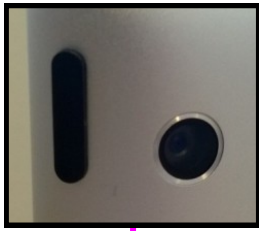


Introduction to the iPad



Power Button

Press once for sleep, hold to turn the iPad on & off



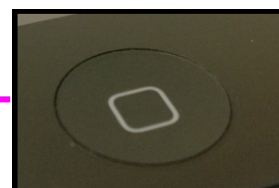
Volume Button

Turns the volume up and down



Home Button

Wakes the iPad up
Returns the iPad to the home page



Navigation

Tap buttons on the screen with your fingertip

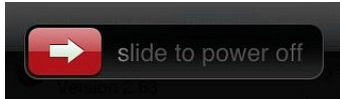


Turning the iPad **off**

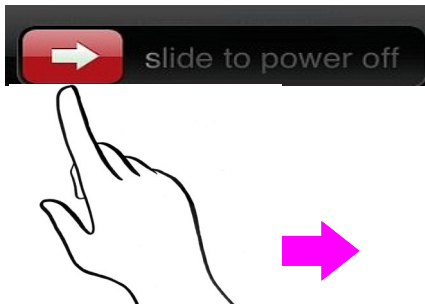
- Press the power button for **6 seconds**



- You will see a **red switch**



- **Slide** your fingertip across the switch



- The iPad will turn **off**



Turning the iPad **on**

- Press the power button for **2 seconds**

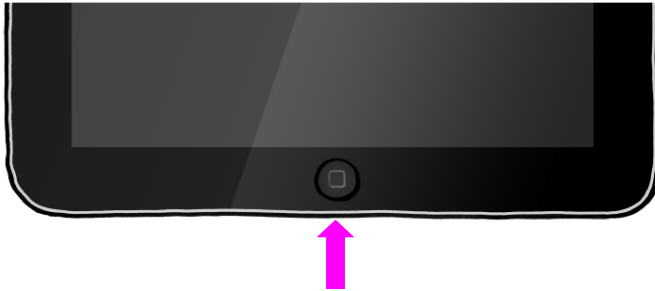


- The iPad will turn **on**

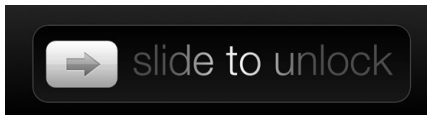


How to **open** the iPad

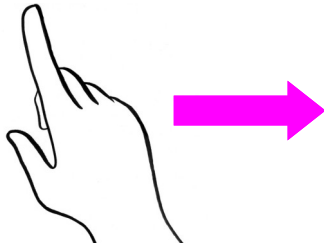
- Sometimes the **iPad is on** but the **screen is black**
- The iPad is in **sleep mode**
- Press the **home button** to **wake up** the iPad



- You will see a **black switch** on the screen



- **Slide** your fingertip across the switch



- You will see the Home Page



Charging the iPad in the stand

- The iPad will charge in the stand when it is plugged into the wall



Recharging the iPad without the stand

- 2 items needed to recharge the iPad

- The power adapter



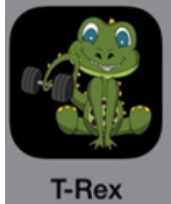
- The Power Cable



Applications

What are Apps? Apps are **programs** on the iPad

You have the following apps:



“T-Rex” for doing your **exercises**



“AMOUNT” for doing your **exercises**



“FitBit” for recording your **exercise**



“Vidyo” for **video calls**

Where are the Apps?

- Your Apps are at the **bottom of the Home Page**



How to **open** an App

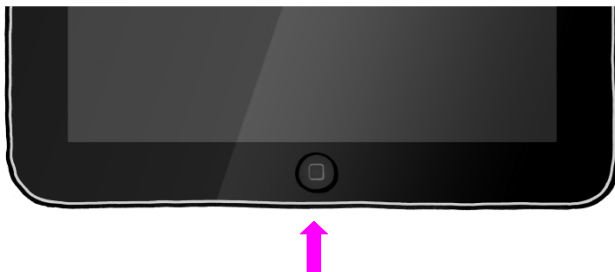
- **Tap the icon** briefly with your fingertip



- If you press the icon for **too long** it will start to shake
You will also see a black cross on the icon

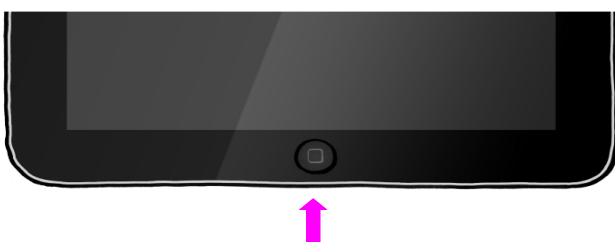


- To stop the shaking **press the Home Button**



How to **exit** an App

- **Press the home button** on the front of the iPad
- You will return to the home page



Video Calls

Preparing for a video call

- Turn the iPad on (page 2)
- Open the iPad (Page 3)
- Tap on the Vidyo app



- Wait for the call

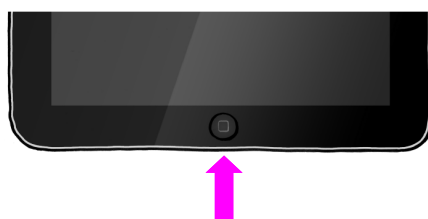
Answering a video call

- You will hear a ringing sound
- You will see two buttons
- Tap the **Answer** button with your finger tip



Ending a video call

- You don't need to do hang up
- The clinician will end the call
- Press the Home Button to close Vidyo



The FitBit

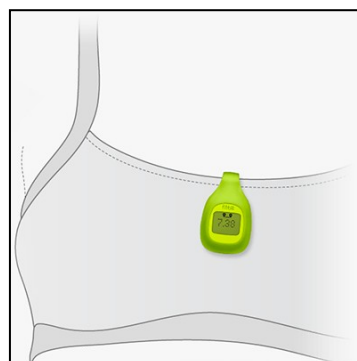
What is the FitBit?

- The FitBit is a **pedometer**
- It keeps track of:
 - The **number of steps** you walk
 - The **distance** you walk
 - The number of **calories** you burn
 - The **time**



How to **wear** the FitBit

- Wear the FitBit **close to your body**
- The best places are on your **Pants** or **Bra**

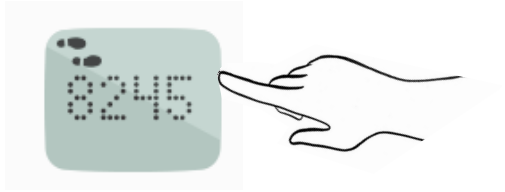


What do I do with my activity data ?

- You don't need to do anything
- The Fit Bit will send the data to your device

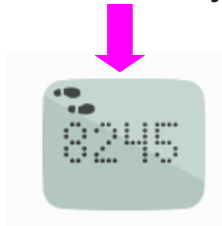
If you want to check activity on the FitBit

- Tap the screen with your fingernail to change the display

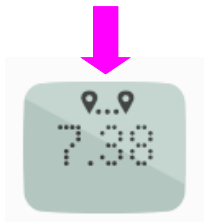


- There are 5 different screen displays:

How many **steps** you walk in a **day**



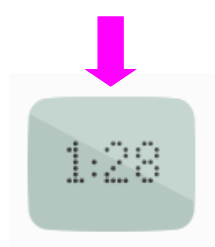
The **distance** you walk in a **day**



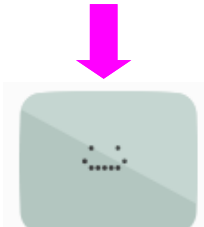
How many **calories** you burn in a **day**



The **time**



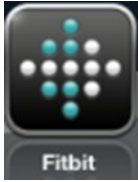
A **face**: The face will be happy when you are active



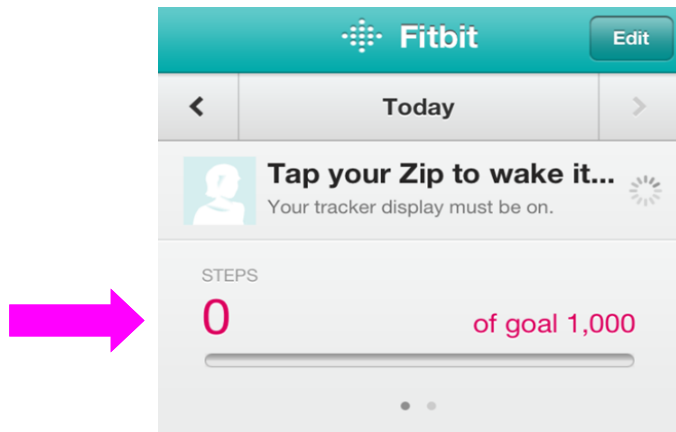
iPad FitBit App

Checking your step count on the iPad

- Tap the FitBit icon on the home screen



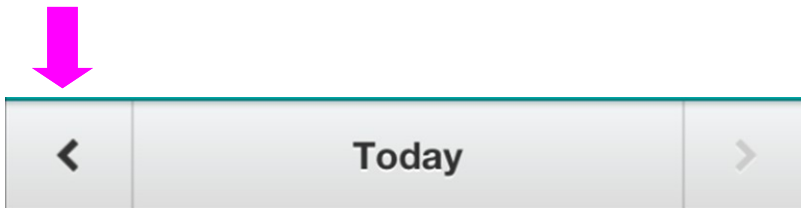
- Your step count for today will be displayed on the screen



Checking your step count from yesterday

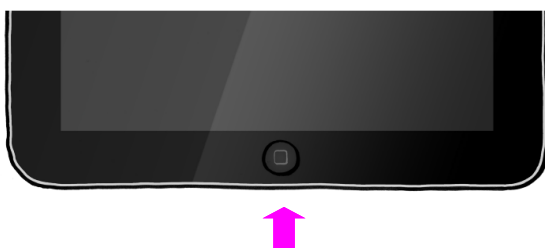
- Press the arrows to change the day

Yesterday



How to exit FitBit

- Press the home button on the front of the iPad



T-Rex App

What is the T-Rex App?

- The T-Rex app is a **program** on your iPad
- Your physiotherapist can send you new exercises via the internet to T-Rex app.

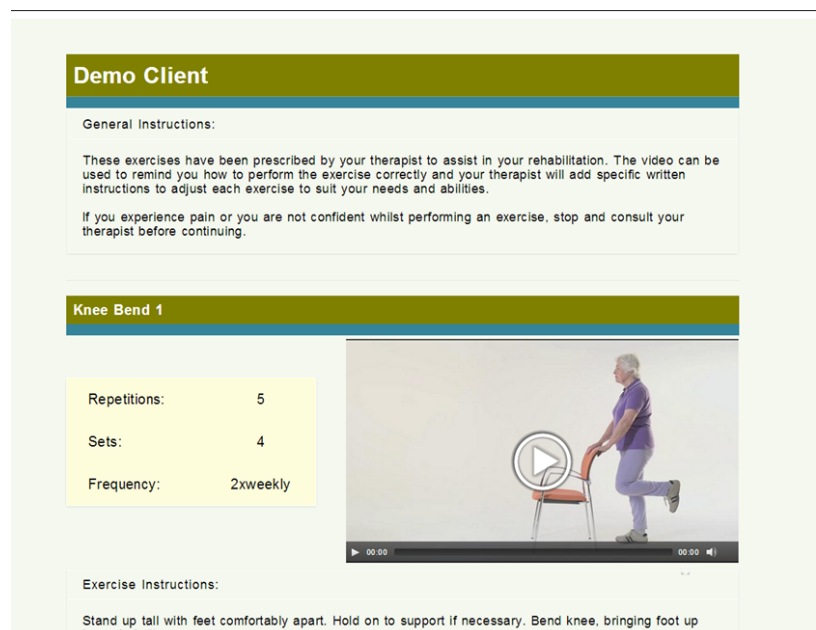


How to **open** T-Rex App

- Turn the iPad on (Page 2)
- Open the iPad (Page 3)
- Tap on the T-Rex app

How do I view my exercises?

- Each exercise has written instructions including number and frequency.
- There is a **video** demonstrating the exercise attached to each. You can **watch** this video by tapping the white triangle.
- You can **scroll** down the page to see more of your exercises.



Amount App

What is the Amount App?

- The Amount app is a **program** on your iPad
- Your physiotherapist has set up your exercise program in the app.

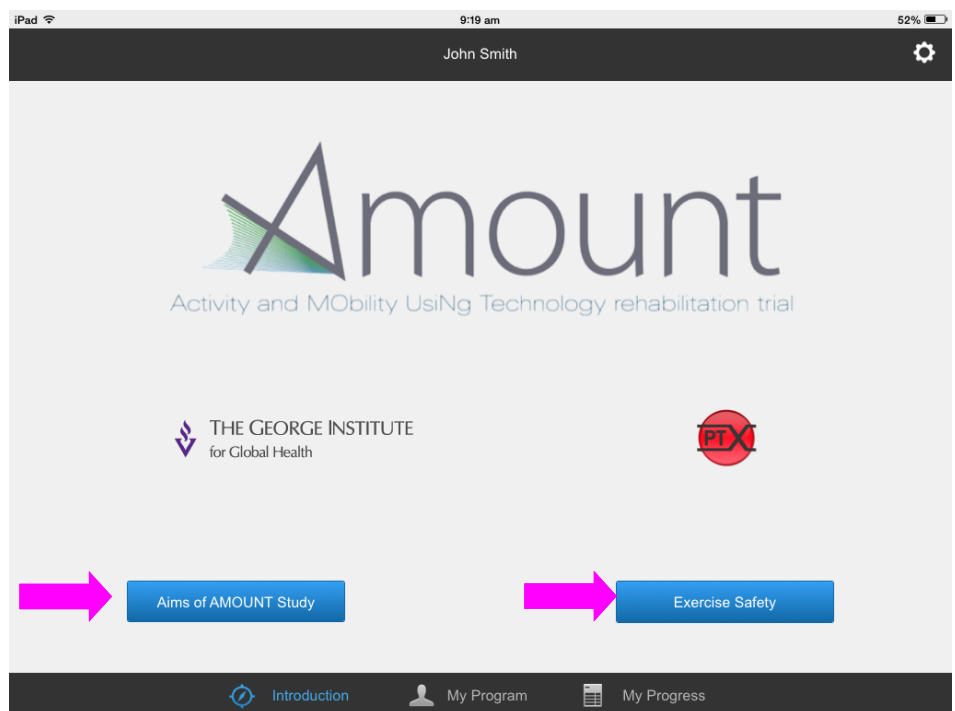


How to **open** Amount App

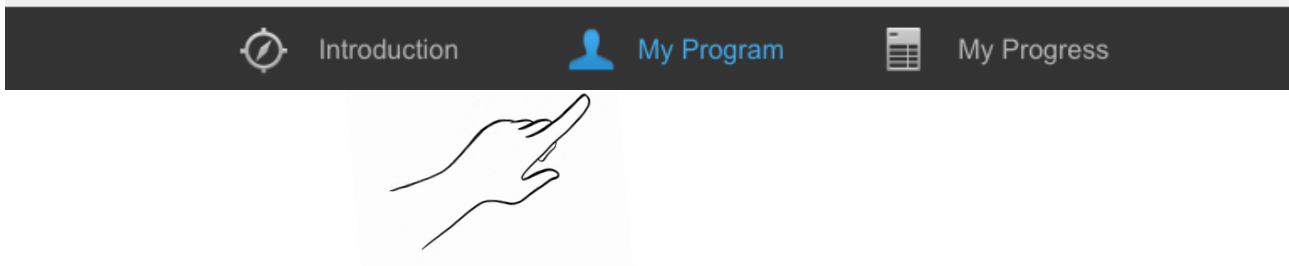
- Turn the iPad on (Page 2)
- Open the iPad (Page 3)
- Tap on the Amount app

How do I use the Amount App?

- The first screen is an **introduction**
- Tap the blue buttons for information on **exercising safely** and the **aims** of the study

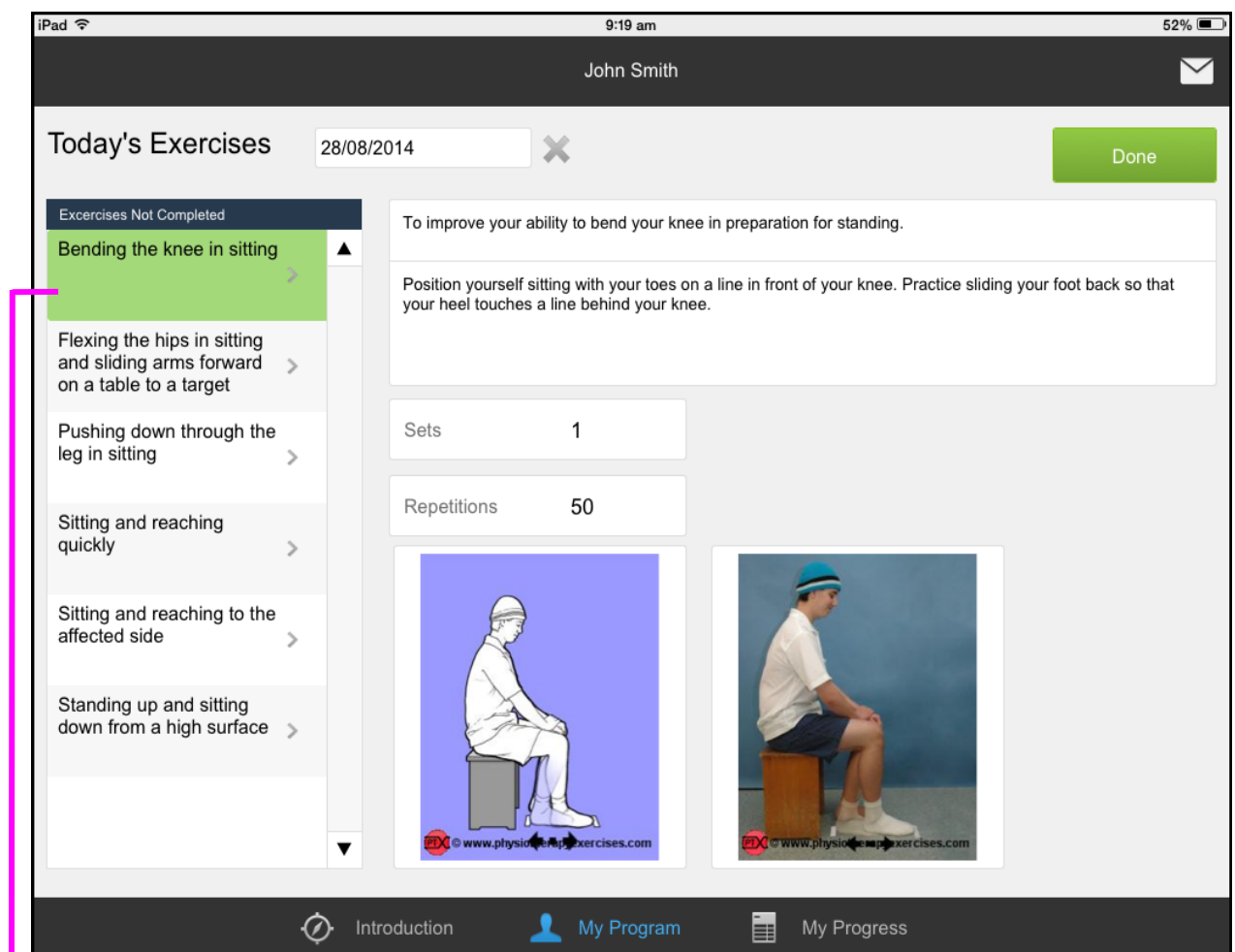


How do I find my program?

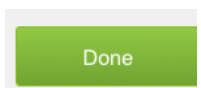


- Tap on **My Program** at the bottom centre of screen to bring up your exercise program

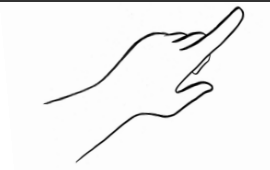
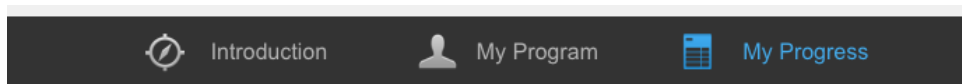
Doing your exercises



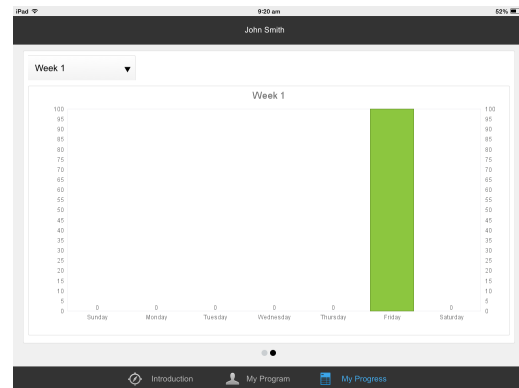
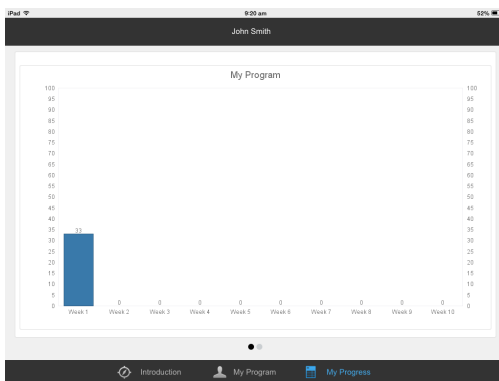
- Your **exercises** for today will be in the list on the left
- Tap each exercise to see the instructions
- When **finished** all sets and repetitions, tap done →



How do I check my progress?



- Tap on **My Progress** at the bottom centre of screen to bring up your progress charts
- Slide your finger left and right to view graphs of your long term and weekly progress



Sending your progress to your physio

- Your physio loves to know you're doing your exercises!
- To send an **email** to your physio with your progress, tap the envelope in top right hand corner when in "My Program"

