# **Rehabilitation Games**

### **Helicopter Runner**

Squeeze or rotate with Squeezi and navigate through obstacles with the helicopter (sphere). Dodging obstacles adds excitement. Up we go!

Analytical Exercise: This game facilitates controlled movement and strength regulation of the hand, arm, and upper body. It stimulates dorsiflexion and palmar flexion, pronation, supination, and tactile information processing.



#### TIP

By using Squeezi in combination with the cube, you can utilize the game for shoulder exercises or even as a challenging workout for the adductors of the lower limbs.

Can be played with



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## **Bingo**

Make rotating movements with the Squeezi to spin the Bingo wheel. The winning numbers will roll out effortlessly.

This game focuses on functional activities, targeting activation and movement stimulation of rotational movements (in the arms and shoulders), as well as upward and downward movements.



TIP

The game is perfect for group activities. Bingo!





## **Balloon popper**

Balloons are flying around. Pop as many as you can by moving with the Squeezi. Let's pop them!

The Balloon Popper is a functional exercise focused on activation. With the game, you work on abduction and adduction (including horizontally), ante- and retroflexion of the shoulder, and the full range of motion of the elbow.



TIP

Guide the patient in the specific movement you want to practice and ensure accuracy in execution.

Can be played with





## **Apple Catcher**

The apples are falling from the trees! Catch them in the crate by squeezing or moving with Squeezi. But watch out for the fish! You'll lose points and spoil the delicious apples in the basket.

The game is an analytical exercise that focuses on controlled and slow movement, promoting proprioception, and grip strength of the hand and wrist.



TIP

Use the cube to incorporate the game into shoulder exercises (e.g., anteflexion, horizontal abduction & adduction against resistance).





## **Photo wiper**

Discover the hidden photo beneath the parchment. By making movements with the Squeezi, pieces of the photo will emerge. Guess the picture!

The game combines movement and cognition. Memory training and inspiring movement based on curiosity are the cornerstones of this game.

#### TIP

Add personalized photos of the patient to the gallery to evoke memories or to aid in recognizing family members.

Can be played with





## **Youtube Player**

By keeping Squeezi in motion, the music keeps playing. When you stop moving, the music stops. Move. Sing. Enjoy.

The game is designed to motivate movement with the hand, arm, or shoulder. You'll be working on abduction & adduction (including horizontal), anteflexion & retroflexion of the shoulder, and flexion & extension of the elbow.



#### TIP

Direct the patient towards the specific movement you want to work on and maintain control over the accuracy of the exercises.





## Hole in the wall

Move the object through the hole in the wall in the correct manner (and within the time limit)! Using rotational movements with the Squeezi, it just fits through!

This is an analytical exercise aimed at visual spatial awareness. You play the game with wrist rotation and in-hand manipulation.

TIP

Keep the ball in the same position in your hand each time to rotate the figures.

Can be played with



## **Difficult cognitive exercises**



## **Angry Cannon**

Aim the cannon at the targets by rotating with the Squeezi. The cannon fires automatically to hit the target.

Angry Cannon is a more challenging analytical exercise for rotation and in-hand manipulation.

#### TIP

Keep the ball in the same position each time to aim accurately, e.g., logo facing upwards.





## Roll a ball

Guide the ball through the maze to the hole by rotating Squeezi in different directions. And goal! Objective achieved.

The game serves as a cognitive exercise that encourages controlled and slow movements. It involves rotation, dorsiflexion, palmar flexion of the wrist, and in-hand manipulation through the fingers.



## Extra Games



#### **Word Games**

Tap the letters in the correct order on the tablet screen. Or solve entire crossword puzzles.

Word games are cognitive puzzles that can be played without using Squeezi, for example, while waiting.



### **Sheep-Catcher**

The sheep have escaped! Bring them back to their pasture by swiping on the touchscreen with your finger or using a stylus pen. Sheep-catcher is a dexterity game. Squeezi doesn't even have to be present for this. The goal of this game is to familiarize everyone with the use of digital techniques (swiping, drag & drop, touchscreen usage, etc.).