

# User Manual

## SIMULATORCARE

### VR Game for MS Patients



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## 1. Introduction

This user manual is intended to help MS patients use the VR game created to assist them in their rehabilitation. The game is designed to be immersive and engaging while also providing therapeutic benefits. This game is best used under the supervision of a healthcare professional.

## 2. System Requirements

- VR headset (Oculus Quest)
- VR-ready computer
- Internet connection

## 3. Downloading the Game

1. Connect your VR headset to your computer using the USB-C cable.
2. Go to the website where the game is available for download [HERE](#).
3. Select the download button for the game [Download HERE](#).
4. Follow the on-screen prompts to complete the download.

## 4. Installation

1. Once the game has finished downloading, open the Oculus App on your computer. [Download HERE](#)
2. Go to the "Library" tab.
3. Find the game in your library and click "Install".
4. Wait for the game to finish installing.

## 5. Headset

1. Adjust the straps on the headset so that it fits comfortably on your head.
2. Position the lenses so that they are centered over your eyes. Adjust the IPD (interpupillary distance) slider if needed to get a clear image.
3. Adjust the fit of the headset by using the dial on the back of the strap.
4. Put on headphones (if applicable)
5. For the Video Tutorial Click [HERE](#)

## 6. Controllers

You can use your controller to interact with apps and games, using the buttons on your controller to do the following:

1. Trigger, A and X buttons: Press to select things
2. B and Y : Press to go back to the previous screen or menu.
3. Oculus button: Press to go back to Oculus Home or press and hold to reset your controller orientation.
4. Grip button: Press to grab objects or make a fist when using your virtual hands.
5. Menu button: Press the menu button from Oculus Home to bring up the menu.
6. Press any button to wake the controller after you turn on your headset.
7. For the Video Tutorial Click [HERE](#)

## 7. Wi-Fi connection

1. Turn on your Oculus Quest and put on your headset.
2. Select Settings from the bottom toolbar menu.
3. Select Wi-Fi.
4. Select the Wi-Fi network you'd like to connect to.
5. If prompted, enter the password for the Wi-Fi network you'd like to connect to.
6. Select Connect to connect to the Wi-Fi network.

## 8. Starting the Game

1. Put on your VR headset and make sure it is properly adjusted for your comfort.
2. Turn on your VR headset and the controllers.
3. Look at the game icon in the VR library and press the "A" button on the right controller.
4. Wait for the game to load.

## 9. Using the Game

1. Follow the on-screen prompts to start the game.
2. The game has several levels that you can progress through at your own pace.
3. Each level has specific instructions and goals that you must complete.
4. Use the VR controllers to interact with the game world and complete the objectives.
5. Take breaks as needed to avoid overexertion or discomfort.

### 9.1 User Movement:

1. When the user touches the joystick, beams will appear in the virtual environment.
2. These beams serve as visual indicators for teleportation.
3. To initiate teleportation, the user should press the button located on the back of the controller.
4. Aim the beam at the desired location where you want to teleport.
5. Press the button on the back of the controller to teleport to the location the beam is aimed at.
6. Ensure that the beam is accurately pointing to the intended destination before initiating teleportation.

### 9.2 Portal Usage:

1. Locate the portals within the virtual environment.
2. Use the beams generated by the joystick touch to interact with the portals.
3. When a beam makes contact with a portal, the user will be automatically teleported to a new destination.
4. Ensure that the beam aligns with the portal before making contact for successful teleportation.
5. Explore new areas and environments by utilizing the portals throughout the virtual world.

### 9.3 Training level

1. Approach the black screen and read the instructions displayed.
2. Follow each instruction in order, taking your time and being attentive.
3. Once you've completed all the instructions, locate the nearby chest.
4. Open the chest and take the key inside.
5. Safely keep the key with you and return to the island.
6. Congrats! You've completed the training exercise.

### 9.4 Rowing level

1. Familiarize yourself with the controller and locate the designated back buttons used for rowing.
2. When ready to start rowing, press the back buttons on the controller.
3. Perform a rowing motion with the controller to simulate rowing the boat.

4. Pay attention to the direction and intensity of your rowing motions to control the boat's movement.
5. Navigate towards the nearby island, keeping an eye on the pier as your destination.
6. Adjust your rowing motions accordingly to steer the boat towards the pier.
7. Be mindful of any obstacles or hazards in the water, and make necessary adjustments to avoid them.
8. Continue rowing until you successfully reach the pier of the nearby island.
9. Once you've reached the pier, you can stop rowing and disembark from the boat.
10. Congratulations! You have accomplished the task of rowing the boat and reaching the pier.

### 9.5 Swimming level

1. Get yourself familiar with the controller buttons, particularly the back buttons used for swimming.
2. When you're ready to swim, press the designated back buttons on the controller.
3. Perform a swimming motion with the controller to navigate through the water.
4. Explore the underwater environment and search for the portal.
5. Keep an eye out for any visual cues or signs that may indicate the location of the portal.
6. Once you have found the portal, position yourself near it.
7. Interact with the portal or press the corresponding button to activate it and initiate the teleportation process.
8. After teleporting, you will be back on the island.
9. Congratulations! You have successfully completed the swimming task and returned to the island.

## 10. Exiting the Game

1. Press the "Menu" button on the right controller.
2. Select the "Quit" option from the menu.
3. Wait for the game to close and return to the VR library.
4. Turn off your VR headset and controllers.