

Table 2. Cognitive task collection form

HandRehab+ Work System

QUESTION	YOUR ANSWER
What decisions need to be made during task completion?	Patient decides whether to complete exercises, upload recordings, and submit symptom feedback.
What information is needed to make these decisions?	Awareness of their current symptoms, grip strength, assigned rehab exercises.
What mental calculations need to be made?	Estimating fatigue, pain level (0-10 scale), and perceived effort for repetitions.
What information needs to be remembered?	Proper technique guidance (e.g., keep wrist neutral), therapist restrictions or priorities.
How long does information need to be remembered?	Session-based (short-term memory); long-term trends tracked automatically via dashboard.
Are any memory devices used?	In-app reminders, exercise demo videos, therapist notes.
What information needs to be recalled?	Which arm/hand to exercise, specific therapy goals, badge progress.
Where can information be retrieved?	Exercise instructions inside the app, therapist notes in app dashboard.
What problem solving needs to be done?	Adjust exercise intensity if pain worsens, determine when to message therapist.
What information/tools are needed to solve the problem?	Access to secure messaging, pain score re-entry tools, and AI feedback suggestions.