



RECOGNISE™ ONLINE
User Guide



NeuRA
Discover. Conquer. Cure.

For this part of the **RESOLVE** trial we are very grateful for the assistance of the



Neuro Orthopaedic Institute
www.noigroup.com

for allowing us to use their **RECOGNISE™** software.

All screenshots taken from the software for illustrative purposes in this user guide are copyright of Neuro Orthopaedic Institute & Noigroup Publications.

SETTING UP YOUR ACCOUNT

You will have done this with the researcher in your second session (Week 2).

You will use your personal email address to create an account and a password.

You will have received three emails from NOI.

1. Informing you that you now have a NOI account
2. Informing you that you are now able to use your account details to access the noigroup website
3. Informing you that the researcher has requested you to connect.
 - This is because the researcher created the account for you and so that we can monitor your progress
 - The researchers at NeuRA can only see your results; they can't control your account or access any other aspect of your account.

You will log-in to **RECOGNISE™** using your new account details and accept the connection request from the researcher.

You are now ready to start using **RECOGNISE™** → the researcher will take you through this in your second session (week 2).

The rest of this guide is a reminder/guide for how to use **RECOGNISE™** at home as part of your home training program.

LOGGING IN TO YOUR ACCOUNT

Go to www.noigroup.com/recognise

Enter your email and password and click that you agree with the terms and conditions (you will need to do this each time).

After logging in you'll be asked to choose your time zone by scrolling down the list. This is important for tracking results. Please select AEST or AEDT (depending on the time of year).

When you have logged in you will see a page similar to this:

The screenshot displays the Recognise user interface. At the top left is the Recognise logo (a circle with 'r' and 'R') and the tagline "Recognise: left/right discrimination, recognition and restoration." On the top right is a vertical navigation menu with links: home, tests, results, my pictures, notes, and log out. The main content area is divided into three columns. The left column shows a welcome message for "martin rabey" with his email, location, and account type. The middle column has two sections: "buy full version" with a "checkout" button, and "Connect with a clinician" with a search box and "find" button. The right column is titled "Graded motor imagery news" and lists several articles with icons, including "Recognise - Online user guide", "Check out the Graded Motor Imagery website", "Current research studies supported by Neuro Orthopaedic Institute", "Motion is lotion in the neuromatrix", and "David Butler on graded motor imagery". At the bottom of the news section is a link for "/literature and resources archive".

Welcome martin!
martin rabey
m.rabey@neura.edu.au
Australia
2:22:pm

Account type: Trial
First log in: 01 October 2015
Expiry: **4 more log ins**

[/Edit details](#)
[/Edit email and password](#)

**changing details here will also change the details of your Noigroup account.*

buy full version
Upgrade to the full version or buy a clinicians pack. Once you're on a full version you can change your account to a clinician.

Connect with a clinician
If your clinician has a Recognise account, enter their clinician's ID below to 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.

Graded motor imagery news

- Recognise - Online user guide
- 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 Beames discusses motor imagery, 2010
- David Butler on graded motor imagery - Denmark 2009

[/literature and resources archive](#)

STARTING UP A LEFT/RIGHT RECOGNISE TEST

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

1 Recognise	2 Test	3 Category	4 Options
<input checked="" type="radio"/> left & right	<input type="radio"/> basic	<input type="radio"/> hands	show: <input type="text" value="20"/> images
<input type="radio"/> left imagery	<input checked="" type="radio"/> vanilla	<input type="radio"/> feet	display for: <input type="text" value="5"/> seconds each
<input type="radio"/> right imagery	<input type="radio"/> context	<input type="radio"/> necks	
<input type="radio"/> all imagery	<input type="radio"/> abstract	<input type="radio"/> shoulders	
	<input type="radio"/> my images	<input checked="" type="radio"/> backs	
		<input type="radio"/> knees	

Choose '**left & right**'

Choose "**vanilla**"

Choose "**backs**"

Choose "**20 images**" and display for "**5 seconds**"

Click on "**Save to list**"

When you are ready click "**Start**"

The software will then ask you to record your pain level before you start. **You don't need to do this so click 'Continue with test and don't record my pain level.'**

You will have noticed that there are other options other than "vanilla" or "backs" – **don't worry about these**. This trial is only about training the ability to distinguish left or right for the back. If you progress over the course of the training and are consistently getting 100%, then talk to the researcher about selecting options other than "vanilla" or "backs".

LEFT 'A', RIGHT 'D'

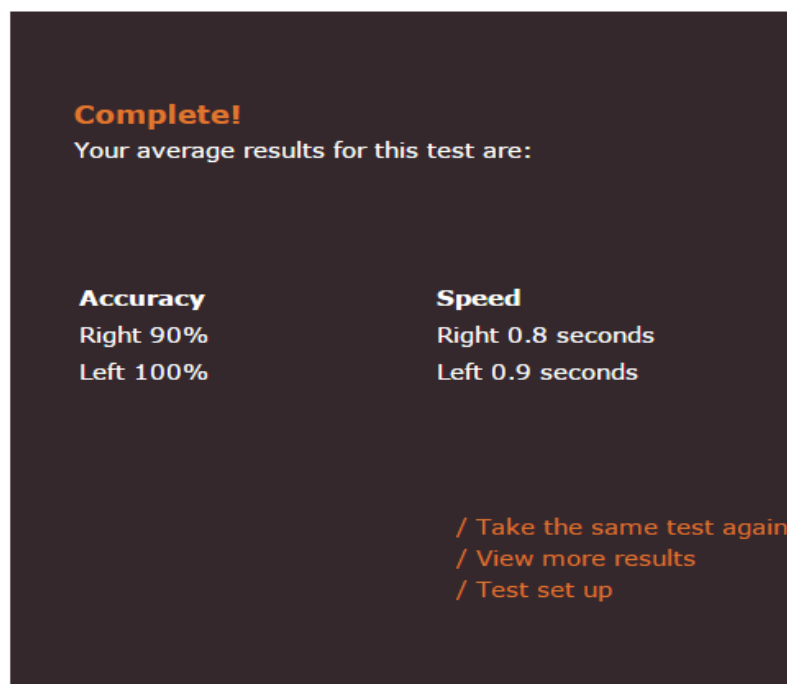
Have your fingers ready on either the 'left' and 'right' arrows or 'A' for left or 'D' for right. You will be presented with sample left and right images at the start of each test as a quick practice run.

As quickly and accurately as possible click to indicate your first impression of whether the image on the screen is twisted, turned or moved to the 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.



Complete!
Your average results for this test are:

Accuracy	Speed
Right 90%	Right 0.8 seconds
Left 100%	Left 0.9 seconds

[/ Take the same test again](#)
[/ View more results](#)
[/ Test set up](#)

Next you can:

a) Take the same test again:

You will get a different set of images to allow you to practice. Keep doing as many as you have been asked to for your home training!!

b) View more results:

This will take you to the full results screen to see how you have progressed with practice. This is a good way to motivate yourself to keep improving.

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.

My results

Accuracy (Percentage Correct) | Speed (seconds)

left right trendline

Test

Vanilla | hands

Left accuracy 50%
Right accuracy 50%
Left speed 1.2 sec
Right speed 1.5 sec
Date 16 June 2012
Time 09:15
Pain level 4/10
Images 20
Time per image 5 sec

Options

Save as PDF

Print

Date	Time	Test	Images	Image time	Pain level	Speed		Accuracy	
						L	R	L	R
12-Mar-2012	10:40	vanilla hands	20	6	n/a	0.4s	0.2s	50%	50%
12-Mar-2012	10:40	vanilla hands	15	6	7/10	0.38	0.28	30%	40%
10-Mar-2012	14:39	vanilla hands	20	6	n/a	0.1s	0.1s	70%	60%
06-Mar-2012	16:59	vanilla hands	20	5	3/10	0.4s	0.7s	100%	0%
06-Mar-2012	16:59	vanilla hands	20	6	n/a	0.1s	0.1s	70%	50%
00-Mar-2012	16:36	vanilla hands	10	4	6/10	0.1s	0.1s	40%	40%

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.

Broad suggestions for normal responses:

Accuracy of 90% and above is what you should be aiming for.

A speed of 1.6 seconds +/- 0.5 sec appears quite normal for backs

Accuracies and response times should be reasonably equal for the left and right

Results should be stable (eg they don't fade out with stress), and consistent for at least a week.

Your training program:

Your efforts at doing this training at home are the most important part of the treatment.

Start off your training in Week 2 with

- 'vanilla' images of backs
- 5 seconds per image
- sets of 20 images

Start off doing at least 5 sets each day.

Aim for > 90% accuracy.

You progress when you are able to maintain the same results for one week.

Then;

Reduce the time per image by 1 second to 4 seconds.

Aim for > 90% accuracy like before

Progress to 3 seconds when you are able to maintain results better than 90% for one week.

Progress to 2 seconds when you are able to maintain results better than 90% for one week.

If you can maintain results better than 90% for one week, with 2 seconds per image, you are ready for the next stage.

The next stage involves selecting '**context**' images instead of 'vanilla'.

Once again;

- 5 seconds per image
- sets of 20 images
- 5 sets each day

Aim for > 90% accuracy as before and decrease the time per image by 1 second once you can maintain this for one week.

Same progression as before

If you achieve > 90% accuracy, for one week, using 'context' images, with 2 seconds per image...then please notify the researcher at your next session.