Brain me Exercise

A designed fine motor movement exercise

MEDICAL MOTION, LLC



A turnkey point exercise

A digitized tracing brain motion exercise using exercise video clips.



Designed hands movement exercise by a Neurologist and a Neuro-psychologist

The exercise is training and enhancing the attention.

Video files of exercise motion can be generated to the waveform , spectrum and further digitized motion movement.

A Motor intelligent quotient (MIQ) matrix system can be generated to the performance scoring system.

Not only an exercise, but also a digital motion analysis to trace the progress of exercise and make the incentive for the improvement.



•Using hand movement to train attention, consistency, persistency, coordination, and endurance.



The exercise benefits of training of growing youngest



The exercise focuses the attention.



The exercise is a tool to enhance the cognitive process.

Our hand movement is connecting to our brain

Fine motor skill (or dexterity) is the coordination of small muscles in movement with the eyes, usually involving the synchronization of hands and fingers.

The complex levels of manual dexterity that humans exhibit can be attributed to and demonstrated in tasks controlled by **the nervous system**.

Hand Modules (Bilateral)

1. Finger tapping (LFIT, RFIT): use the index finger to tap the thumb (Assessment of fine finger movement).

2. Hand Flapping (LHF, RHF) : open and close the hand with arm straight out (Assessment of fine hand movement).

3. Hand supination and pronation(LHPS, RHPS): (Assessment of range of motion of wrist and elbow).

4. Both index fingers tapping (LITI, RITI): with the hands grasping each other (Assessment of bilateral finger coordination).

5. Finger to nose (LIPI, RIPI): use index finger to touch the nose, then point to the opposite index finger (Assessment of eye-finger coordination).

6. Finger dexterity (LDEX, RDEX) : use each finger to tap the thumb as fast and as you can, with finger straight (Assessment of fine finger movement). No report wit tis module.

Illustration of modules Each module are bilateral hands exercise



Finger tapping

Hands Flapping

Hand exercise modules







Hands supination/Pronation



Both Index finger tapping

Exercise → Motion tracing → Digitize Reports → Improving → Achieving





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IESI	DUR VAR RATIO (%)	AIVIP VAR RATIO (%)	FREQ VAR RATIO (%)
TEST	DUR VAR RATIO (%)	AMP VAR RATIO (%)	FREQ VAR RATIO (%)
	MIQ scores	MIQ scores	MIQ scores
LFIT	16.49%	29.89 %	-15.23 %
	108	80	110
RFIT	13.02%	26.09 %	-7.98 %
	114	88	124
LHF	8.17 %	8.45 %	-16.21 %
	124	124	108
RHF	10.84 %	9.91 %	-21.19 %
	124	124	108
LHPS	9.37 %	14.01 %	-31.06%
	122	112	78
RHPS	4.45 %	9.51%	-16.49 %
	128	120	108

Brain me exercise is a designed fine motor movement exercise program

It works out hand movement that involves brain-controlled speed, and attention. It is not visualized mental activity exercise, it is a fine motor movement exercise to train the attention, speed, and consistency that is echoed and controlled by the brain.

 It is brain training by the designed hand
movement protocols. The amplitude and frequency of the movement are
required to be as same as possible during the 10
seconds Period's training.

 A key point of the exercise is attention training, coordination training, consistency training, and endurance training. Exercise are involving the eye and brain coordination, the conscious judgment to operate the hands movement, the attention to perform the right rhythm and right scales of the movement. We extended our finger hand movement to be rhythmic , to be consistent and to be persistent the endurance.

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We are training our self every movement to be focused,



To be serotyped, to be identical, has minimal movement variance.



"Brain me exercise" will improve the underactive part of brain by the exercise training

Exercise brain is exercising the memory, brain speed, attention , personal skill , intelligence instead of your , delts and quats

Conscious of training the attention is beauty of brain me exercise

Brain me exercise Attention training

Transitional attention training includes outside stimulator, sounds or computer clicks. The finger brain exercise is using the exerciser's own hands to train the attention, consistency and persistency. The leaning process involving controlling the finger rhythmic movement, keeping the speed and amplitude of hands movement as little variance as possible. Digital reports From MOVXAM to monitoring improvement of the training is the beautify of the brain me exercise program

A crucial turning point is an available digital exercise tracing reports with 2 waveform of movement performance . "Brain me exercise" will improve the under-active part of brain by the exercise training



Physical exercise, computer , paper pensile cognitive training , motor skills training are all encouraged.



Digital reports to monitoring improvement of the training is the beautify of MOVXAM software.

Traditional hand exercise is not able to trace your performance progress with digitized format, MOVXAM software will provide your progress repots of exercise performance.

Children growing requires the leaning training, disabled population requires therapeutic training. Cognitive declined population requires rejuvenate the attention and cognitive function.

The exercise reports will be facilitating the exercise training and incentive the fitness of the attention span and fine motor movement. The intelligence of attention will grow from the exercise, the confidence of constancy and persistency will grow from the exercise.

Fine motor skills can reflect how smart you are!

MIQ scoring is using MOVXAM software (**US patent, FDA cleared**) tracks your finger and hand movement digitally by analyzing simple video recording clips. Did you know your fine motor skills can reflect how smart you are? It is a learning process.

When we are growing, we constantly learn fine motor skills throughout our life. These include finger gripping, finger manipulation, buttoning, picking up tiny objects, and those involving dexterity of finger movement.

Let's Find Out About the MIQ Scoring

We are all familiar with Intelligence Quotient (**IQ**) tests. They measure human cognitive ability or offer an assessment that measures a range of cognitive abilities.

Matrix of MIQ is a score system to measure the % variance of amplitude and frequency of motion waveform.

Each module has the scoring from the performance of variance . Hight score reflect least % variance .

Motor Intelligence Quotient (MIQ) Test



Check out the world's first Motor IQ (MIQ) test!





What information does the MIQ test provide?



MIQ test is not a diagnosis test; it is not invoking mathematical skills and language abilities. However, it is involving attention, persistence, consistency, spatial perception, motor coordination and muscle strength.



It is not only a test, but also a set of desired exercises. Practicing fine motor skills is a brain echo exercise.

How does the MOVXAM software work?

Transfer toe video files to the digital

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We require a video recording using iPad, iPhone, or a smartphone. Several designed modules will be recorded. The movement imaging will transform to a 2D waveform. The waveform's amplitude, duration, frequency and slope will be calculated. Score metrics are generated according to the percentage of variance of each metric: amplitude, duration, frequency and slope. Less percentage variance will have a higher score.

Advance modules: Foot modules

Foot	Foot tapping with sitting position (Assessment of fine foot motor movement).
Toe	Big toe of left or right foot touches the big toe of the other foot (Assessment of bilateral foot coordination) .
Heel	Heel tapping while standing with one foot in front of the other (Assessment of posture balance) .

How do you prepare for the MIQ test?

Step 1 – Set up a black background.

Step 2 – Set up iPad, iPhone or smartphone on a stand Step 3 – Record ten seconds on each hand with designed modules.

Please provides us with an email. We will send you the secured email link for you to send the video clips to us.

A report of your performance score will be sent to you.

Waveform Image



LFIT: left finger tapping, RFIT: right finger tapping. LHF: left hand flapping, RHF: right hand flapping LHPS: left hand supination/pronation, RHPS: right hand supination/pronation Highest score is 140 with 0 variance, each % variance is = 2scores.

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Improving you score with exercise

EXERCISE WILL ECHO AN ACTIVE HEALTHY BRAIN

Check if you have improvement.

Watch YouTube for hand exercise instruction. YouTube link -----.

Once you feel you have had good exercise sessions, upload your 10 seconds video files to the website : <u>www.thehealthsensor.com</u> and <u>an upcoming website</u>: <u>www.brainmeexercise.com</u>

Instruction for recording the exercise file is also available at above websites.

Instruction of Video file name before submit the video is available at above websites.

General name rule is as following. Module name_name_date(ddmmyy)

For example: LFIT_judy_06302022 RFIT_jack_05222022

Brainmeexercise app is coming.