

+Life

Add-Life Technologies



Simplify mobility reports
and improve recovery time.

The main reasons people do not recover fully - Access & Adherence

Evidence suggests that most people find rehabilitation challenging and monotonous. It's difficult to remain motivated and adhere to exercise - a claim corroborated by clinicians, patients and families.

Those residing in rural and remote areas, or those who cannot attend therapy sessions, the alternatives are severely limited, making access to services even more challenging.

The Problem for Clinicians

For clinicians, especially in overpopulated areas, efficiency is key. Reporting takes a lot of time & analysis and slows down their ability to work with a larger group and provide detailed care. This leads to burn out which further reduces care available.

The Solution

A portable VR headset coupled with Add-Life games enables effortless mobility assessments and rehabilitation exercises, regardless of location. Our tools not only promote upper limb movement but also forge a positive association with exercise, resulting in happier, healthier users and less stressed caregivers.

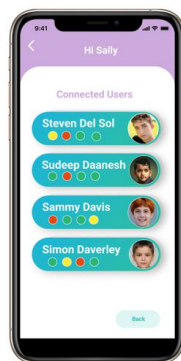
The integration of mobility assessment provides a clear indication of a user's progress for personal motivation, and facilitates mobility analysis for clinical outcomes.

One clinician can help so many more

With automated reporting and mobility assessments, a caregiver can efficiently identify those who require extra assistance. This approach allows a facility to support a larger number of people per day, generating a significantly larger revenue stream that facilitates expansion. Furthermore, it enables more accurate tracking of individual results, leading to more personalized care for each person.



Exercise



Convenience



Reports

Our interface allows you to see who is actively exercising and who may need additional assistance. This approach is perfect for in-clinic as well as remote care scenarios, enabling caregivers to review hundreds of individuals in mere minutes.

When it's time to work with an individual, their progress report informs the clinician most productive face-to-face rehabilitation session based on their specific needs.

1 in 4

people will have a brain injury in
their lifetime



Our Mission

To increase rehabilitation outcomes by improving access, adherence, and enjoyment. To support care workers to help many more people in less time with less stress.

Why now?

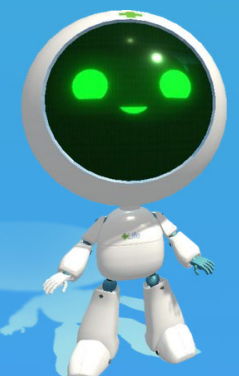
Mobile VR devices are now powerful, accurate, have hand tracking and are light and affordable

The Advantage

Research shows that incorporating VR into a traditional therapy routine increases upper body motor co-ordination improvement by over 20%.

VR also has unique properties that provide psychological motivation to exercise longer, reach further and overcome a "broken" body image.

D.O.S.E. hormones mean less pain and greater stamina.



Example 20 minute circuit



Breathe



Exercise



Cognitive



Relax



Breathe

A stress free cognitive and physical workout

To promote neuroplasticity, activities to relax then engage the mind are important. Add-Life presents a range of natural environments in the virtual world to keep the experience interesting, engaging & fun which stimulates the mind. Doing such activities at most convenient time for the individual or clinician, reduces stress and provide better outcomes.



Why VR for rehabilitation?

Virtual Reality offers a fantastic new way to experience rehabilitation, plus has many advantages for individuals, families and clinicians. There are over 20 years of medical research on VR and its benefits. Our website add-life.au/research-papers has a summary of current research.

The most critical driver of functional recovery is neural reorganization. VR encourages neuroplasticity and helps rewire the brain. Movement that is done in virtual reality, results in neuroplasticity that is transferable over to the real world. Research indicates that VR games in rehabilitation have been found to have significant benefits for physical movement, processing speed, visuo-spatial abilities, manual dexterity and upper limb motor function. VR can help in a range of neurological conditions and can have the advantage of improving memory and overall mood.

In the virtual world, participants say they don't feel hindered by body image, self-consciousness and can perform without fear of failure. People say its fun, and actually want to do more.

VR reach exercise example

-Push balls to reach a goal

The activity is slow moving and relaxing and has calming music. It can be played at any speed, the background can be changed to anywhere in the world and you can play endlessly to suit your stamina.

The individual extends their arm to push the virtual ball away from their body towards the target. Reach distance, angle and reaction time can all be measured.

Suitable for acute, post-acute and chronic stage participants and encourages repetition of arm movement for developing early stage hand and arm co-ordination.



Targeted movements

- Shoulder flexion
- Internal/external rotation
- Abduction
- Elbow extension
- Wrist extension/flexion
- Grasp
- Bilateral training
- Neglect
- Task specific practice

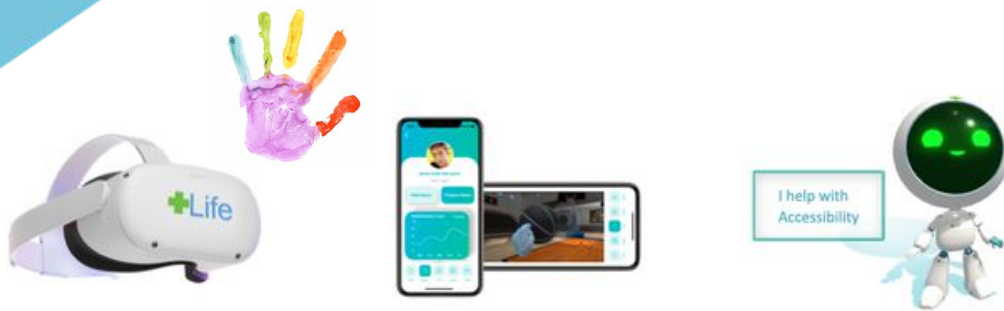
Data Collected

- Time and Date
- Duration fo activity
- Grip ability
- Shoulder Rotation
- Reach distance
- Neck movement



Contact

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Tools for Adherence

One of our uniquely designed features is the Add-Life companion smartphone app that shows mobility, dexterity, and function. This allows the individual, carer and health care professional to see an individual's activities on the device in, as well as their current function and progress at a glance. It will send reminders to the participant and show them their current progress and allows sharing of gifts, messages and encouragement.

Case Study : Sam

Sam Hensman suffered multiple brain hemorrhages at the age of 26 leaving him paralysed in his right side and significant tremors in his left arm. The damage was so severe that his specialists recommended lifelong hospice care without rehabilitation. His family refused this diagnosis and modified their own house to accommodate his needs and started to seek other treatment and rehabilitation options.



His mother Pam reached out to Add-Life and we started using our exercises with him once a week for a year. He showed significant improvement at the end, with regained muscle mass including to his body, and he can now take a few steps. This is the power of neuroplasticity. Pam said she would definitely recommend Add-Life and our virtual reality tool to other people who are recovering from stroke.

See the video on www.add-life.au/sam

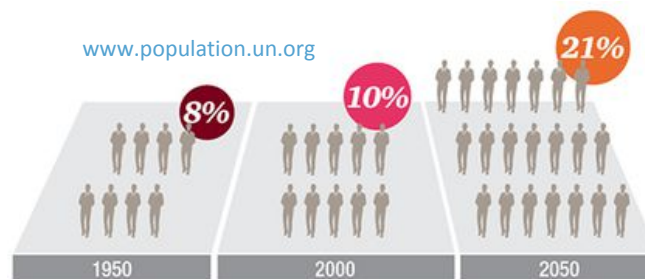
Long term rehabilitation is repetitive, and participants find it difficult to stay motivated. Add life changes this. The health care system has a problem with the number of therapists patients can access and patient adherence to long term rehabilitation exercise regimes.

An Ageing global population

The global population is aging rapidly, necessitating solutions beyond traditional care such as nursing homes or hospital settings. Age remains the single most significant predictor of stroke or other life-altering health events.

Each year, the supply of allied health professionals, such as nurses, occupational therapists, physiotherapists, and carers, fails to meet the demand and this trend is expected to worsen and put even more pressure on those individuals.

Primarily, the cost and burden of care will fall to family members. People are seeking solutions to save money, expedite recovery, and improve quality of life.



Size of VR Market

VR revenue is currently at \$4.49 billion in 2020 and will grow to \$22.4 billion in 2025.

24M Oculus quest sold in the last 2 years proving price and convenience no longer a limiting factor.

There are 171M global users of VR.

Global Stroke Statistics

101 million people living after stroke in 2022.

The estimated global cost of stroke is over US\$721 billion (WSO 2022)

Globally, 2.4 billion people are currently living with a health condition that benefits from rehabilitation.

Ageing Population

There are over 700 million people over 65 in the world.

There is already a global nurse shortage and the WHO estimates we need another 9 million nurses by 2030 to keep with up with demand.