX

Tetrax training exercises are designed to help patients improve their balance abilities by using various software challenges, each created to focus on a different aspect of balance. This guide demonstrates how to operate the exercise software and train patients to improve their balance. Instructions for each exercise, shown on the reverse side, along with the therapy goals below, will assist the therapist in charting a training program for each patient. Follow the numbered steps on this page to carry out the exercises. For a more comprehensive description of Tetrax biofeedback balance training exercises, consult the Tetrax Biofeedback User Guide.

	<b>Exercise</b>	<b>Therapy Goals</b>
	<b>Catch</b>	Weight distribution, tracking a moving object, weight transfer, attention focus
	<b>Skyball</b>	Improving shortened reaction time, tracking a moving object, attention focus
	<b>Gotcha!</b>	Improving shortened reaction time, tracking a moving object, attention focus
	<b>Speedball</b>	Improving shortened reaction time, tracking a moving object, attention focus
	<b>Tag</b>	Improving shortened reaction time, tracking a moving object, attention focus
	<b>Speedtrack Horizontal</b>	Bringing limb to full use, improving shortened reaction time, weight transfer, suppressing synkinetic movements, attention focus
	<b>Speedtrack Vertical</b>	Bringing limb to full use, improving shortened reaction time, weight transfer, suppressing synkinetic movements, attention focus
	<b>Maze</b>	Bringing limb to full use, improving shortened reaction time, weight transfer, suppressing synkinetic movements, attention focus
	<b>Freeze</b>	Bringing a limb to full use
	<b>Target</b>	Combining correct balance with cognitive tasks
	<b>Immobilizer</b>	Weight distribution, weight transfer

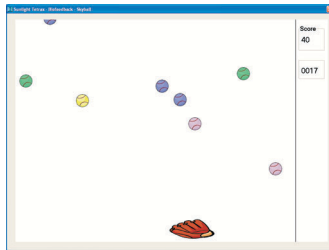
## **Training Procedure**

1. Record patient information.
2. Explain procedure to patient.
3. Open training exercise by clicking on the icon or menu item. The exercise, along with a Properties window, will open.
4. Describe the exercise and required action to the patient.
5. Stand the patient on the plates facing forward, with one foot firmly on each plate. He should be able to clearly see the exercise screen during the exercise, and should not hold the railing during the exercise.
6. Change the exercise properties, if desired, and click **OK** in the Properties box.
7. The exercise will start.
8. If you have set a time limit for the exercise, it will end at the end of this period. If not, click the small X in the upper right corner of the exercise window.
9. The Results box will appear. Print these results if desired and click **Save** to record the results in the Tetrax database.
10. Repeat exercise or start another exercise as required.



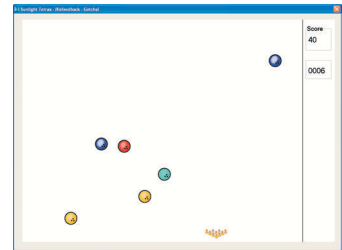
### Catch

Catch the green ball by moving the red ball. The red ball is moved with changing pressure of the patient's foot parts on the balance plates.



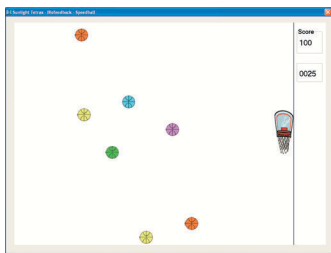
### Skyball

Move the baseball glove to catch the baseballs. The baseball glove is moved by right-to-left movement of the patient's feet on the balance plates.



### Gotcha!

Move the bowling pins to avoid the bowling balls. The pins are moved by right-to-left movement of the patient's feet on the balance plates.



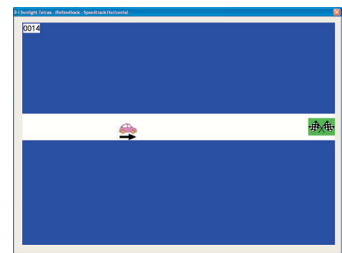
### Speedball

Move the basketball hoop to catch the basketballs. The hoop is moved by front-to-back movement of the patient's feet on the balance plates.



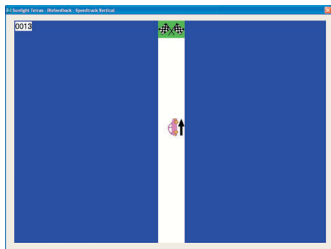
### Tag

Move the soccer player to avoid the soccer balls. The player is moved by front-to-back movement of the patient's feet on the balance plates.



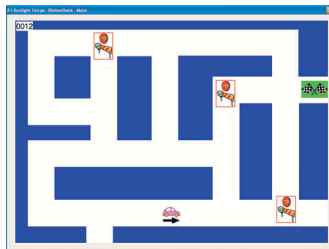
### Speedtrack Horizontal

Move the car across the screen to reach the finish line. The car is moved by tapping or lifting the different foot parts; each moves the car in a different direction.



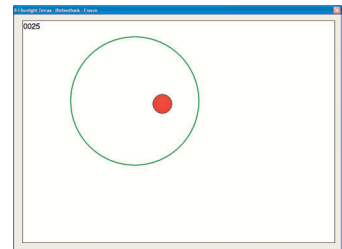
### Speedtrack Vertical

Move the car across the screen to reach the finish line. The car is moved by tapping or lifting the different foot parts; each moves the car in a different direction.



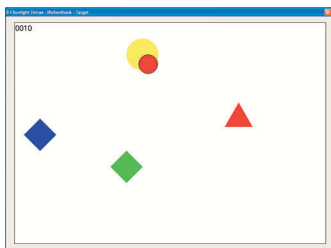
### Maze

Move the car along the maze to reach the finish line. The car is moved by tapping or lifting the different foot parts; each moves the car in a different direction.



### Freeze

Keep the red ball inside the circle. The ball is moved by differing pressure of the patient's feet on the plates and kept in position when the patient remains steady, even when ball is invisible.



### Target

Catch each of the targets in turn with the red ball. The ball is moved by differing pressure of the patient's feet on the plates. The exercises may be changed if desired.



### Immobilizer

Keep the top of each of the columns within the green section. The columns change with differing pressure of the four foot parts on the plates. Keep steady to maintain the columns in place.