

# GAIT TRAINER™ 3 WITH SPOTIFY®

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ADDENDUM

FOR SOFTWARE VERSION 3.0.36 OR HIGHER



## BIODEX

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## Contact information



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# INTRODUCTION



Music provides concrete, multi-sensory stimulation to the brain and has the ability to alter movement patterns. The rhythmic component of music is very organizing for patients with specific movement dysfunctions. As a result, the motor and sensory systems will benefit from functional improvements.

Patients are first introduced to the Gait Trainer 3 with music using Rhythmic Auditory Cueing (RAC). RAC is a technique which helps patients find their internal gait timing by walking to a metronome beat. Once the user has regulated their internal timing they are then introduced to Neurologic Music. Gait training while listening to music is shown to jumpstart the brain's neuroplasticity, reorganizing pathways to help patients regain motor function that had been lost to brain injury or disease. This leads to subtle changes in gait performance.

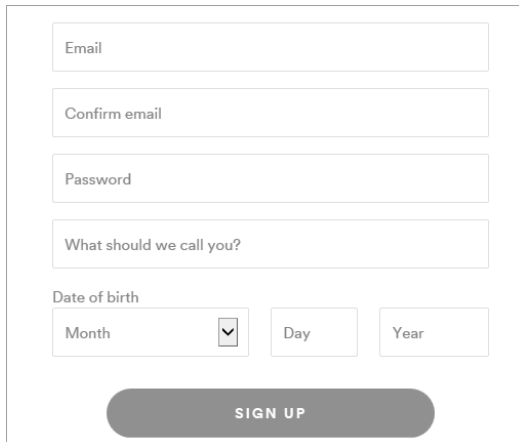
The music library on the Gait Trainer 3 covers a broad range of various musical compositions and tempos. The tempos range from 4-140 bpm. There are neurologic compositions, including *Silvery Moon*, *Street Walking*, and *Animals Everywhere*. Spotify is now available on the Gait Trainer 3.

Using Spotify makes the experience more enjoyable for the consumer. The patient is also able to access the playlists at home or anywhere using a mobile device so they can continue their work on their own. Clinics are encouraged to show patients how to set up their own Spotify account and access their DJTherEx playlists for independent practice outside the clinic.

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# GETTING STARTED

## SET UP YOUR SPOTIFY ACCOUNT



The screenshot shows the Spotify sign-up form with the following fields: Email, Confirm email, Password, What should we call you?, Date of birth (Month, Day, Year), and a SIGN UP button at the bottom.

**NOTE:** It is easiest to set up your account by using a PC or laptop.

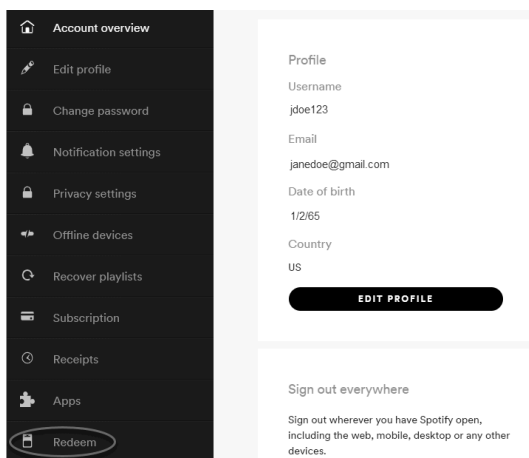
- Click <Premium>.
- Click <Get Spotify Premium>.
- Select the plan that is the best fit for you.

**NOTE:** A location with two or more Gait Trainers should select a Premium for Family account. A Spotify account cannot be logged into two different devices at once, but a Premium for Family account can be logged into five devices at once.

- Enter your information on the fill form (see REDEEM YOUR SPOTIFY GIFTCARD if you have one).
- Click the green button at the bottom of the page to get started.

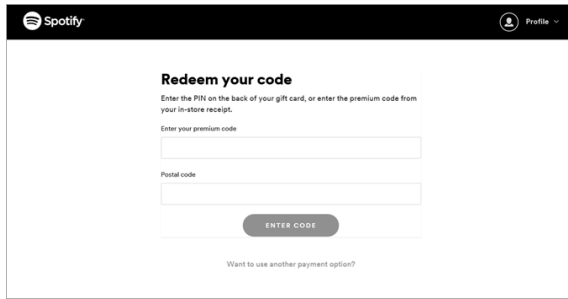
**NOTE:** Remember your email address and password to log into Spotify on the Gait Trainer.

## REDEEM YOUR SPOTIFY GIFT CARD

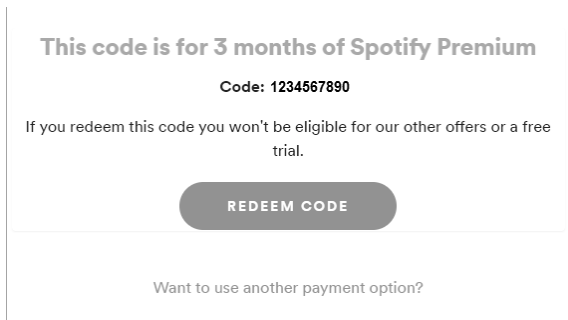


The screenshot shows the Spotify account settings page. On the left is a navigation menu with options: Account overview, Edit profile, Change password, Notification settings, Privacy settings, Offline devices, Recover playlists, Subscription, Receipts, Apps, and Redeem (circled in red). The main content area shows the Profile section with fields for Username (jdoe123), Email (janedoe@gmail.com), Date of birth (1/2/65), and Country (US). Below these fields is an EDIT PROFILE button. At the bottom of the main content area, there is a section for Sign out everywhere with a link to sign out wherever you have Spotify open.

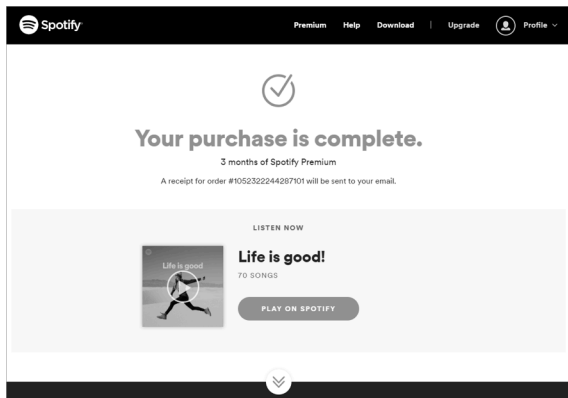
- If a Spotify gift card was provided, click <Redeem> to the left of your Profile.
- Scratch the back of the card to reveal the PIN number.



- Enter the PIN on the back of your gift card, or enter the premium code from your in-store receipt.
- Enter your Postal code.
- Click the Enter Code button.



- A screen displays with the length of time on your gift card.
- Click <REDEEM CODE>.



- A confirmation page displays with your order number.

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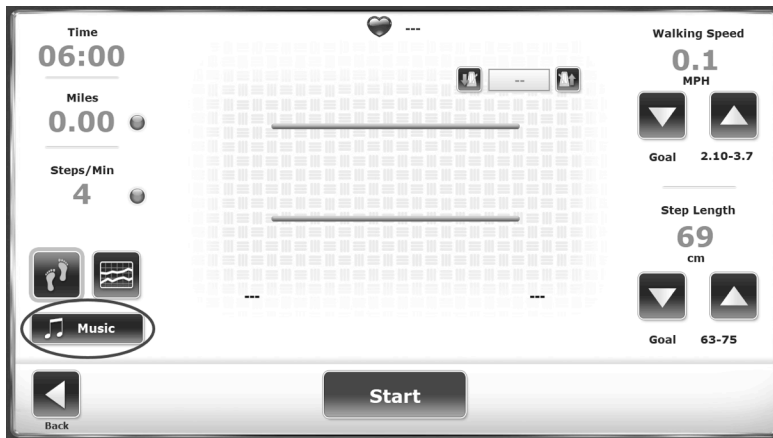
# INSTALLING SPOTIFY ON THE GAIT TRAINER

*NOTE: Before setting up Spotify on the Gait Trainer, the following is required:*

- *Gait Trainer v3.0.36 or higher*
- *Internet connection on display panel*
- *Music Therapy activated on display panel (please see the Gait Trainer Instructions for Use (IFU) manual if you need more information).*

## INSTALL SPOTIFY

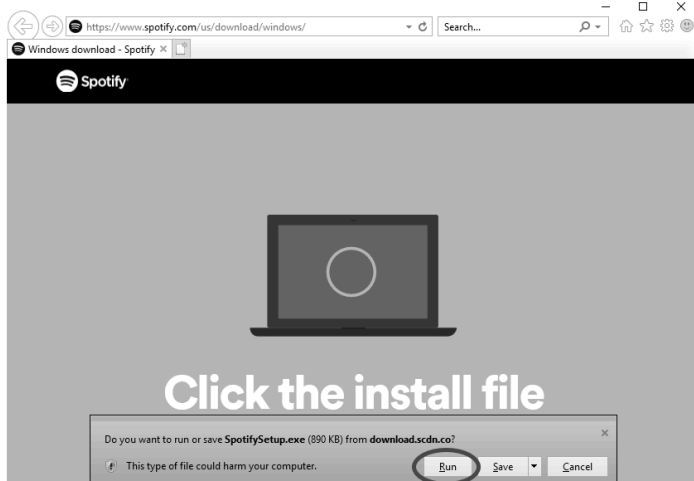
- On the Gait Trainer Home screen, select the Gait Trainer icon.
- Select an existing patient, or enter new patient information, and select the Next button.
- Select the Music button.



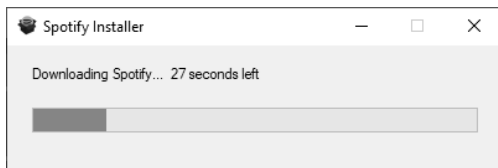
- Select the Spotify button.



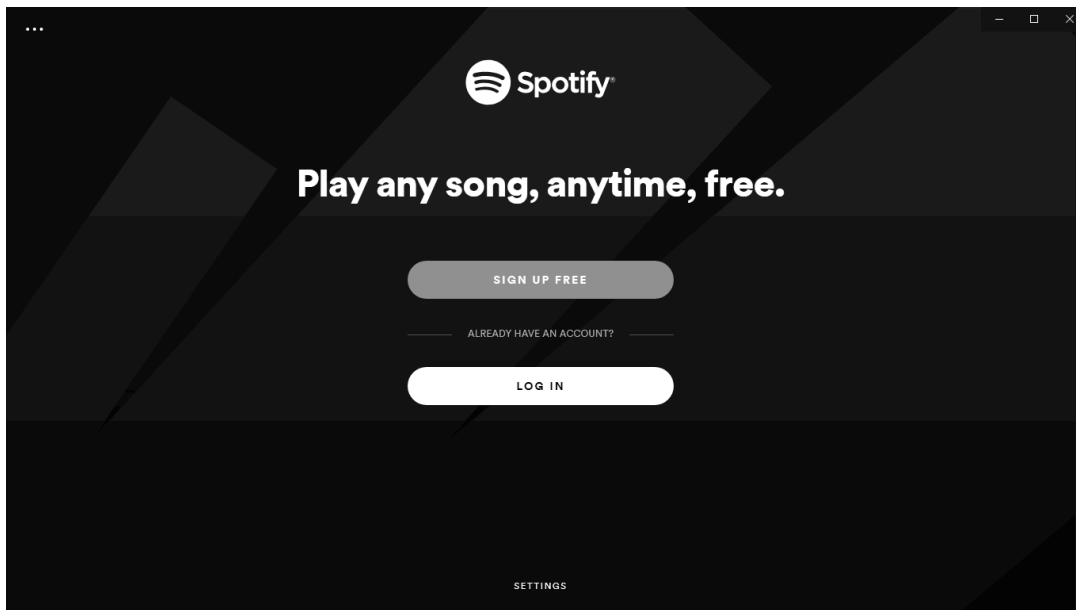
- A Spotify window will pop up. Select <Run>.



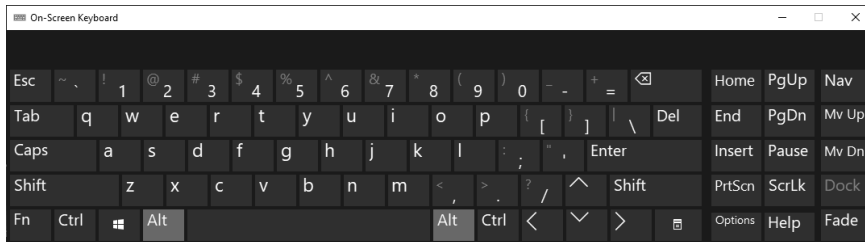
- A progress bar will display.



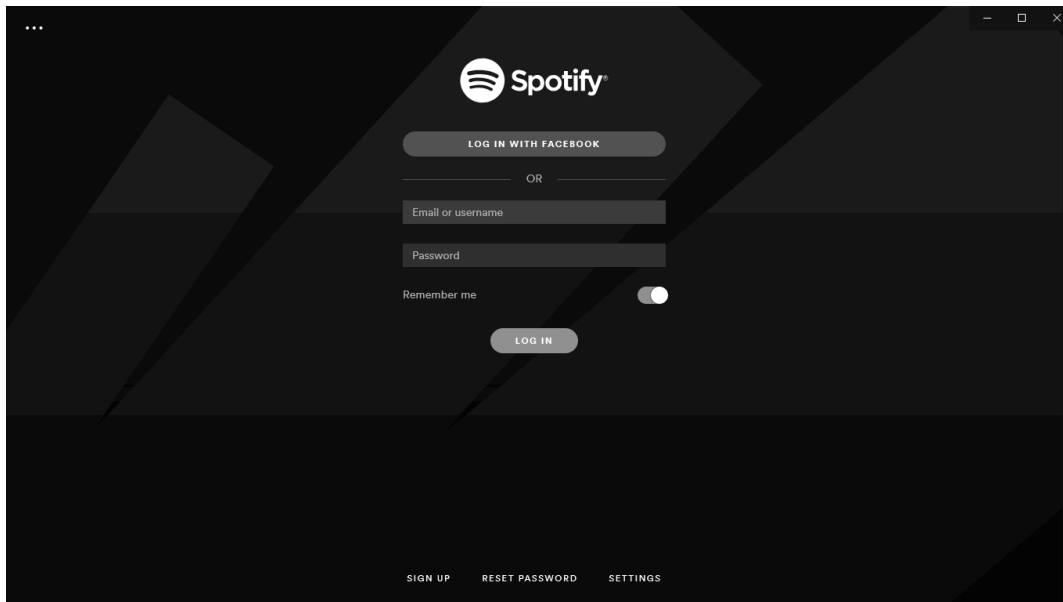
- Once Spotify has downloaded, a new Spotify screen will display. Select the LOG IN button.



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- Close Spotify and navigate back to the Gait Trainer Spotify button. Select the Spotify button.
  - Using the on-screen keyboard, enter your email address and password.



- Select the LOG IN button.



**Note:** Installing Spotify is a one-time process. Once installed, it will not launch the browser. It can be uninstalled to simulate a fresh Gait Trainer. However, this is a manual process using the Windows control panel.



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## USING SPOTIFY



- In the Search box, search for DJTherEx.

**NOTE:** Ensure you are using the Spotify app. Using the Spotify web player will not allow you to search for DJTherEx. Searching for Biodex may bring up certain DJTherEx playlists on the Spotify web player.

**NOTE:** To go directly to DJTherEx, go to:

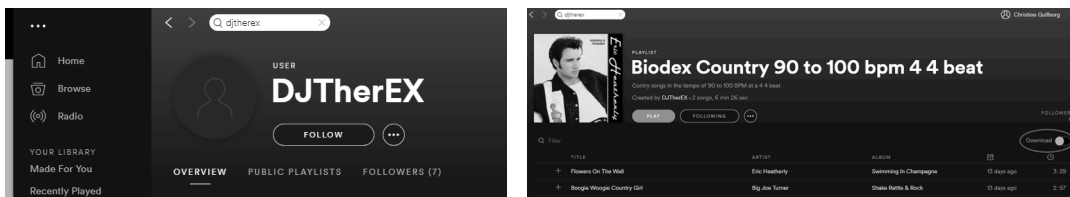
<https://open.spotify.com/user/7f7f9z72w967qm7ur13twhejn>

**NOTE:** If you close the on-screen keyboard and need it again later, minimize Spotify and touch <Spotify> on the Gait Trainer screen to display it again.

**NOTE:** To play Spotify music offline, internet connection to Spotify is required approximately every 30 days to verify you still have a Premium subscription.

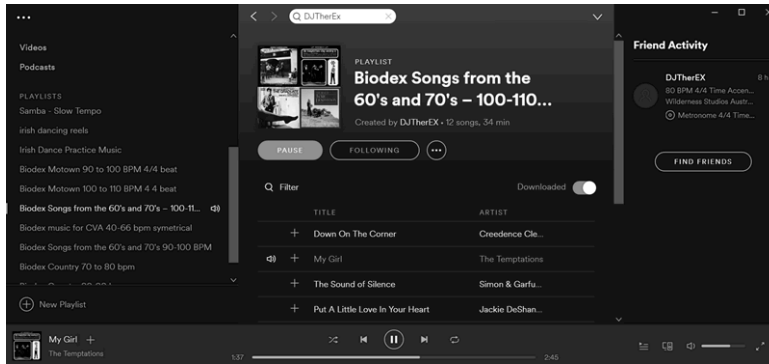
**NOTE:** Show Keyboard is a default feature and can be deselected if necessary.

- Follow DJTherEx by clicking <FOLLOW>. Click any playlist and click <FOLLOW>. A Download switch appears.



- Select <Download> for each playlist you would like on the Gait Trainer.

**NOTE:** Downloading allows you to listen to certain music without a Wi-Fi connection.



**NOTE:** The Gait Trainer 3 should remain connected to the Internet. Spotify will push updates to the application. Problems using Spotify may occur if updates are not current.

## SELECT MUSIC

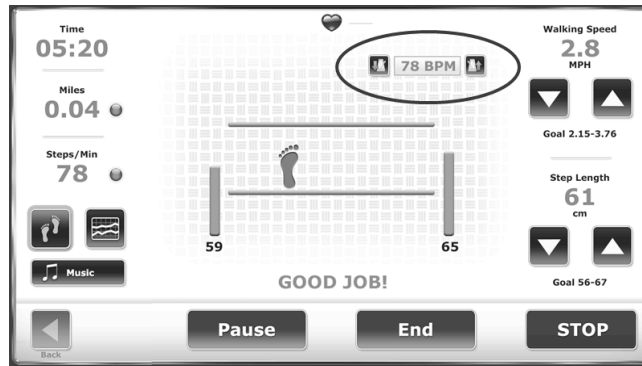
- Select <Default Library> (USB) or <Spotify>.
- Select a song.



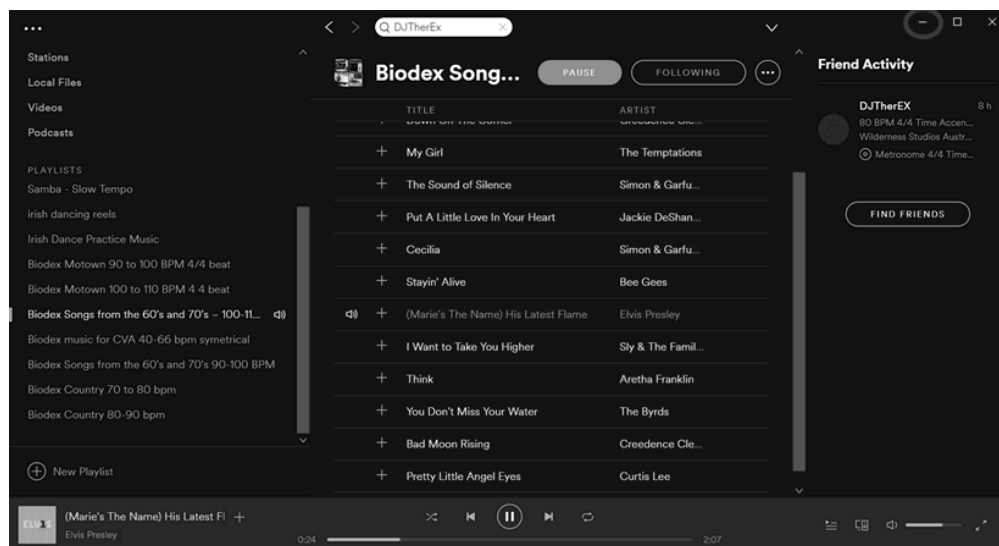
- To change the tempo of a song from the USB default library:
  - Touch the down arrow Metronome to slow the pace.
  - Touch the up arrow Metronome to make the pace faster.



**NOTE:** The tempo cannot be changed within the Gait Trainer application when using Spotify. Select the playlists that fit the patient's abilities for best results.



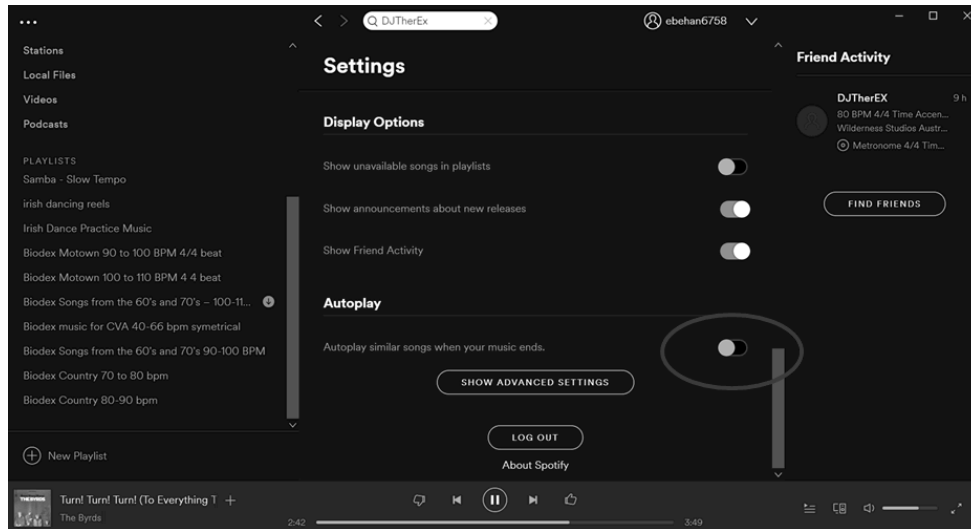
When Spotify is selected, touch the desired playlist and song to play.



To select a different playlist in Spotify:

- Touch the Music icon.
- Select <Spotify>.
- Select the desired playlist and song.

**NOTE:** Spotify must be minimized to return to the Gait Trainer biofeedback screen.



**NOTE:** Spotify will automatically continue to play songs of a similar genre, but not the same tempo or time signature. To play only songs from the playlist, turn off Autoplay in Settings.

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# Find your stride

With a variety of popular and Neurologic music, it is easy to find your fit.



## Music

Music selections are culturally diverse for a variety of patient populations.



## Playlists

The fun playlists are based on similar genres, tempos, and beats.



## Tempo

Songs are kept within a 10 bpm range to match gait training readiness levels.



## Beat

Use the 4:4 time signatures as a guide and the prominent downbeats to stay motivated.



## Minimal Syncopation

Rhythms rarely go off-beat for endurance building in a safe setting.



## Simpler Compositions

Songs with three to five instruments hold together when tempo is changed.

Customer satisfaction is our priority. If you are experiencing software issues with your Gait Trainer 3, please feel free to contact Biodesx Software Support.



**Need Help?**  
Contact Biodesx Software Support  
1-800-224-6339 ext 2120, or  
[softwaresupport@biodesx.com](mailto:softwaresupport@biodesx.com)





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