



Reach VR User Onboarding Guide

Introduction

Reach VR is a system designed to help people with frozen shoulder stay moving each day with tailored games and exercises that dynamically adapt to your movement patterns and pain levels. Reach consists of two components: a virtual reality app that runs on your VR headset, and the Reach Dashboard, an online portal where you can track your results and share your progress with your physical therapist.



Scan to Download
Reach VR

Install & Launch Reach VR

Charge and setup your Quest headset using the instructions provided by Meta. For setup assistance, visit the [Quest Help Center](#).

Open the Meta Horizon Store. Search for and download the application called "Reach VR." Launch Reach VR and follow the prompts on your headset.

Monitor Progress at reach-vr.com

To view and track your progress on the Reach Dashboard, register for a Reach Dashboard account. From the Reach VR app, select Register from the main menu. Enter your email address to receive instructions on how to link your VR data to your Reach Dashboard account. You may also use the 6-digit User Code on the About tab of the Reach VR menu to link your data at a later time. After you have completed your Reach Dashboard registration and linked your headset, you may log in with your email address and password to view a range of insights about your progress and daily activity. Visit reach-vr.com to learn more.

Reach VR Exercises & Gameplay

Each time you launch the app, Reach will calibrate to your arm length to ensure accurate motion tracking. Periodically, you may be prompted to respond to brief surveys about your shoulder health in order to unlock all Reach features. Follow the prompts on your headset to complete the surveys. Please answer as accurately as possible, as your responses will impact the difficulty and length of gameplay recommended during your session.

Complete a Firefly Assessment from the main Reach VR menu to unlock all Reach experiences. Catch as many fireflies as you can without pain; this will help the system accurately assess your range of motion.

Play Reach games for the recommended amount of time each day in consultation with your physical therapist. Reach VR may vary the amount of recommended activity time each day based on your survey results and gameplay performance. Complete daily challenges, unlock new game levels, and maintain your activity streak to reach your shoulder health goals!