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Get familiar with the layout

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- Graded Motor Imagery resources / Contact

Neuro Orthopaedic Institute
www.noigroup.com
THINGS YOU SHOULD KNOW BEFORE YOU START

Recognise™ online is a tool for stage one and stage two of the Graded Motor Imagery (GMI) programme. For more information about GMI visit www.gradedmotorimagery.com

We advise that your clinician assists you with using the programme. Ideally they should help you make a Recognise rehabilitation plan... and even get you started with a test schedule.

Recognise™ is for individual use only. Accounts can not be shared as the data is collected into one graph.

For troubleshooting technical issues see page 11.

PURCHASING A NEW ACCOUNT

2. Read through the product information, enter (1) in quantity, then click add.
3. Click view cart items to proceed to the check out.

EXTENDING AN EXISTING ACCOUNT

1. Log in to your Recognise™ account.
2. In the middle column under the title extend my account enter how many months you’d like to extend for and click check out.
3. You will be asked if you’d like anything else from the NOI store and then taken to the Noigroup website to make the purchase.

PROCESSING PAYMENT

1. Enter your billing and shipping details yes, you’ll need to enter your shipping details even though this is an online programme.
2. Click proceed on the shopping cart
3. The site will take you to a secure page for you to enter your payment details. Once complete click process payment. No spaces should be left between your credit card number.

LOGGING IN TO YOUR ACCOUNT

1. Go to www.noigroup.com/recognise
2. Enter your email and password and click if you agree with the terms and conditions.

After logging in you’ll be asked to choose your time zone by scrolling down the list. This is important for tracking results.

SETTING UP A TRIAL ACCOUNT

1. Go to www.noigroup.com/recognise
2. Click ‘Sign up here’ under the title ‘Trial’.
3. You’ll be asked to fill in all the boxes on the form.
4. Click ‘Sign me up’.

The trial account lasts for 5 log ins. Upgrade your account to a full account at any time. You can do this from within your account. Instructions above.
RECOGNISE PATIENT ACCOUNT

- Change time zone: important for tracking results
- Extend your account at any time
- Find and connect accounts with your clinician
- Navigation bar

**Welcome Sarah**
Sarah Smith
sarath.smith.com
Australia
South Australia
485488

Account type: Individual
First login: 15 February 2012
Expires: 04 February 2015

**Extend my account**
Set up your account to keep doing left/right exercises for the number of months selected below. You don’t need to wait until your account has expired to extend.

- months 2 = $10.00 AUD

**Connect with a clinician**
If your clinician has a Recognise account, enter their clinician’s details below to get connected and allow your clinician access to your results. All your personal information (except name and email) and any notes will remain private. Your clinician’s ID will be in a AA1234 format.

**Change to a clinician’s account (click here)**
If you are a clinician using Recognise as a treatment tool with patients, convert your account into a clinician’s account to get the most out of Recognise in your professional patient relationships.

NOI recommends this for clinicians treating patients only.

**Navigation bar**
- home
- tests
- results
- my pictures
- notes
- log out

**Related GMI products**
- Useful resources
- Legal information
- Social media
- keep up to date with the science

**Graded motor Imagery news**
The new Recognise Apps allow you to quickly exercise your synapses on your smart phone or tablet wherever you are.
- Check out the Graded Motor Imagery website – including upcoming GMI courses.
- Current research studies supported by Neuro Orthopaedic Institute
- Motion is lotion in the neuromatrix – Tim Beacons discusses motor imagery, 2010
- David Butler on graded motor imagery – Denmark 2009

**Get familiar with the layout**

**Recognise profile**

**Recognise: left/right discrimination, recognition and restoration.**

**Legal information**
- OMI Information
- Literature & resources
- nogroup.com
- Contact us
- Privacy statement
- Copyright
- Terms & Conditions

**Social media**
- Facebook
- Twitter

**Useful resources**
- Related GMI products
SETTING UP YOUR TEST

STARTING UP A LEFT/RIGHT RECOGNISE TEST

1. Click ‘Tests’ in the top right menu. You’ll be taken to the set up page.

2. There are 4 sections to customise your test.

1) Recognise™
   Stage one, Implicit Motor Imagery:
   choose ‘left & right’ for left/right discrimination tests. All results are recorded.
   For more information on Implicit Motor Imagery go to page 63 of The Graded Motor Imagery Handbook.

   Stage two, Explicit Motor Imagery:
   choose ‘left, right or all imagery’ options for imagined movement exercises. There are no results for these exercises. The ‘imagery’ test selections are applicable for stage two of GMI.
   For more information on Explicit Motor Imagery go to page 79 of The Graded Motor Imagery Handbook.

2) Test
   Recognise gives you a choice of basic, vanilla, context, abstract and your own images. We recommend using Recognise™ with pictures graded in that order as a means of grading exposure to the images.

   Basic images have a plain, non-distracting background and have not been rotated from the origin. This is the simplest Recognise test.

   Vanilla images also have a plain, non-distracting background but are randomly presented upside down and on their side.

   Context images are real life photos – from work, around home, at the beach. Expect possible emotional responses (good and bad) from some of these images.

   Abstract images will stretch your mind past the normal, really making you work.

3) Category
   Set your test up to include the body part(s) most relevant to your brain training exercise recommendations, or injury.

   What are you looking for in a test?
   Hands, Feet, Shoulders and Knees: Ask yourself which side of the body the image comes from. Is it a left hand, is it a right foot, is it a right shoulder?

   Necks and Backs: You are looking for movement in the spine and should be asking yourself if the person pictured has turned and/or leaned/rotated to the left or right.

4) Options: number of images
   Adjust the number of images per test and time displayed (seconds) per image. We generally recommend starting your tests with 20 images, however adjust this to suit yourself once you have taken a few tests.

   Options: number of seconds
   You can adjust the maximum time (in seconds) that each picture is displayed for until it ‘times out’ and moves onto the next. We generally recommend starting at 5 seconds per image and take it from there. You might prefer something faster/slower and this can be adjusted from test to test. If an image times out and moves onto the next without you making a selection, it will be scored in your results as incorrect.

   My Images is up to you! Upload up to 50 of your own photos into Recognise™ and test yourself with these. Delete them and add new ones as you progress through your tests. Go to My pictures to manage your images.
STARTING UP A TEST

Once you have customised your test there are two options:

Save to list
This will save the customised test type you’ve selected, making it easier to get started next time – just click the link. You can save up to 5 different test types. Use the ‘X’ to delete a customised test.

Start
Get started right away without saving the customised test type.

RECORDING YOUR PAIN LEVEL

At the beginning of each test you will be asked what your pain level is at that moment.

0 = no pain
10 = worst pain

Click the numbers to save your pain level. The test will then start immediately.

If you do not wish to save your pain level simply click ‘Continue with test and don’t record my pain level.’ The test will then start immediately.

STOP TEST!

Help! Get me outta here! If you ever need to exit the programme mid-test, for any reason including discomfort, distress or just to answer the phone, hit the STOP button in the top right hand corner of the screen. The image will immediately disappear and you’ll be taken back to set up a new test. Your results from the interrupted test won’t be recorded.

LEFT ‘A’, RIGHT ‘D’

When you start using Recognise make sure you are in a relaxed and quiet place. Have your fingers ready on either the ‘left’ and ‘right’ arrows or ‘A’ for left or ‘D’ for right.

You will be presented with sample left and right images at the start of each test as a quick practice run.

As quickly and accurately as possible click to indicate your first impression, if the image on the screen is left or right.
TEST COMPLETE

This is the first screen you’ll see once you’ve completed your test. It is a summary of your speed and accuracy. There are three options from here:

/ Take the same test again
This will repeat the same test selection again, taking you back to the screen asking your pain level. You won’t get the same set of images again as images are selected and presented randomly.

/ View more results
This will take you to the full results screen. More on this later.

/ Test set up
This will take you back to the beginning asking you to select your test options.

For more information on interpreting response time and accuracy data on left/right judgments go to page 32 of The Graded Motor Imagery Handbook.

Complete!
Your average results for this test are:

<table>
<thead>
<tr>
<th>Accuracy</th>
<th>Speed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Right 60%</td>
<td>Right 1.2 seconds</td>
</tr>
<tr>
<td>Left 40%</td>
<td>Left 1.7 seconds</td>
</tr>
</tbody>
</table>

/ Take the same test again
/ View more results
/ Test set up
GET FAMILIAR WITH THE RESULTS LAYOUT

Click ‘speed’ (response time) to view the graph based on how quickly you answered the test. Results are displayed in seconds.

Click ‘custom results’ to navigate to a page for simplifying your results.

Click ‘accuracy’ to view the graph based on... Results displayed as a percentage.

Click ‘trendline’ to get an overall view of your progression.

A break down of each individual test.

Save as PDF or print a list of your results.

Click one of the orange or green circles in the graph to get a break down of that particular test – the information will populate in this box.

For more information on interpreting response time and accuracy data on left/right judgments go to page 32 of The Graded Motor Imagery Handbook.

As a general guide, if there’s a reduction in the difference between left/right then lower the image speed and increase the number of images for the next test. We strongly advise that you work with your clinician here. He/she should give you guidance on where to go from here.
GET FAMILIAR WITH THE CUSTOM RESULTS LAYOUT

‘Quick view’ allows you to access the last 25, 50, 100 or all previous tests by clicking the button. This is just one quick option on the custom results page.

Filter your results further by choosing what you’d like the graph to show you: accuracy/speed, date range, and test type.

It is important to isolate results if you are using RON for more than one area eg. back + hands.

Once you’ve customised your test click ‘view/go’ to see your results.
CONNECTING ACCOUNTS WITH YOUR CLINICIAN

Connecting accounts means that you’re allowing your clinician access to your results. This will help you work together to achieve the best results.

/ Click ‘home’ in the top right navigation bar
This will take you to your home page

/ Navigate to ‘connect with a clinician’
Located in the centre of the page. Enter your clinician’s ID. You will need to ask your clinician for this – it is located within their account and it will begin with their initials. Once you’ve entered the ID click ‘Find’.

/ Pending
Once you’ve requested a connection you’ll need to wait until your clinician accepts the request before they can access your results.

YOUR CLINICIAN CONNECTING WITH YOU

Your clinician can find you on Recognise™ in a similar way. Using your email address, your clinician can request to connect with you. You will receive a notification on your home page (and through email) as soon as you log in.

/ Accept the link
To either accept or decline the link click on the green ‘new clinician request’ button and a pop up will appear.

PRIVACY: The connection only allows the clinician (who is the owner of the email address) to see your results. They do not have access to any other sections of your account.

NOTE: If for some reason the link is deleted, you can reconnect in the same way, again.

UNLINKING WITH YOUR CLINICIAN

1. To unlink accounts with your clinician navigate to the home page by clicking ‘home’ in the top right list.

2. In the column on the far left, click on your clinician’s name and a pop up will open asking you to confirm.
Keeping notes

Recognise™ gives you the ability to take notes throughout your progress. These might be thoughts, experiences, feelings, moods or whatever you want to write down.

/ Notes
Click ‘notes’ located in the top right navigation menu.

/ Functions
You’ll be taken to the archive page first. Notice the ‘view older notes’ – this is where your notes will save to. You can delete them by simply clicking the ‘X’.

/ Writing a note
To write a note click ‘create new’ above the box. On this page you can:
- Write up to 2000 characters per note
- Add a subject line for quick reference
- Record your mood by clicking one of the faces
UPLOADING YOUR VERY OWN PICTURES

Some people may find it useful to use pictures of their own body parts during the Graded Motor Imagery programme. Recognise™ allows you to upload up to 50 of your own images.

/ My Pictures
Click ‘my pictures’ located in the top right navigation menu.

/ Body part
Before uploading any pictures, choose from the drop down list which body part you’re uploading to.

/ Browse
You can upload up to 10 images at a time by clicking the ‘browse’ button and locating the image.

/ Upload
Once you’ve selected all your images click ‘upload’ to put your pictures into the system.

/ Left/right
One last step – once you’ve uploaded your pictures, they’ll appear on the page. You will need to tell the system if each images is ‘left’ or ‘right’. You can do this by clicking ‘left’ or ‘right’ below each image.

/ Delete
If you’d like to delete an image simply click the ‘X’ next to that image.
1. Make sure your web browser is up to date. The Recognise™ website prefers to be run through Mozilla Firefox.

2. Recognise™ can be used on iPad or tablet devices, using current versions will reduce possibility of compatibility issues.

3. **Password/email not working?** Select the ‘forgotten something’ link and a pop up will appear asking you to enter your email address. Ensure you enter your email address in correctly so the system can automatically send you a new system generated password. You can change this new password something more memorable at any stage.

   If your **email** address isn’t working, you may have typed it incorrectly when setting up your account. In that case you can contact us via: [www.noigroup.com/en/Contact](http://www.noigroup.com/en/Contact)

*Still something not quite right?* If you have checked through all the points above and are still having problems with the website then let us know: [www.noigroup.com/en/Contact](http://www.noigroup.com/en/Contact)

We have staff able to help you through your query during regular business hours, Tuesday to Friday.
GRADED MOTOR IMAGERY RESOURCES

Graded Motor Imagery Handbook
Written by the principal researchers and educators of the GMI concept, this book will guide you through the science behind and the process of GMI. Graded motor imagery offers a novel three stage synaptic exercise process for neuropathic pain involving left/right discrimination, imagined movements and mirror therapy. With patience, persistence and often lots of hard work, GMI gives new hope for treatment outcomes.
www.noigroup.com/en/Product/BTGIMB

Recognise™
Even simple exercises may cause pain if your brain can’t recognise whether you are using your left or right side. This can be tested easily and quickly using the Recognise™ programme. This novel evidence-based programme can provide valuable help in the management of many chronic pain states.
www.noigroup.com/recognise

Flash Cards | These cards complement Recognise™ online and can be used for left/right discrimination or imagined movement exercises as part of the GMI process.
www.noigroup.com/en/Product/BTRFC

Online | A measureable, progressive self-management tool for patients. Test results can be collected and analysed.
www.noigroup.com/en/Product/BTRON

App | The new Recognise™ App means you can quickly exercise your synapses on your smart phone or tablet wherever you are. Available from iTunes (hands, feet, necks, backs, shoulders and knees) and Google Play (hands and feet).
www.noigroup.com/en/Product/BTRAPP

Mirror Box
Mirrors may be used to gain relief and better movement for a variety of pain and disability states, especially those involving the hands and feet. In particular, mirror therapy may be appropriate for problems such as complex regional pain syndrome, phantom limb pain, arthritis, stroke and focal dystonia.
www.noigroup.com/en/Product/BTMB

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