# Oroeasy Manual for Trainer

# Download Oroeasy for Mobile Device

## Oroeasy

The Department of Otorhinolaryngology, Head and Neck Surgery of the Chinese University of Hong Kong (CUHK) is launched an Oroeasy mobile app in February 2021. This mobile app is funded by the Social Innovation and

apps.apple.com

## Oroeasy - Apps on Google Play

The Department of Otorhinolaryngology, Head and Neck Surgery of the Chinese University of Hong Kong (CUHK) is launched an Oroeasy mobile app in February 2021. This mobile app is funded by the Social Innovation and

play.google.com

iPad / Tablet is recommended.

**v1.0.3 (build 9) on iTunes App Store**
https://apps.apple.com/us/app/oroeasy/id1560136173

**v1.0.3 (ver. code 9) on Google Play**
https://play.google.com/store/apps/details?id=hk.edu.cuhk.ent.oroeasy

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# Outline

Login as a Trainer

Assign the Training to Trainee

Create a Trainee

Create a Training Template

# Login as a Trainer

# When the app is launched, select "Trainer"

Trainee
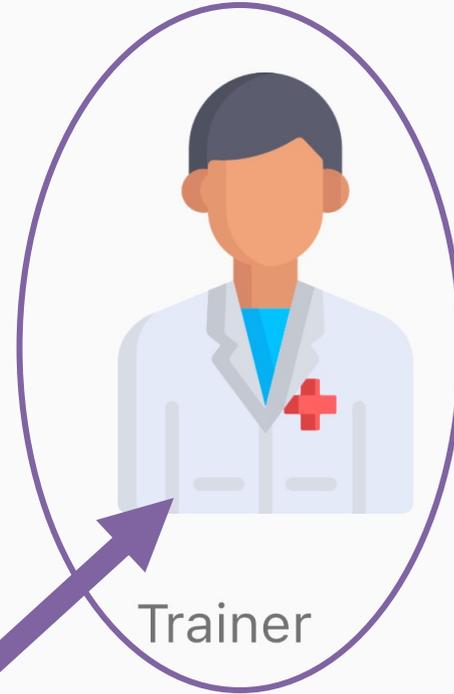
Trainer

English ▼

Change Language here

QrOeasy

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# Login as trainer
## by your registered email and password

Trainer

**Login**
Please provide your information.

👤 Email | xxxxxx@xxx.xxx

OR

🛡 Password | XXXXXXXXXXXX

**Create an account**
Oroeasy app contains comprehensive video database for oral motor exercises. Registered trainer could create individualised treatment regime for their patients. Speech therapists and their appointee are eligible to register the account. For more information, please visit the Oroeasy official webpage.

[ Sign In ]

[ Create an account ]

🌐 English ▾

OrOeasy

If you have not registered for the trainer account, click "create an account" that direct you to the official webpage for registration.

## Trainer

### Login
Please provide your information.

👤 | Email

🛡️ | Password

OR

### Create an account
Oroeasy app contains comprehensive video database for oral motor exercises. Registered trainer could create individualised treatment regime for their patients. Speech therapists and their appointee are eligible to register the account. For more information, please visit the Oroeasy official webpage.

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oroeasy.com

Sign In

Create an account

# If you forgot the password, click "forgot password" to retrieve it.

## Trainer

### Login
Please provide your information.

👤 Email
xxxxxx@xxx.xxx

OR

🛡 Password
••••

Sign In

Forgot password?

🌐 English ▼

### Create an account
Oroeasy app contains comprehensive video database for oral motor exercises. Registered trainer could create individualised treatment regime for their patients. Speech therapists and their appointee are eligible to register the account. For more information, please visit the Oroeasy official webpage.

Create an account

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By entering your registered email, you will receive an email to prompt you to setup a new password.

## Retrieve your password

Please enter a valid email address.

Email

Email    xxxxxx@xxx.xxx

Submit

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# Create a Training Template

# Click " ☰ " to access the menu panel, then select "Training Collection"
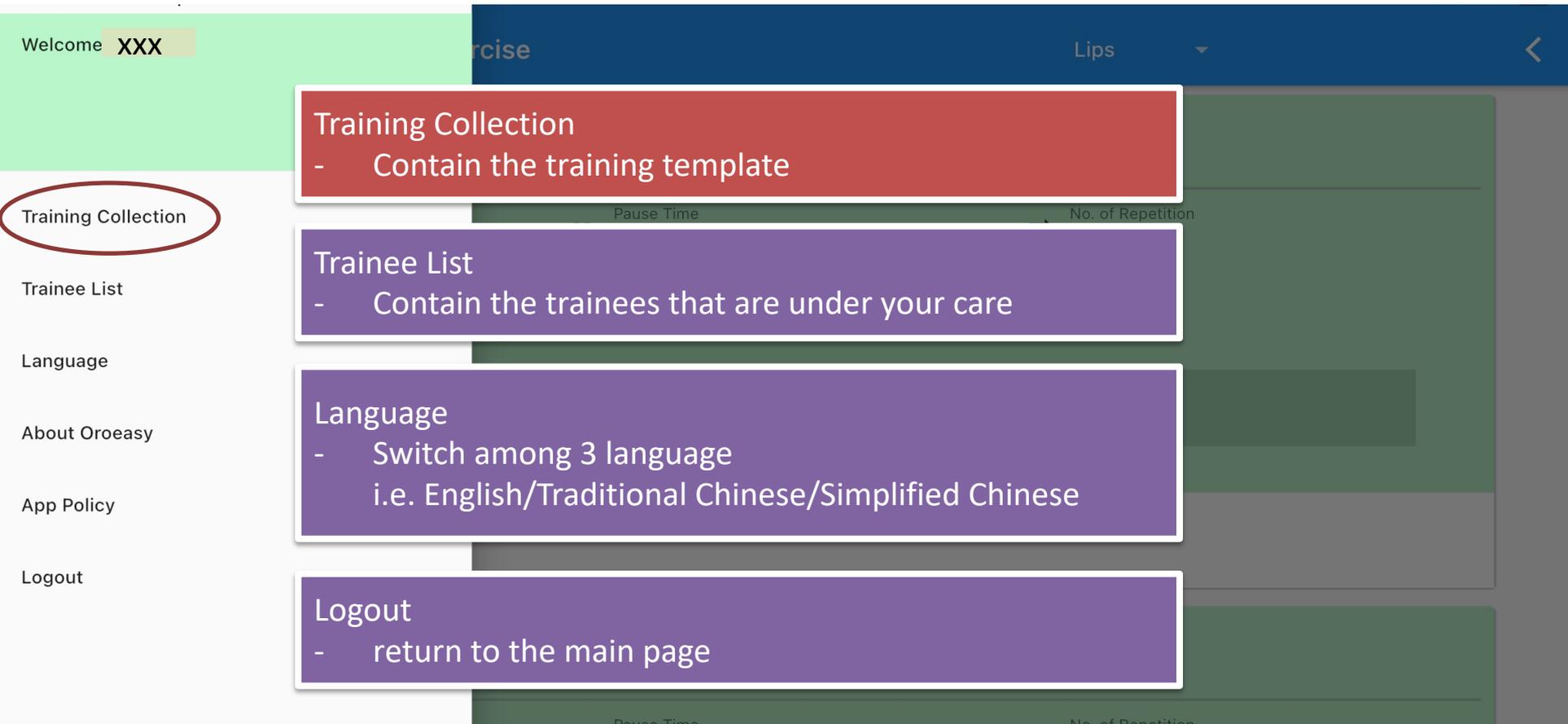
Welcome **XXX**

rcise                    Lips

Training Collection

Trainee List

Language

About Oroeasy

App Policy

Logout

**Training Collection**
- Contain the training template

**Trainee List**
- Contain the trainees that are under your care

**Language**
- Switch among 3 language
  i.e. English/Traditional Chinese/Simplified Chinese

**Logout**
- return to the main page

Pause Time                    No. of Repetition

Pause Time                    No. of Repetition

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# Click " + Training Set" create a training

**Create Training Set**

(en-us)New - 2021-04-19 10:22:30

Cancel    Confirm

➕ Training Set

🖼️ (en-us)New - 2021-04-19 10:22:30

⏱️ Duration
0 min

🏋️ No. of Exercise
0

🔺 Category

📄 Description

1. (en-us)Description goes here.

🗑️ Delete   📋 Duplicate   ✏️ Edit

Click "Edit" to edit the training.

➕ Training Set

# Enter Training name and training description.



**Details**

TrainingSet name:
> Lips Strengthening
>
> To strengthen the muscles of the lips

訓練集名稱:
> 強化嘴唇
>
> 強化嘴唇肌肉

训练集名称:
> 強化咀唇
>
> 強化嘴唇肌肉

Duration
0 min

Break Time Between Exercises

5 s ▾ ✕

⊘ Update Training Set

1. Please make sure that you have input all 3 languages – English, traditional Chinese and simplified Chinese.
2. If all of your clients use only one language, you could put the boxes in the same language.

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Set the break time between exercises.
Click "Update Training Set" to save the input.

# Click "+ Exercise" to insert new exercise to training

🖼️ **Details**

| TrainingSet name: | 訓練集名稱: | 训练集名称: |
|---|---|---|
| Lips Strengthening | 強化嘴唇 | 強化咀唇 |
| To strengthen the muscles of the lips | 強化嘴唇肌肉 | 強化嘴唇肌肉 |

◐ Duration
0 min

Break Time Between Exercises

5 s ▾ ✕

▮▮

⊘ **Update Training Set**

No exercise in this training set.

➕ **Exercise**

# Change Exercise Category

**Add Exercise**

Cheek ▼

**Cheek compress (ID: 101)**

| Action Time | Pause Time | No. of Repetition |
|---|---|---|
| 10 s | 5 s | 0 |

| Category | Equipment |
|---|---|
| Cheek | none |

Procedures

1. Close your mouth
2. Suck in cheeks and hold

Cheek

Face

Jaw

Lips

Soft Palate

Speech

Tongue

≡+ Exercise

**Cheek stretch (ID: 102)**

| Action Time | Pause Time | No. of Repetition |
|---|---|---|
| 10 s | 5 s | 0 |

| Category | Equipment |
|---|---|
| Cheek | none |

Procedures

1. Take a breath
2. Tightly close your lips
3. Puff the air full in your mouth and hold

# Click "+ Exercise" to add exercise to training

**Add Exercise**                                    Lips ▾

## ⚒ Lip close (ID: 401)

🏃 **Action Time**
10 s

⏸ **Pause Time**
5 s

⇄ **No. of Repetition**
0

◣● **Category**
Lips

⚒ **Equipment**
none

? **Procedures**

1. Press your lips tightly together and hold

≡₊ Exercise

## ⚒ Lip close with resistance (ID: 402)

🏃 **Action Time**
10 s

⏸ **Pause Time**
5 s

⇄ **No. of Repetition**
0

◣● **Category**
Lips

⚒ **Equipment**
Tongue depressor

# Select model, viewing angle and no. of repetition

Lip close (ID: 401)

Action Time          Pause Time          No. of Repetition

## Add Exercise

Viewing Angle and Model

Viewing Angle and Model ▼ ✕

No. of Repetition

Select no. of Repetition ▼ ✕

Cancel          Confirm

| TrainingSet name: | 訓練集名稱: | 训练集名称: |
|---|---|---|
| Lips Strengthening | 強化嘴唇 | 強化咀唇 |
| To strengthen the muscles of the lips | 強化嘴唇肌肉 | 強化嘴唇肌肉 |

Duration
1 min

Break Time Between Exercises

5 s ▾ ✕

⊘ Update Training Set

Lip close (ID: 401)

| Action Time | Pause Time | No. of Repetition |
|---|---|---|
| 10 s | 5 s | 4 |

Viewing Angle
45°

Model
Male Adult

Category
Lips

Equipment
none

Procedures

Exercise

# Click "+ Exercise" to insert more exercise to training

🖼️ **Details**

| TrainingSet name: | 訓練集名稱: | 训练集名称: |
|---|---|---|
| Lips Strengthening | 強化嘴唇 | 強化咀唇 |
| To strengthen the muscles of the lips | 強化嘴唇肌肉 | 強化嘴唇肌肉 |

⏱ **Duration**
0 min

**Break Time Between Exercises**

5 s ▾ ✕

⏸ ▬▬▬▬▬▬▬▬

⊘ **Update Training Set**

No exercise in this training set.

➕ Exercise

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# Edit exercises in the training template

**Training Set Info**

🏋 Lip close (ID: 401)

| | | | |
|---|---|---|---|
| 🏃 | Action Time 10 s | ⏸ | Pause Time 5 s |
| 👁 | Viewing Angle 45° | 👤 | Model Male Adult |
| 🔧 | Category Lips | ⚒ | Equipment none |

Procedures

❓    1. Press your lips tightly together and hold

[🎞 Preview] [✏ Edit] [↑ Up] [↓ Down] [🗑 Delete]

Edit - to edit the 'Viewing Angle and Model'
Up - to arrange the order of the exercise (move up)
Down - to arrange the order of the exercise (move down)
Delete - to delete the exercise

🏋 Lip close with resistance (ID: 402)

| | | | | | |
|---|---|---|---|---|---|
| 🏃 | Action Time 10 s | ⏸ | Pause Time 5 s | ⇄ | No. of Repetition 4 |
| 👁 | Viewing Angle 45° | 👤 | Model Male Adult | | |
| 🔧 | Category Lips | ⚒ | Equipment Tongue depressor | | |

*Note: it may take time to refresh the training from server*

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# Create a Trainee

# Click "☰" to access the menu panel, then select "Trainee List"
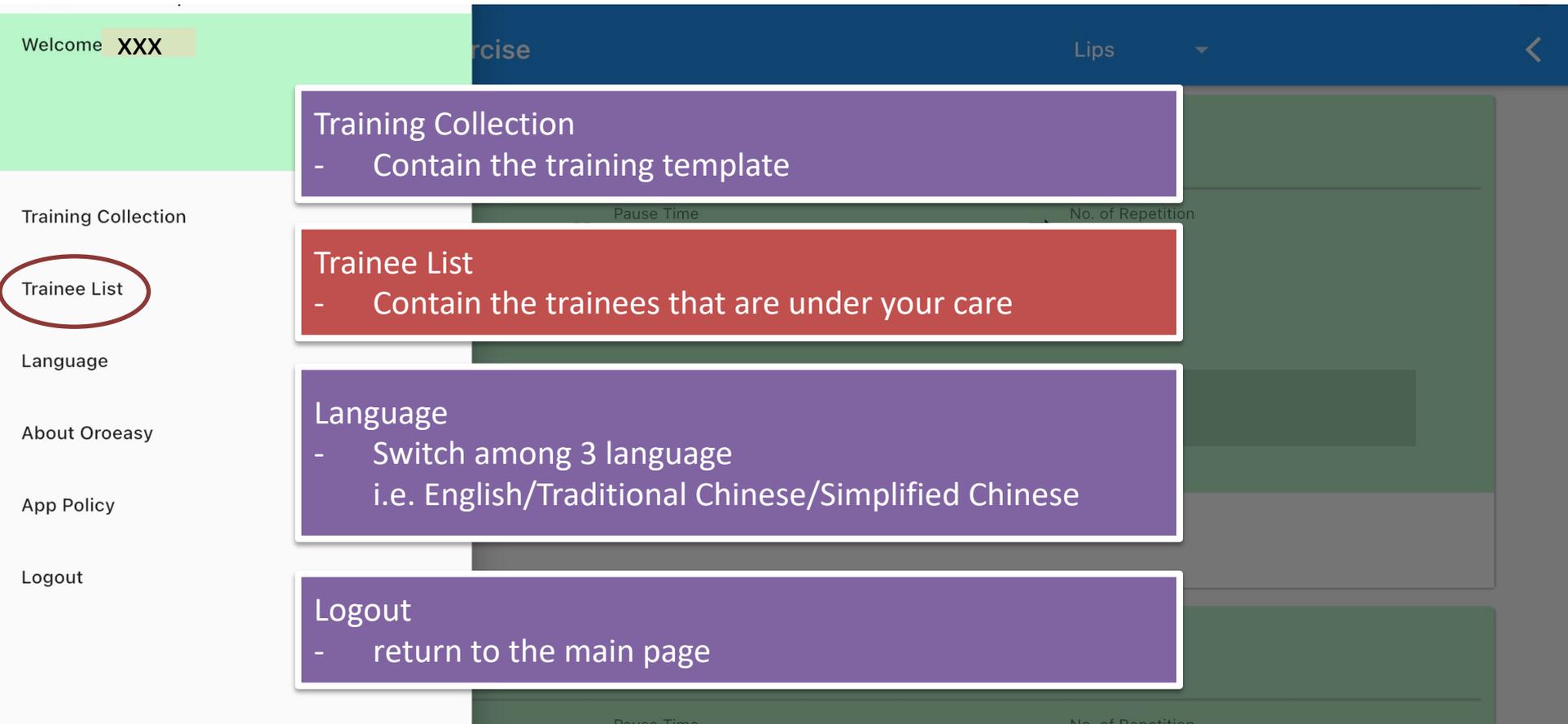
Welcome **XXX**

Training Collection

Trainee List

Language

About Oroeasy

App Policy

Logout

**Training Collection**
- Contain the training template

**Trainee List**
- Contain the trainees that are under your care

**Language**
- Switch among 3 language
  i.e. English/Traditional Chinese/Simplified Chinese

**Logout**
- return to the main page

The page lists the trainees who registered under your account.
Click "+ Trainee" to create a trainee

**Trainee List**　　　　　　　　　　　　　Active ▼

🖼 Reference Code AAA

＃　Registration Status
　　In Progress

👤 Detail　　☰ Training Set

➕ Trainee

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# We Care About the Privacy of your Patient!

## Create Trainee

**Password**

🔑 Please enter a 4- to 8-digit Password. If leave empt...

**Name**

😊 (Optional) Trainee Name Goes Here

- Only Reference code is mandatory in this form which helps you identify your client, so the code should be unique in your account.
- The other info is optional.

**Reference Code**

\# (Mandatory) Trainee Reference Code Goes Here

**Gender**

👫 Select Gender ▾ ✕

**Year of Birth**

🎉 Select Year of Birth ▾ ✕

**Diagnosis - Primary**

1️⃣ (Optional) Trainee Primary Diagnosis Goes Here

**Diagnosis - Secondary**

2️⃣ (Optional) Trainee Secondary Diagnosis Goes Here

**+ Trainee**

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When filled in the form, click "+ Trainee" to create the account.

**Create Trainee**

Password
🔑 12345678

Name
😊 CHAN TT

Reference Code
# CUHK 001

Gender
👫 MALE ▼ ✕

Year of Birth
🎉 1931 ▼ ✕

Diagnosis - Primary
1️⃣ (Optional) Trainee Primary Diagnosis Goes Here

Diagnosis - Secondary
2️⃣ (Optional) Trainee Secondary Diagnosis Goes Here

+ Trainee

## Details

**Trainee ID**
00000005

**Password**
12345678

**Name**
CHAN TT

**Gender**
MALE

**Diagnosis - Primary**
-

**Diagnosis - Secondary**
-

Training ID:  5
Password:    12345678

It is suggested to provide the Trainee Login Form with these info to the client.
The form could be downloaded from the official webpage Oroeasy.com. The form includes:
1.    A quick guide
2.    The QR code of Oroeasy app store
3.    Place for filling in trainee ID and password

✓ Update Trainee Info

# Assign the Training to Trainee

# Click " ☰ " to access the menu panel, then select "Training Collection"
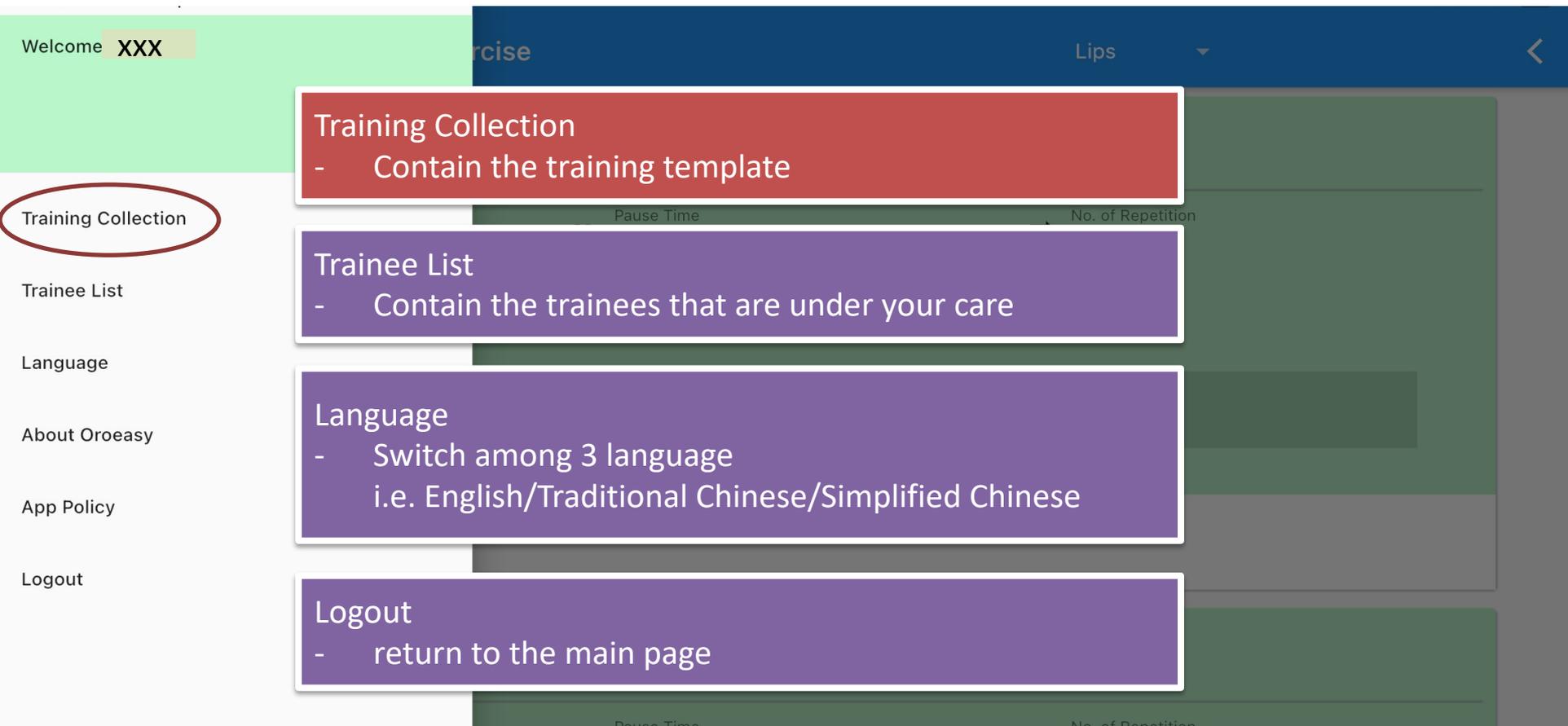
Welcome **XXX**

...rcise                              Lips

Training Collection
- Contain the training template

Training Collection

Trainee List
- Contain the trainees that are under your care

Trainee List

Language
- Switch among 3 language
  i.e. English/Traditional Chinese/Simplified Chinese

Language

About Oroeasy

App Policy

Logout
- return to the main page

Logout

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Choose the training template to be assigned to the patient, then click "Edit"

Lips Strengthening

Duration
3 min

No. of Exercise
3

Category
Lips

Description
1. To strengthen the muscles of the lips

Delete    Duplicate    Edit
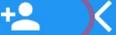
# Training Set Info

## Details

TrainingSet name:

Lips Strengthening

To strengthen the muscles of the lips

訓練集名稱:

強化嘴唇

強化嘴唇肌肉

训练集名称:

強化咀唇

強化嘴唇肌肉

Duration
3 min

Break Time Between Exercises

5 s ✕

Update Training Set

## Lip close (ID: 401)

Action Time
10 s

Pause Time
5 s

No. of Repetition
4

Viewing Angle

Model

# Select Trainee ID, Training Start Date, End Date and No. of Trial

| Lips Strengthening | 強化嘴唇 | 強化咀唇 |
|---|---|---|
| To strengthen the muscles of the lips | 強化嘴唇肌肉 | 強化嘴唇肌肉 |

Duration
3 min

Break Time Between Exercises

5 s ▾ ✕

❚❚

**Assign Training Set to Trainee**

Done

⊘ Update Training Set

⚹ Lip close (ID: 401)

| 🏃 Action Time 10 s | ❚❚ Pause Time 5 s | ⇄ No. of Repetition 4 |
|---|---|---|
| 👁 Viewing Angle 45° | 👤 Model Male Adult | |
| ▲● Category Lips | ⚒ Equipment none | |

Procedures

⊞ Exercise

# Go to "Trainee List" for verifying the assignment

Welcome **XXX**

Training Collection

Trainee List

Language

About Oroeasy

App Policy

Logout

Training Collection
- Contain the training template

Trainee List
- Contain the trainees that are under your care

Language
- Switch among 3 language
  i.e. English/Traditional Chinese/Simplified Chinese

Logout
- return to the main page

# Click "training set" to read the training of the trainee

Active ▼

🖼 Reference Code CUHK 001

# Registration Status
Completed

👤 Detail   ☰ Training Set

🖼 Reference Code AAA

# Registration Status
In Progress

👤 Detail   ☰ Training Set

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# Click "training set" to read the training of the trainee

The training info is shown in the panel. The training history has been recorded. Click "training record" to list it.

**Lips Strengthening**

Start Date
2021-04-22

End Date
2021-04-30

Progress
1 / 3

Duration
3 min

No. of Exercise
3

Category
Lips

Description

1. To strengthen the muscles of the lips

Delete    Edit    Training Record

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## 🖼 Lips Strengthening

**Start Date**
2021-04-22

**End Date**
2021-04-30

**Progress**
1 / 3

**Duration**
3 min

**No. of Exercise**
3

**Category**
Lips

**Description**
1. To strengthen the muscles of the lips

✓ Update

**Done**
2021-04-20 12:24 - ID:1

Training Record

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# Thank you！