

# alimb

Patients App v.2.3

## USER MANUAL



### **Minimum Requirements**

*iPhone models:* iPhone 8 or newer

*Android models:* Premium Android 2019 or newer

**Product:** allimb by ALLIMB HEALTH SRL

This user manual is essential for using the allimb app correctly. Please read it carefully to ensure full understanding. If you need a printed version, you can obtain one from our website or by contacting us at [support@allimb.com](mailto:support@allimb.com).

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## 1. Welcome

allimb is designed to support the physiotherapy journey, integrating with a doctor's prescription or a personalised prevention plan. The additional physiotherapy exercises require only a few minutes a day and can be performed anytime, anywhere. Thanks to the Virtual Physiotherapist's real-time correction, users can exercise safely and more effectively.

**Important:** Dr. Dennis is a virtual trainer and not a real doctor or physiotherapist. It has been developed based on the collective expertise of hundreds of professionals, including doctors, physiotherapists, and researchers, following evidence-based guidelines. By leveraging millions of images and advanced analytics, Dr. Dennis is designed to provide qualified support in rehabilitation and prevention.

allimb can also be used for preventive purposes without requiring a medical prescription.

Users can contact our team at [support@allimb.com](mailto:support@allimb.com) for any questions or support regarding exercises or reimbursement procedures with insurance providers.

*User well-being is our priority.*

## 2. Purpose of the Therapy

**Warning:** read the instructions carefully. Before using allimb, consult a doctor, health care provider or professional trainer and ensure that the exercises are suitable for your condition and safe to perform on your own at home.

### 2.1 How it works

allimb is based on scientifically proven evidence that regular exercise, when performed correctly, is beneficial for both prevention and recovery from various health conditions. Modern healthcare approaches increasingly rely on a multimodal therapy strategy, where structured physical exercise has a positive impact. However, successful rehabilitation also requires a comprehensive understanding of one's condition.

allimb is a support tool for both users and healthcare professionals, enabling more consistent and structured physiotherapy.

Depending on the specific condition, a personalised therapy program may be provided directly by a healthcare professional. In cases where allimb is used for prevention, the program may be obtained through other service providers. In such cases, an initial questionnaire and assessment will help tailor the program to users' needs, ensuring medical personalisation and optimising exercise selection. In some instances, this assessment may be supplemented or replaced by a dedicated onboarding session to ensure maximum program customisation.

**Note:** allimb is designed to support patients but does not provide medical diagnoses, therapeutic treatments, or medical interventions.

## 2.2 When to Use Allimb - Indications

Using allimb and its real-time corrective technology can help prevent, manage, or alleviate symptoms traditionally treated by non-manual physiotherapy.

Before starting a program, it is recommended to consult a healthcare professional to ensure that all symptoms and conditions are compatible with the exercises provided and that no additional or alternative treatments are required.

In some countries and specific situations, allimb may be used without a medical prescription. However, even in these cases, seeking confirmation from a healthcare professional before performing exercises without supervision is advisable.

**Limitations:** Use of the product is strictly limited to individuals of legal age. Use by persons under the age of 18 is permitted solely with the prior express authorization of a parent or legal guardian.

**Warning:** allimb is not a diagnostic tool. It cannot determine whether symptoms are related to a specific condition or other health issues. Always consult a healthcare professional if you have any concerns about a diagnosis.

## 2.3 When Not to Use Allimb - Contraindications

To use allimb, you must have read, understood and accepted the Terms and Conditions (T&Cs) and the data security and usage provisions. For more information on data protection and to consult the legal documents, please visit [www.allimb.com](http://www.allimb.com).

Do not use allimb if you do not understand this manual or if you have any of the following conditions unless explicitly authorised to do so by a doctor, health professional or, in the case of a prevention plan, as well a professional trainer.

The following conditions are contraindications to using allimb without prior medical assessment. In the absence of specific approval by a physician to perform physiotherapy independently at home, the app should not be used.

### 2.3.1 General contraindications

- a. Reduced bone density (M80.- / M81.-)
- b. Acute infections of multiple or unspecified sites of the upper respiratory tract (J06.-)
- c. Advanced heart disease (I50.- / I51.-)
- d. Conditions that impair leg control (G82.-)
- e. Joint diseases of the legs (M25.-)
- f. Pregnancy (O09.-)
- g. Gait instability (R26.-), frequent falls (R29.6), dizziness and vertigo (R42.-)
- h. Tendency to bleed (D68.-), history of increased bleeding

**Caution:** If you experience pain, stop exercising immediately and contact your healthcare provider.

### 2.3.2 Additional Contraindications

The use of allimb is not recommended in the presence of any of the following conditions:

- A. **Inflammation, infections, or fever:** Do not use allimb in case of acute inflammation, ongoing infection, or fever.
- B. **Possible injuries:** Do not use allimb if the pain is due to a physical injury that limits well-being or mobility.
- C. **Neurological disorders:** Do not use allimb if undergoing treatment for stroke, paralysis, multiple sclerosis, epilepsy, or other neurological conditions.
- D. **Oncological conditions:** Do not use allimb if there is a history of cancer or symptoms such as excessive night sweats, unexplained weight loss, or chronic fatigue.
- E. **Reduced bone density:** Do not use allimb in case of osteoporosis or low bone density.
- F. **Cardiovascular diseases:** Do not use allimb in the presence of heart disease or if experiencing shortness of breath after climbing fewer than two flights of stairs.
- G. **Rheumatic diseases:** Do not use allimb if diagnosed with a rheumatic disease.
- H. **Gait instability or frequent falls:** Do not use allimb if experiencing walking difficulties, frequent falls, low blood pressure, or motion-related dizziness.
- I. **Pregnancy:** Do not use allimb during pregnancy or if pregnancy is suspected.

- J. **Pulmonary insufficiency:** Do not use allimb in the presence of pulmonary insufficiency.

### 2.3.3 Further reasons not to use allimb

Without prior confirmation from a healthcare professional on the safe use of allimb, we do not recommend using the app in the presence of one or more of the following absolute exclusion criteria:

- A. Physical restrictions that prevent the use of the app
- B. Limitations that compromise the correct and safe execution of the exercises
- C. Belonging to a risk group that compromises the safety of the exercises
- D. Insufficient load stability or freedom of movement to perform the exercises
- E. Mental or psychological restrictions that prevent safe use of the app
- F. Diagnosis of epilepsy
- G. Visual or hearing impairment that prevents understanding of the instructions and warnings provided by the app
- H. Consumption of drugs or alcohol

In addition, you must declare that you are not aware of any other reasons that might contraindicate exercise.

If you have any of these conditions, it is recommended that you consult your doctor before using the service.

### 2.3.4 Suspension of Exercises

If you experience pain, discomfort, dizziness, or loss of functionality during or after using the app, stop your exercise immediately and consult a doctor.

It is also recommended to pause allimb and seek medical advice in case of:

- Severe pain
- Swelling or unusual warmth in the joints
- Fever
- General feeling of discomfort

## 2.4 Safety Warnings



- Always follow your doctor's instructions, even if the app suggests alternatives. The doctor's opinion always takes priority, as do recommendations from other healthcare professionals or certified trainers.
- Read and carefully follow all instructions. If in doubt, stop the exercise and consult a doctor or therapist. Although the exercises are selected to be performed independently at home, they can be challenging and, if done incorrectly, may cause pain or injury.
- Always provide accurate and truthful answers to any questions in the app. Incorrect responses could result in a set of exercises that are not suitable for your condition.
- Some exercises involve supine, prone, or all-fours positions. If you have difficulty getting up, avoid these exercises.
- Some exercises require good stability. If you feel unstable, skip these exercises.
- If you experience severe pain while performing an exercise, stop immediately and consult a healthcare professional.
- Start exercises gradually and without overexertion. If the exercises feel too intense or painful, avoid them.
- Perform exercises on a non-slip surface and wear appropriate footwear, avoiding slippery shoes.
- Keep a safe distance from surrounding objects and people to prevent accidental collisions.
- Ensure that your phone is placed securely to avoid the risk of fall or damage.
- The app is available in Italian and English. Use it only if you fully understand the selected language.
- Do not use the app alone if you are unfamiliar with devices such as smartphones. In such cases, seek assistance from a trusted person.
- Ensure that your device is up to date and not modified.

## 2.5 Side effects

Side effects are unwanted reactions that may occur even when using the app correctly. Currently, no specific side effects are known; however, the following may occur:

- Muscle pain
- Arm pain
- Leg pain

- Pain in other parts of the body involved in the workout
- Itching
- Joint irritation

## 2.6 Reporting side effects or any other issues

If you experience side effects or encounter any issues, we encourage you to contact us. However, please note that we cannot provide medical support—any health-related concerns should be discussed with a healthcare professional.

To report a problem or share feedback, you can email us at [feedback@allimb.com](mailto:feedback@allimb.com). In case of technical difficulties, please contact us, and we will do our best to provide the necessary assistance.

## 3. MY PROGRAM

allimb provides a program that supports the user's health journey.

allimb offers a customisable therapy with exercises, and in some versions, it may also provide specific information about pain. While allimb strives to provide reliable information, it cannot offer a complete overview and, most importantly, cannot provide individualised information. Therefore, users are encouraged to take advantage of the selected educational content but should consult a professional or a dedicated association for additional and more comprehensive information.

The exercise program selected on allimb helps users perform exercises safely, ensuring that the healthcare professional following them has chosen the appropriate set of exercises and can review the results. These results can be shared directly through the app or by showing them to the professional during an in-person session. In any case, sharing will only take place if previously approved.

The physiotherapy program can be adapted to the user's condition. If consulting a physiotherapist, it is recommended to share the training plan and allow the healthcare professional to adjust the program to specific needs. Exercises can be made more challenging or easier, and some may be added or skipped. The healthcare professional will have full control and flexibility to ensure that allimb's customisation is perfectly aligned with the user's health journey.

The medical device is designed to help reduce or prevent pain-related conditions. The potential risks associated with its use have been identified, controlled, and classified as acceptable.



### 3.1 Getting started

To start using allimb, users can either be invited by a healthcare professional (HCP) or register independently.

If a healthcare professional invites the user, they will register the user's email address and password. The user will then receive an email with instructions to download the free app. In this case, the healthcare professional will have already selected the appropriate set of exercises tailored to the user's specific condition.

If choosing to start independently, the user must download the app from the App Store or Google Play and complete the registration with an email address and password. Independent users will have limited access to the basic version of the app without an exercise program. A personalised exercise program selected by a healthcare professional will only become available after a medical assessment.

If the user does not receive an email, it is recommended to check the spam folder. In case of issues, support can be contacted via email at [support@allimb.com](mailto:support@allimb.com).

In all cases, a name and email address will be required to activate the service. The email address will be verified and used only for important communications, without being shared with third parties.

**Note:** To access the allimb app or any other service, users must first accept the Terms and Conditions, as well as all other required documents, particularly those related to Data Security and Privacy. These documents are available on the website: [www.allimb.com](http://www.allimb.com).

### 3.2 Questionnaire

In some cases, users will be asked questions to support the personalisation of services and to exclude any conditions that may prevent their use. In other cases, this assessment will be carried out by the healthcare professional, who will select the appropriate set of exercises.

### 3.3 Use of the app

#### 3.3.1 Overview

Once an allimb account has been registered, users will be able to receive an exercise program, which may be prepared by their healthcare provider.

If users have agreed to share performance data, the healthcare provider will be able to monitor progress and make any necessary adjustments based on the results obtained.

Users will be asked for feedback regularly on the presence or worsening of pain. This feedback can be used to assess progress and/or adjust the intensity and complexity of future exercises.

A virtual trainer, Dr. Dennis, will demonstrate the correct execution of the exercises. The videos can be watched as many times as needed, even while performing the exercise. After understanding the movement, users can perform the exercise, pause it, or skip it for example if they experience pain. The counter, timer, or other on-screen information will indicate the required number of repetitions.

Not all exercises feature motion detection technology to provide real-time corrections. Some are simply support videos and will be introduced as such.

Users can contact support at [support@allimb.com](mailto:support@allimb.com) for any needs. However, support is not provided in real-time and does not offer medical advice; users are advised to consult a doctor for medical concerns.

### 3.3.2 App Areas and Features

**Disclaimer:** *The images, icons, and sections described refer to an Apple device. On other devices, the interface may appear slightly different.*

After completing the introduction process, the home page will appear, where it is possible to watch the tutorial and start the exercise program. Several sections are available, each with a specific function:

- **"My Program"**: The main section to view the personalized exercise program. Here, users can switch between exercises, watch tutorials, or start their workout.
- **"Statistics"**: This section is available only for certain programs and provides an overview of progress and recovery, including data such as participation statistics, mobility improvements, and pain levels.
- **"[Username]"**: A personalized section displaying the name chosen during registration. This area includes various features:
  - Update, modify, or delete personal data and account details. Users can revoke consent for data usage, but withdrawing essential elements (e.g., Terms and Conditions) may disable certain functionalities or prevent the app from working correctly.
  - Notifications: A list of current and past notifications, including updates and reminders.

- Enable or disable video recording of exercise execution, which will be saved in the device's gallery.
- Update consent settings.
- Information about allimb, including company and product details.
- Log out or delete the account.
- Contact support for technical assistance. Support does not provide medical advice; it is limited to technical functionality issues within the app.

### **3.3.3 Exercise tutorial**

Selecting "Start Training" will display a tutorial featuring Dr. Dennis, the virtual trainer, who demonstrates and explains the correct execution of the exercise. The tutorial can be replayed as many times as needed and remains accessible even during the exercise. Once confident with the movement, the user can start the exercise by pressing "Start".

### **3.3.4 Device positioning**

On-screen instructions and voice guidance assist in correctly positioning the device before beginning the exercise.

### **3.3.5 Exercise Execution**

During the session, the counter, timer, and other indicators on the screen track the number of repetitions and sets to be completed. Users can pause or skip an exercise if necessary, for example, in case of pain.

Not all exercises include real-time motion tracking for posture correction. Some are purely instructional videos without motion monitoring, and these will be indicated.

At the end of each set (if applicable), a countdown timer will indicate the rest period before the next set. Once all planned sets are completed, the app will notify the user that the session is finished.

## **4. Data sharing**

It is recommended to share data with your healthcare professional. Sharing occurs through the professional's acceptance within the app. Without consent, no data will be

shared. All information is transmitted securely. For more details on the procedure and user rights, please refer to the legal section at [www.allimb.com](http://www.allimb.com).

**Video recordings are not shared and remain exclusively on the user's device. Healthcare professionals have access only to the qualitative and quantitative assessment of the exercises based on anonymized data points.**

## 5. Multimodal courses

allimb offers targeted insights into specific health conditions. These carefully selected resources support the therapeutic journey.

Additional articles cover general well-being topics such as relaxation, motivation, stress management techniques, positive thinking, effective breathing, and understanding one's condition or the healthcare system.

These resources are available on [www.allimb.com](http://www.allimb.com).

Note: Currently, allimb has accessibility limitations and may not be suitable for all users with visual impairments.

## 6. Frequency and Duration of Use

allimb is designed for daily use, but at least three times per week, unless otherwise advised by a healthcare professional. The recommended usage period is 90 days, but it can be extended, especially for preventive exercises. For these, support from a healthcare professional or trainer is required to enable platform access.

In general, a minimum usage of three months is recommended, with no predefined time limits.

## 7. Installation, Uninstallation, and Update Process

Installing allimb:

1. Open the App Store (for Apple devices) or Google Play (for Android devices).
2. Use the search function to find "allimb".
3. Select the app logo and tap "Install".
4. Once the download is complete, the "Install" button will be replaced by "Open".
5. Tap "Open" to launch the app.

Uninstalling allimb:

1. Locate the allimb icon on your device.

2. Press and hold the icon (for about 3 seconds).
3. A pop-up menu will appear.
4. Select "Uninstall".
5. The app will be removed from your device.

Updating allimb:

- If automatic updates are enabled, the app will update automatically.
- If automatic updates are disabled:
  1. Open the App Store or Google Play.
  2. Use the search function to find "allimb".
  3. If an update is available, the "Update" button will appear.
  4. Tap "Update" to download the latest version of the app.

## 8. Data Security and Protection

For allimb, as a medical device, high data security and privacy are key requirements to ensure compliance with stringent regulatory standards. This includes implementing robust encryption methods for data storage and transmission, ensuring that patient data is only accessible to authorised users and not to everyone in the company, and conducting regular security assessments. Compliance with the GDPR (General Data Protection Regulation), and in Germany also with the guidelines of the 'Deutsches Bundesdatenschutzgesetz und Datenschutz-Grundverordnung' (DSGVO) and BfDI (Federal Commissioner for Data Protection and Freedom of Information), emphasising the importance of data minimisation, user consent and transparency in data processing. These measures protect sensitive health information and maintain patient confidence in the application.

For more detailed information, we recommend visiting the dedicated legal section on our website [www.allimb.com](http://www.allimb.com).

Please do not hesitate to contact our data protection officer: [dso@allimb.com](mailto:dso@allimb.com).

Please get in touch with this person/institution if something unexpected occurs. We will deal with the case immediately and inform the national ministry responsible for medical devices of any problems.

## 9. Contacts

### **ALLIMB HEALTH SRL**

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## **10. Final Warnings**

- Ensure you are connected to a Wi-Fi network to avoid potential additional costs related to mobile data usage. Check with your provider for any associated charges.
- The app can also be used offline. Data will be automatically synchronised as soon as a Wi-Fi connection becomes available.
- The most effective program depends on individual needs, routines, and personal habits. You are free to decide how and where to perform the exercises. However, following a consistent routine helps maximise allimb's benefits.
- Refer to the "Knowledge Section" to learn more about your condition and understand how to improve it. We select useful topics for recovery and overall well-being but we recommend complementing this information with additional personal research.
- allimb should only be used on personal devices to ensure data protection and privacy.

# alimb

Artificially Guided Remote Rehabilitation Exercise Software



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2021 - 09 - 30



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