

Blue Star Training Module 3 Instruction Sheet # 2	EDU-8015 Blue Star Module 3.2- Familiarization & Fine Tuning (Weight bearing)			Setting:	Rehab and clinical	Doc #:	EDU-8015
				Supervision:	Certified clinical professional	Version:	1,2
		Population:	General (per indications)	Section:	Clinical Tools	Operation:	Weight bearing familiarization and fine tuning
-	Optional - Copy main profile to create a "task-specific" profile for rehabilitation						
1	Explain and demonstrate how Keeogo will react in squatting and sitting						
	a) Stand in front of a standard chair (with a backrest) b) Cross your arms and squat, explaining how Keeogo will behave in each phase						
2	Turn Keeogo ON, Assistance level → 3						
	Assistance level 3 is 75% of what has been configured in the tablet. This will allow the user/clinician to switch to level 2,4 and 5 for other tasks if needed.						
3	Familiarize user with movement and sitting						
	a) Instruct user to squat gradually while increasing their RoM until user can sit on chair b) During squat, instruct user to keep feet anchored at all times and knees going past toes						
4	Fine tune for optimal speed while allowing good control 						
	After several squats, adjust assistance symmetrically for optimum comfort or clinical goal						
	1) For <u>lowering</u> - Step 3: WB eccentric control , change by ↑↓ of 2 Nm.						
	2) For <u>standing back up quickly and with control</u> - Step 3: WB extension assistance , change by ↑↓ of 3 Nm.						
	3) For helping with the <u>terminal phase of standing upright</u> - Step 4: WB end of ext. assist. , change by ↑↓ of 2°. If needed, for balance and control for hips/lower back transition at the end of the motion						
	4) If beneficial, fine-tune asymmetrically depending on user impairments or clinical goals						
5	Save profile to Keeogo - turn Keeogo OFF, save profile to device.						

 **Note:**

- Sitting is detected** when knees are about 90° with thighs parallel to the floor, followed by a slight hip extension. **If the seat is too high for the user, Keeogo may not disable properly.**
→ **IF** Keeogo does not disable after sitting, we recommend:
a) manually turn the assistance level to 1,
or, if possible,
b) have the user bring their thighs parallel with the ground by raising their calves (heel off the floor) until Keeogo disables.
- Sit-to-stand is detected** once Keeogo recognizes **adequate hip flexion** has occurred (chin past the toes) followed by knee extension.
- For assistance through full squat RoM** try a '**Hindu squat**': back upright, lifting heel and going over toes, keep knees past toes.



Never attempt to walk while squatting and always keep feet planted on the floor during squat



Do NOT squat lower than horizontal. Keeogo will think the user wants to sit and will stop assistance. If there is a need to squat low, refer to the hindu squat above or BST training video

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Revision History			
DATE	REV	Change description	Owner
2019-07-03	1,0	Original Version. Modified from IN-8000 series (A. Mai and M. Brookshaw)	B-Temia Inc.
2020-02-06	1,1	Updated to include full RoM squat assistance tip and correct a typo (A. Mai and M. Brookshaw)	
2020-04-30	1,2	Updated wording and modified steps to help with clarity and reduce redundancies (A.Mai)	
This document SHALL be print on both side to show the revision history on the back side			

