



Quick Start Guide: XRVision

Guide for Clinicians

What is XRVision?

XRVision is a computer vision-based tool that enables patients to perform therapeutic exercises using any device with a camera (computer, tablet, or smartphone) - no sensors required. The system gives real-time feedback on movement accuracy and posture, allowing patients to exercise correctly and clinicians to remotely monitor progress and adherence.

Clinician steps

- 1. Log in** to the clinician platform:
 - Go to platform.xr.health
 - Click "Log in as a clinician"
 - Enter your credentials

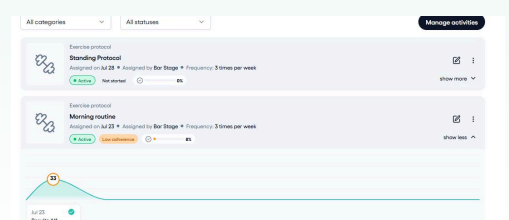
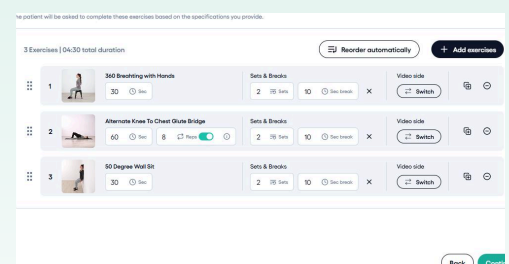
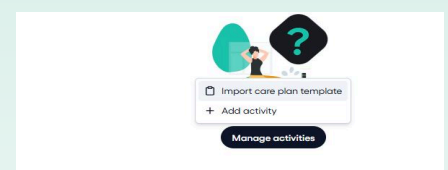
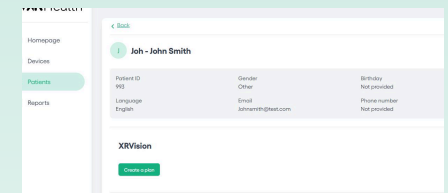
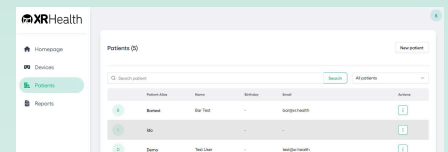
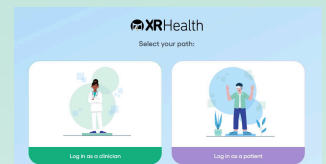
- 2. Select a patient** from the patient list
*You can search by the Patient Alias

- 3. Create a care plan**
*If you don't see this button, please contact your clinic manager to ensure this feature is enabled for your account.

- 4. Add activities**
You can import a care plan template or create your own activities manually.

- 5. Configure the activity**
There are 3 activity types:
 - Exercises**
 - Range of Motion (ROM) tests**
 - Forms / questionnaires** (Note that these are open-format questions that you can customize yourself)

- 6. Manage activities**
 - Once added, each activity can be **edited or terminated**.
 - You can also **track the patient's performance** for each activity.





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Patient steps

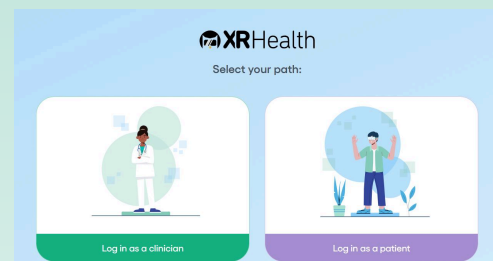
*Patients can use any device with a camera: **computer, tablet, or smartphone.**

1.

Log in to MyXRHealth:

- Go to platform.xr.health
- Click "Log in as a patient"
- Enter patient's credentials

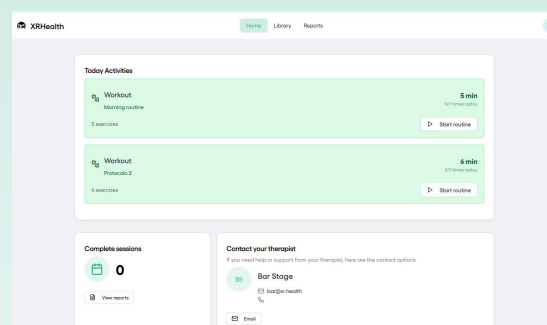
Login credentials are sent to the patient via email once they are created in the clinician platform.



2.

Click "Start Routine"

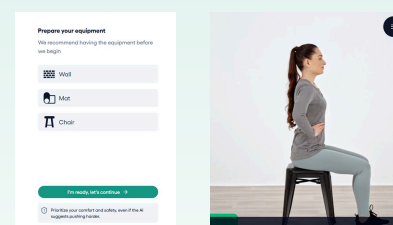
Note: The patient will see "Today's Activities" section only if a plan has been assigned.



3.

Follow the on-screen instructions to complete each activity with real-time guidance.

*Patients must be fully visible head to toe in the camera for the activity to work properly.



💡 Tips for Setting XRVision Effectively

1. Organize exercises by body position and orientation

For a smoother patient experience, we recommend arranging exercises by body position (e.g., seated, standing, lying down) and also by orientation - for example, all exercises facing forward, to the left, or to the right. This structure creates a more intuitive and comfortable flow for patients as they move through the routine.

2. Set appropriate duration for exercises

When configuring an exercise, be mindful of its duration (in seconds). If you define the activity by number of repetitions, the system will automatically calculate the duration - but it's important to adjust it if needed to ensure the exercise doesn't become too long.

3. Save custom activities as templates

When editing an existing activity, you can choose to save it as a template. Later, when using the "Add Activity" option, you can quickly import that template and reuse it in other care plans, saving time and ensuring consistency.