

PHYSIO-VIDEO, INC.

INTRODUCTION

Thank you for your interest in the PhysioVideo Exercise Browser. The Browser allows you to quickly and easily build custom home exercise programs for your patients.

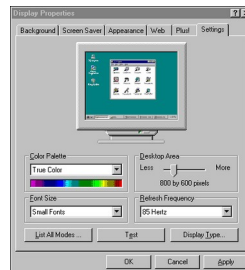
INSTALLING THE SOFTWARE

1. Place the PVI CD-ROM in your computer.
2. From the Windows95 desktop, select **Start, Run**.
3. In the **Open** box, enter **d:\SETUP.EXE** where d is your CD-ROM drive.
4. Press **OK** to start the installation.
5. The PVI installation program will begin. We suggest you accept the default installation parameters at each screen.

IMPROVING PRINT QUALITY AND SPEEDING UP THE PROGRAM

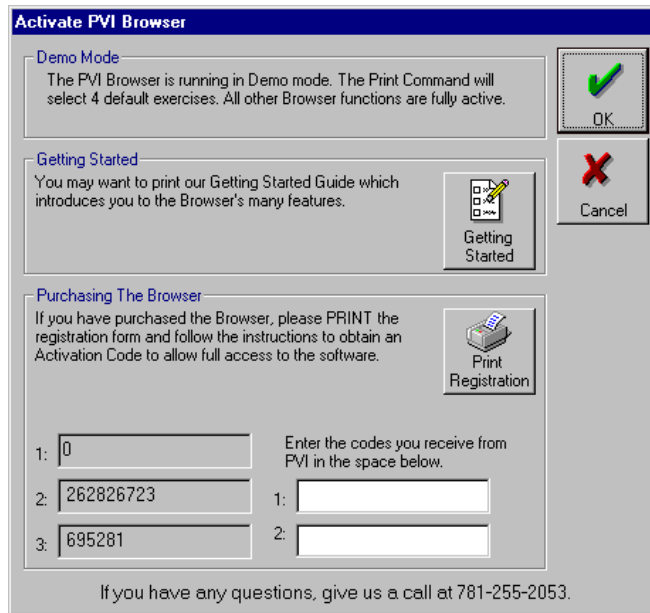
The PhysioVideo browser provides the highest quality and runs quickest when the computer display is set to 24-bit color, 32-bit color or True Color. To change your display setting, do the following:

1. Select **Start, Settings, Control Panel**.
2. From the Control Panel, double-click the **Display** icon.
3. Press the **Settings** tab and set the **Color palette** to **24-bit color, 32-bit color** or **True Color**. If these options are not available, we suggest you select **High Color (16-bit)**.
4. Press **OK** to save the new settings.

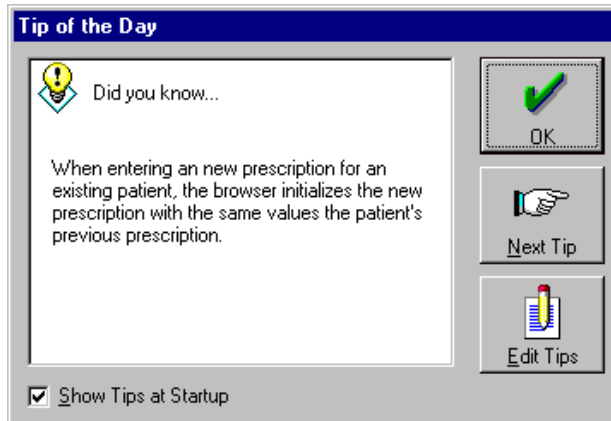


GETTING STARTED

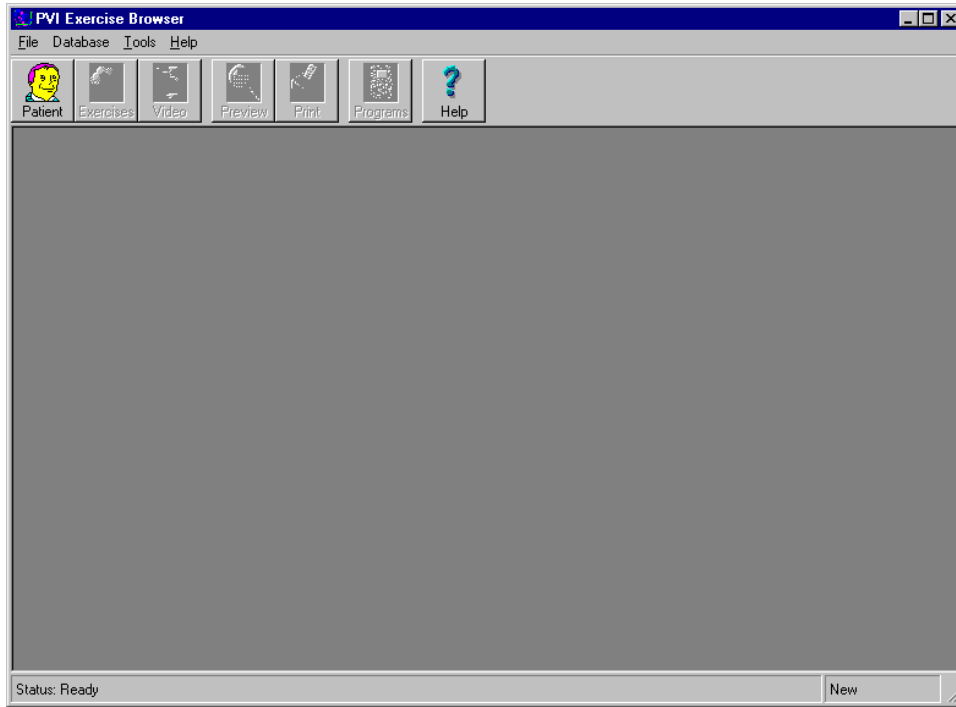
1. Double-click the PVI shortcut to start the program.
2. You will see the Activation Screen. Press OK to continue.



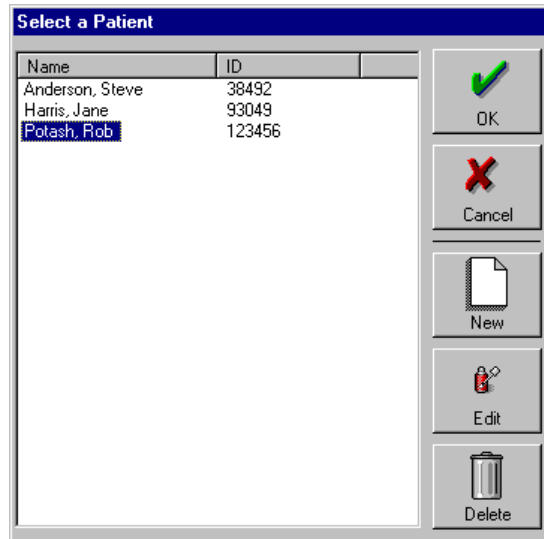
3. The next screen is the Tip of The Day. Press OK to continue.



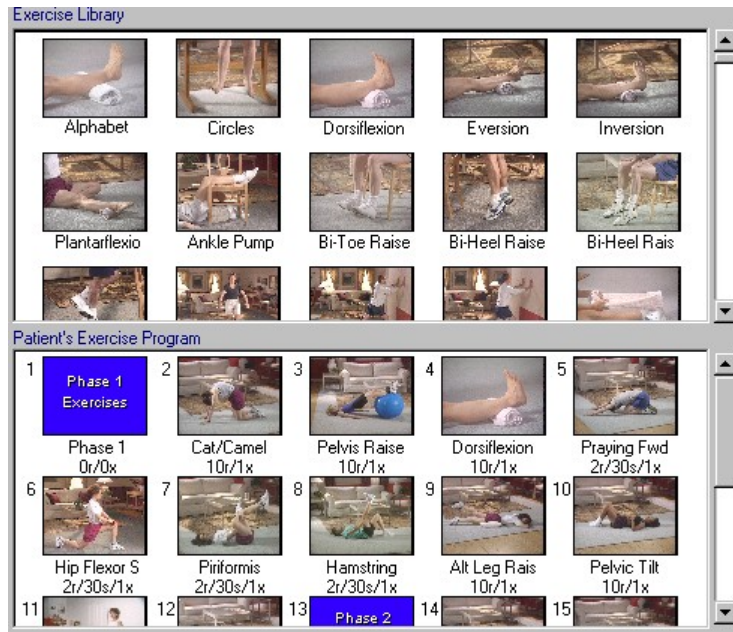
4. The Browser will then load the main screen. To select a patient, press the PATIENT button.



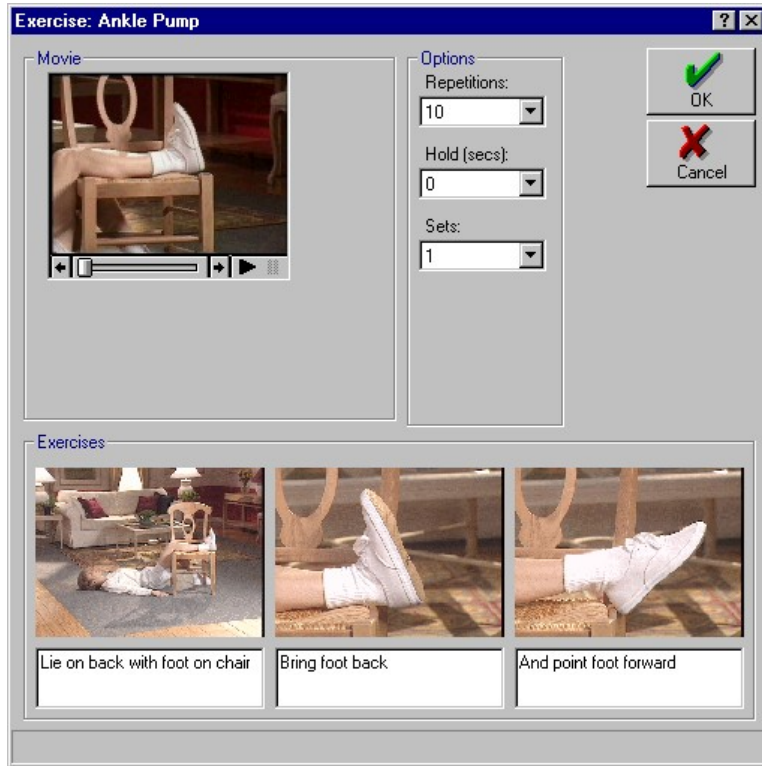
- From the Select a Patient screen, click on Rob Potash and press OK. The software will load Rob's exercise programs.



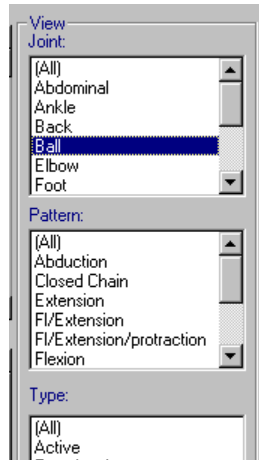
- From the main PVI screen, press the EXERCISE button to select new exercises.
- To add an exercise, click on an exercise in the Exercise Library window, hold the mouse button and drag and drop the exercise to the Selected Exercises window.



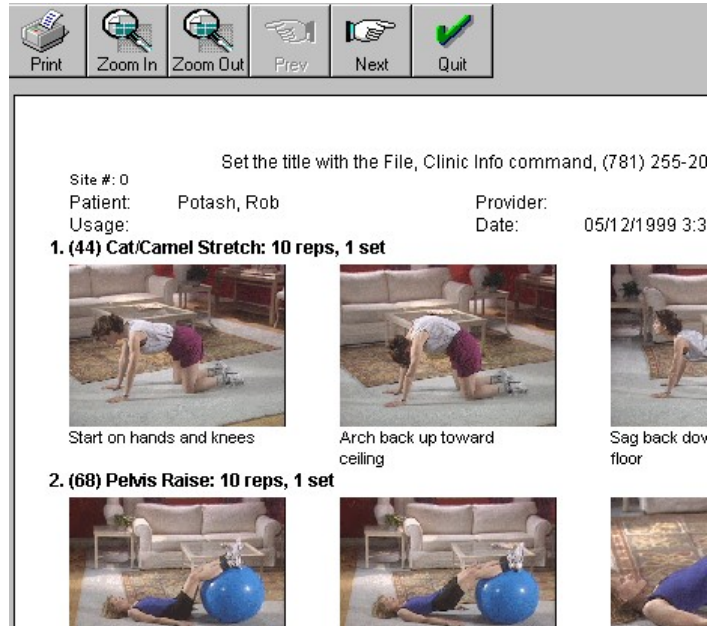
8. To edit the number of repetitions, hold time, sets, or text for a given exercise, double-click on the exercise.



9. To view specific exercises in the Exercise Library, you can click on the Joint, Pattern, or Type selection windows, for example, click on BALL to just see ball exercises.



10. To preview the patient handout, press the PREVIEW button. The patient report shows the exercise progression using three color pictures. Press Quit to close the preview window.



11. You can save and recall exercise protocols. From the Exercise Selection screen, press the Protocols Button. The Browser will display the Protocol Selection screen. Select ProL-Spine and press OK to set Rob's exercises to this protocol.

