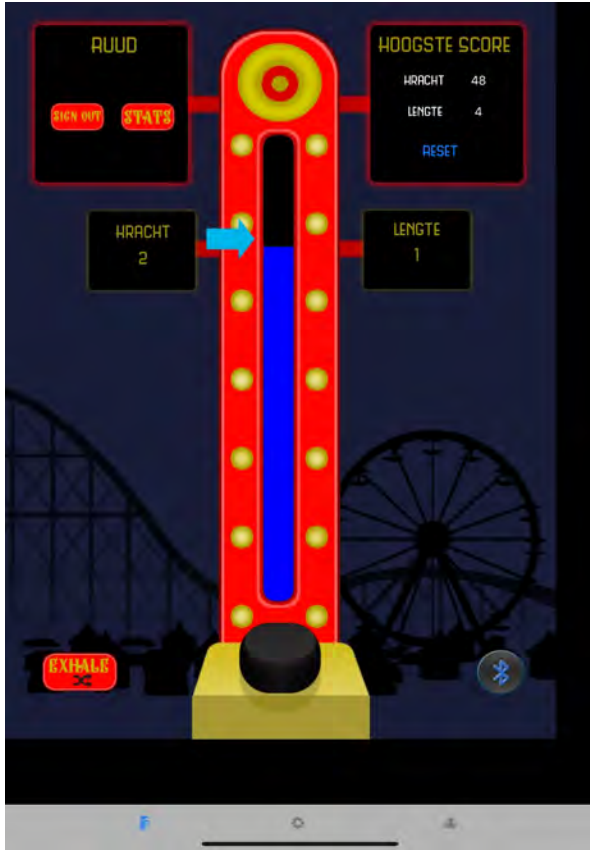




**GAMES FOR HEALTH EUROPE
2025**

Respiratory Training Using Technological (Gaming) Solutions for Patients With Severe (Multiple) Disabilities



Ruud van der Wel

Respiratory therapist Rijndam rehabilitation

Founder: My Breath My Music Foundation

Founder: NMAgaming

Owner: Audio Rhooon (assistive technology)

Innovator (Groovtube, apps, musical instruments)



**MY BREATH
MY MUSIC**

RJNDAM VERBAAS
JEZELF

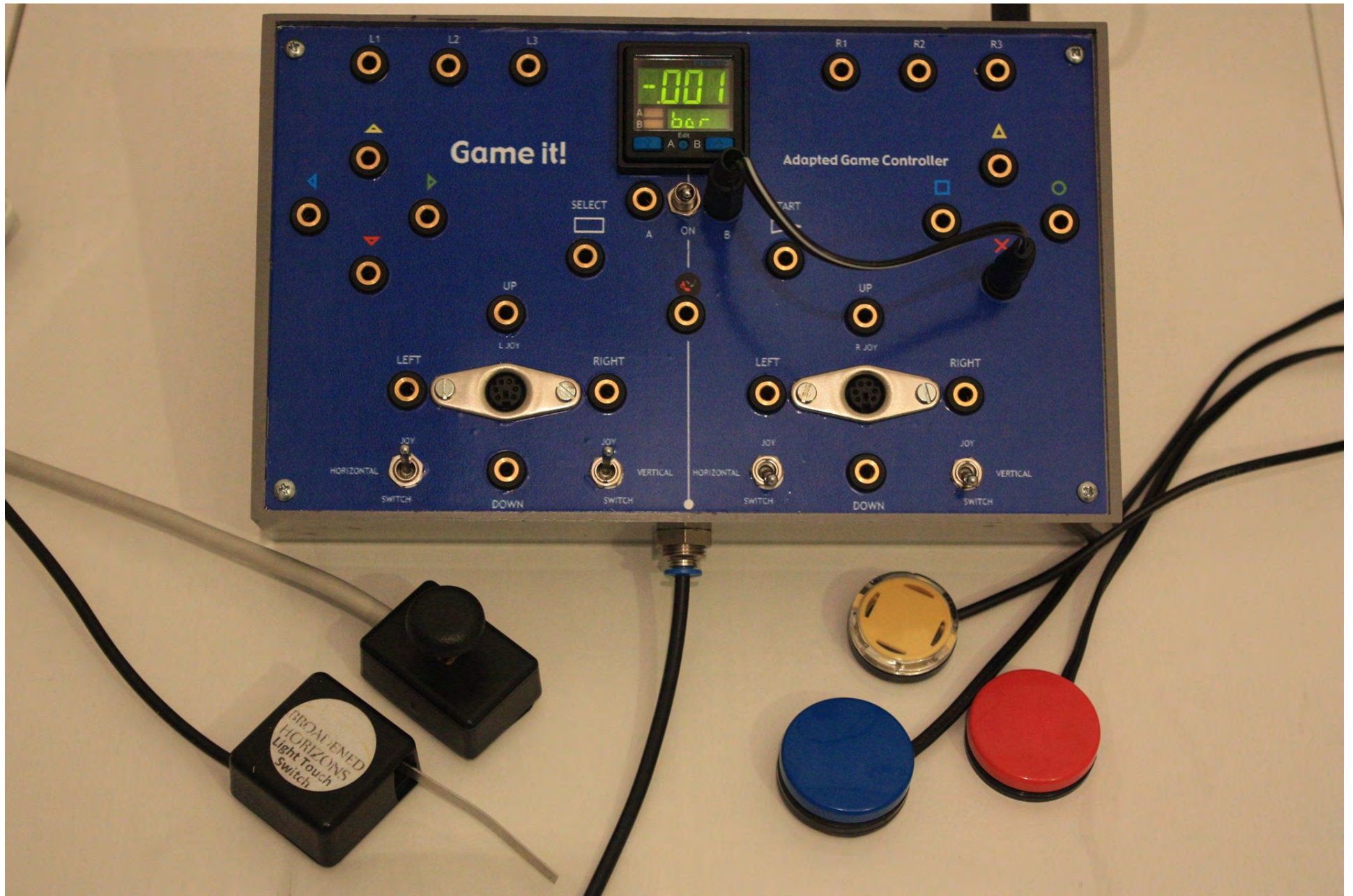
2000 Respiratory therapy with music instruments



2006 Magic Flute

Brian Dillon (Unique Perspectives)





Januari 2020 – NMAgaming

How to game with a severe disability



Follow us:

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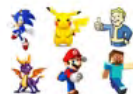
Search



Game apparatuur

Een overzicht: joysticks, controllers, schakelaars, stavieven en meer.

[Klik hier](#)



Games

Een aantal games die wij graag spelen.

[Klik hier](#)



Uitleenprogramma

Losse apparatuur of een complete game setup.

[Klik hier](#)

The loan program

It is possible to borrow special gaming equipment through the foundation

We ask 50 euros per year!



2015 GroovTube

The GroovTube connects to the iPad via Bluetooth Smart. The airflow is recorded and converted into image effects in an app specially developed for this purpose.



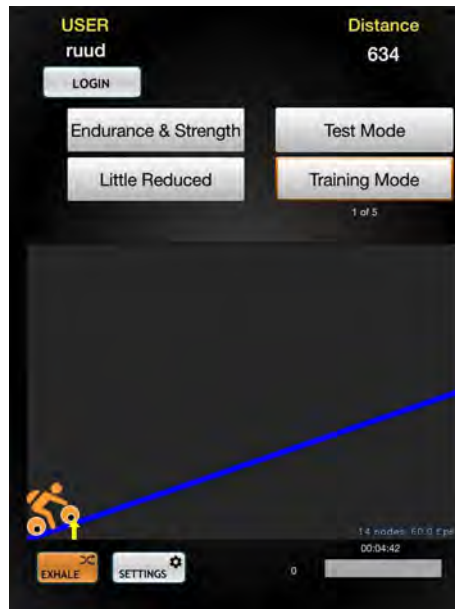
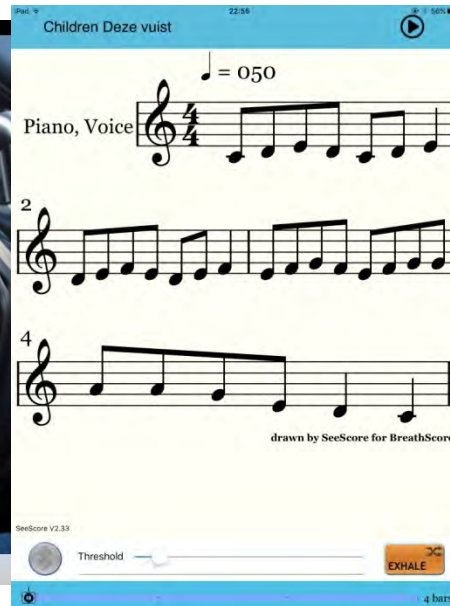
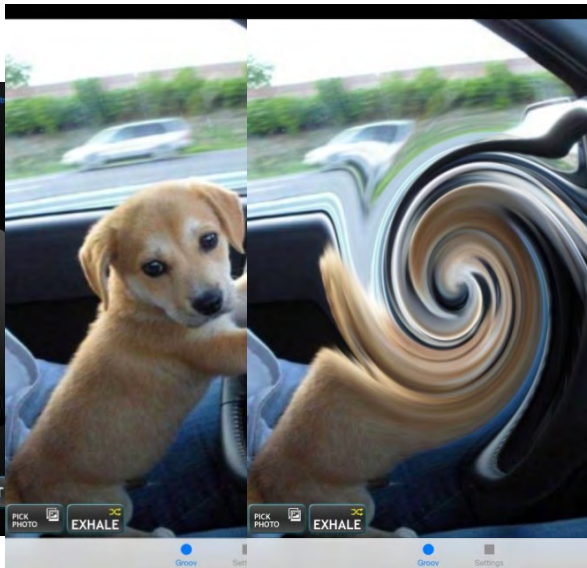
That's how it was



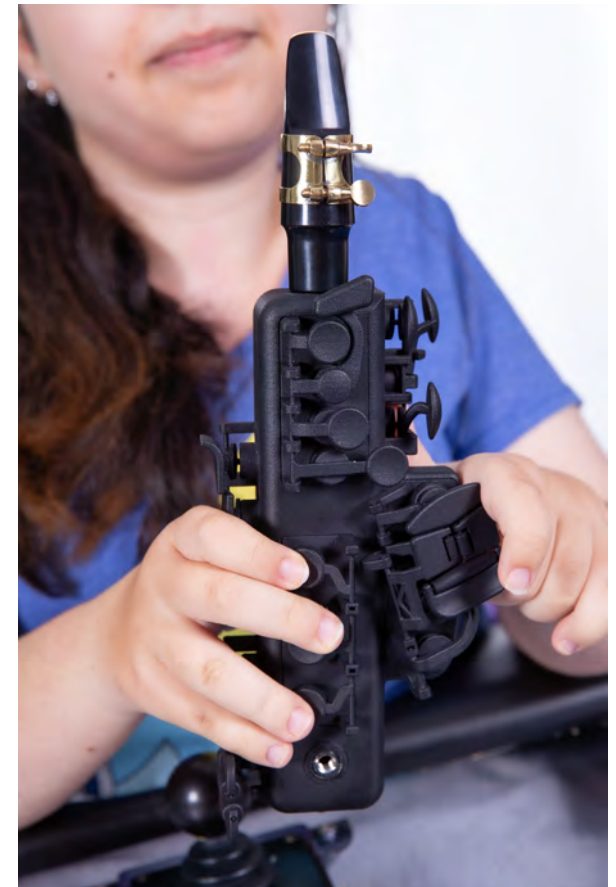
Using tablet = better motivation



8 free apps with different training purposes. (App Store)



Last year Sara received the Adaptive Travel Sax



Antibacterial filter & mouthpieces



Getting used to breathing exercises



Inge Dijkhuizen - Children's physiotherapist



Manual for

- (Parents of) users
- Therapists (logo, physio, music, respiratory)
- Very extensive user manual in which all questions from users are collected and elaborated
- Including training/exercise forms



The GroovTube is also used in combination with external exercise equipment

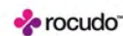
PEPmask



PEP stands for Positive Expiratory Pressure. It is a treatment to help people who have difficulty clearing sputum (phlegm) from their lungs.



GEMIVA-SVG GROEP



groovtube



Met dank aan KLOS Media

MY BREATH
MY MUSIC

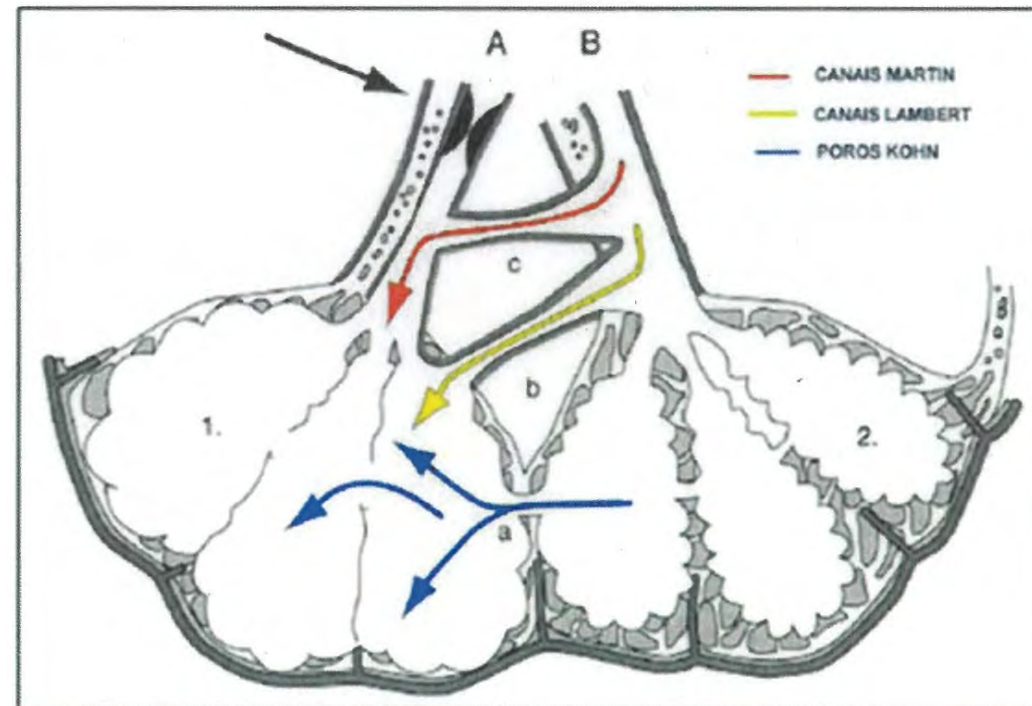
 **Audio Rhoon**
Assistive Technology

RJNDAM VERBAAS
JEZELF

Pep



- Pressure and flow
- positive expiratory pressure.
- Inhalation normal, exhalation through small hole
- pressure build-up
- 2x daily 3 rounds 15 x



Powerbreathe and Threshold
(and more)

Respiratory muscle training



Powerbreathe



IMT trainer Medic Plus
Inspiratory
Muscle Training



EMT trainer EX1-
medic
Expiratory Muscle
Training



Threshold



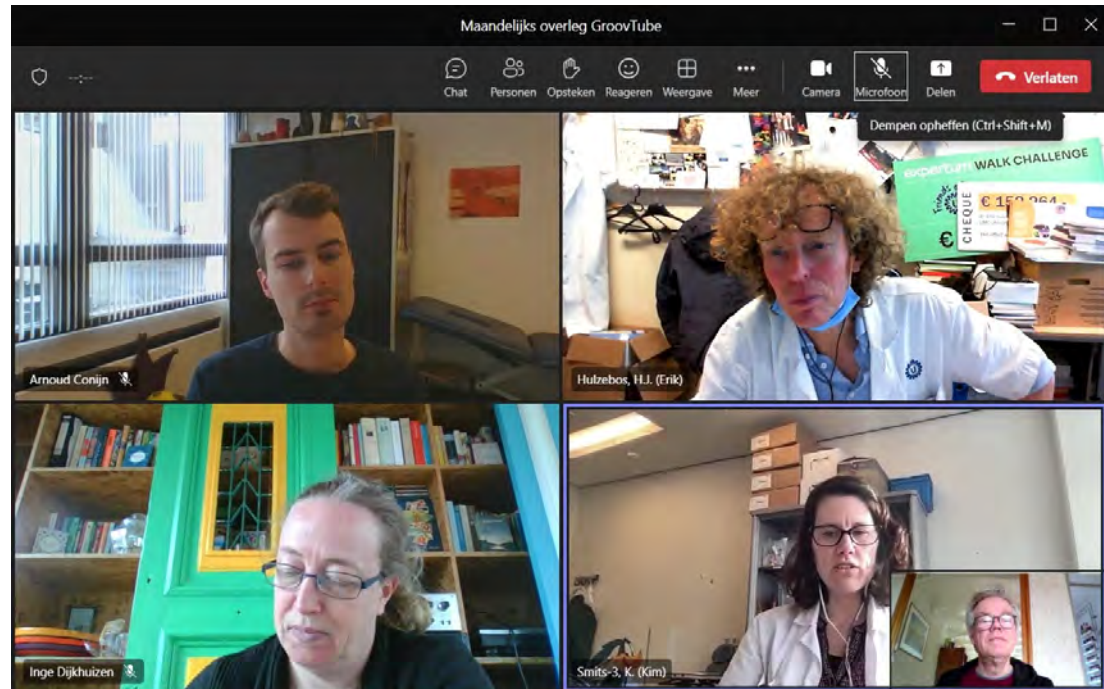
2023 – Collaboration with UMC Wilhelmina children's hospital

Kim Kant-Smits, MSc(Master Musculoskeletal) Pediatric physiotherapist and researcher
Erik Hulzebos, Assistant Professor Medical Physiology - (sports) Physiotherapy

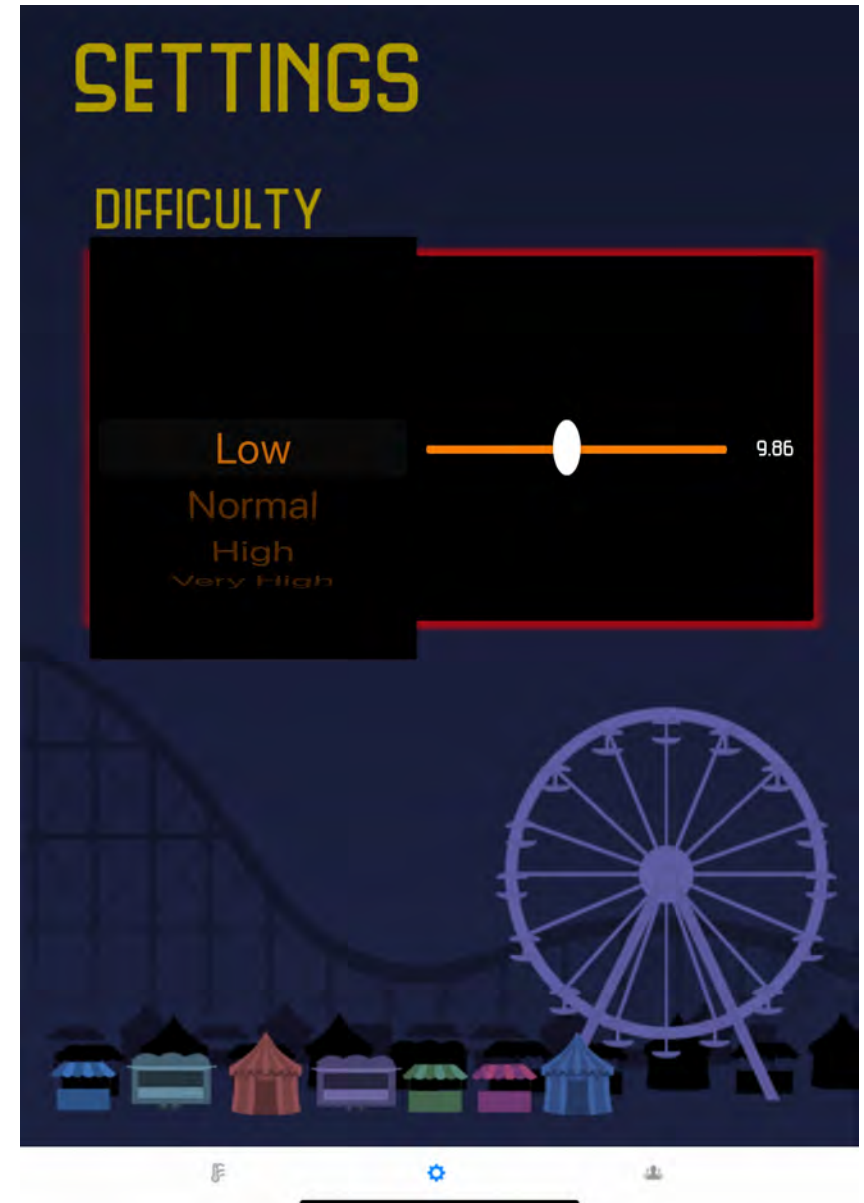
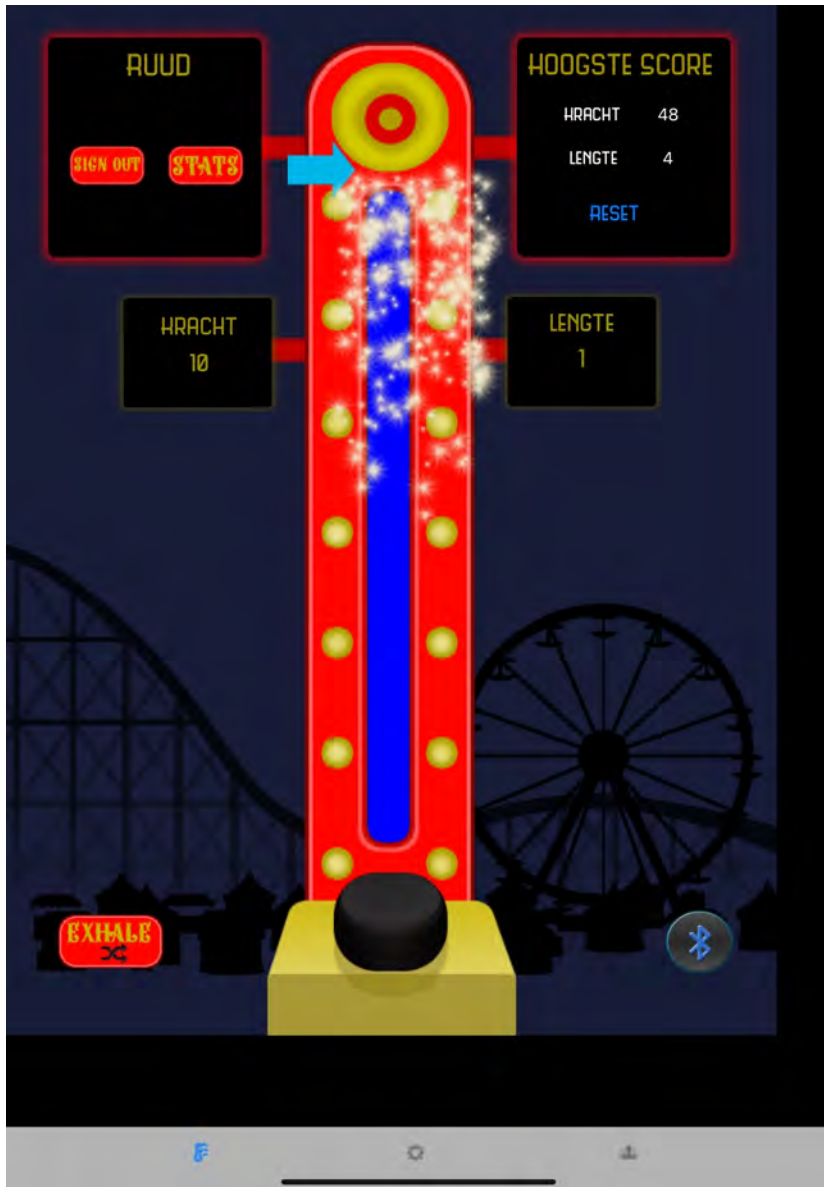


2025 Research Emma Children's Hospital (Amsterdam)

- Research: does the GroovTube have an effect on therapy compliance in young children?



Also useful for children with minimal breathing capacity = always a successful experience!





- Hi Ruud, a face without oxygen. We are convinced that working with the Groovtuve has been helpful in this. In recent weeks we have reduced the oxygen and since today we are looking at how it goes without extra oxygen when Elin is awake and has enough energy. Today she played for the first time for an hour without extra oxygen and she did well. A neat saturation of 97-100. Thank you very much for working with Elin despite all the reservations and concerns.

Groovtube = The ultimate breath controller

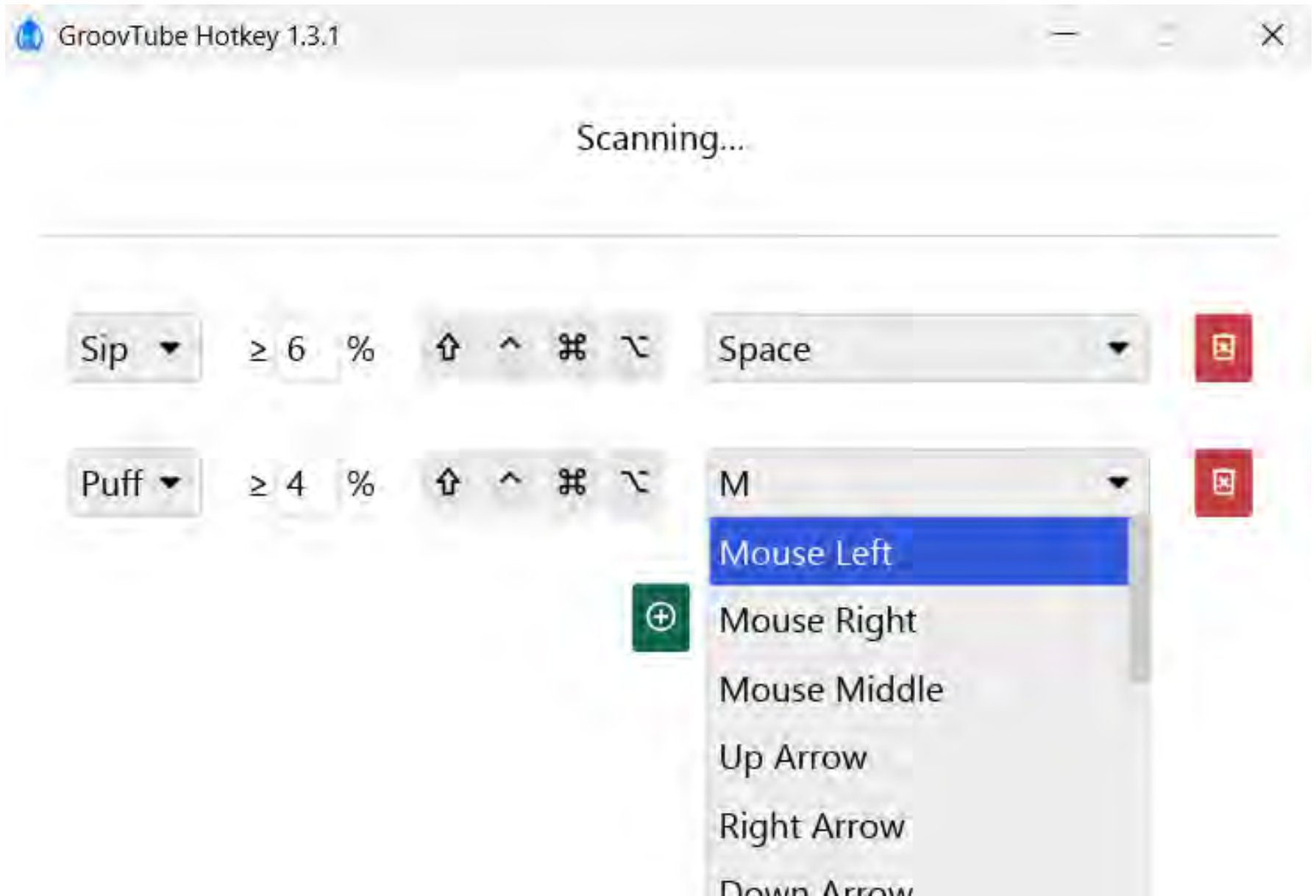
We always keep innovating.

We have developed a number of new Groovtube applications in the last year.

With great thanks to my son Joris!



New GroovTube Hotkey for PC en MAC



Gaming with the MyPuff switch



GroovTube cost € 1490,-
info@groovtube.nl



MY BREATH MY MUSIC

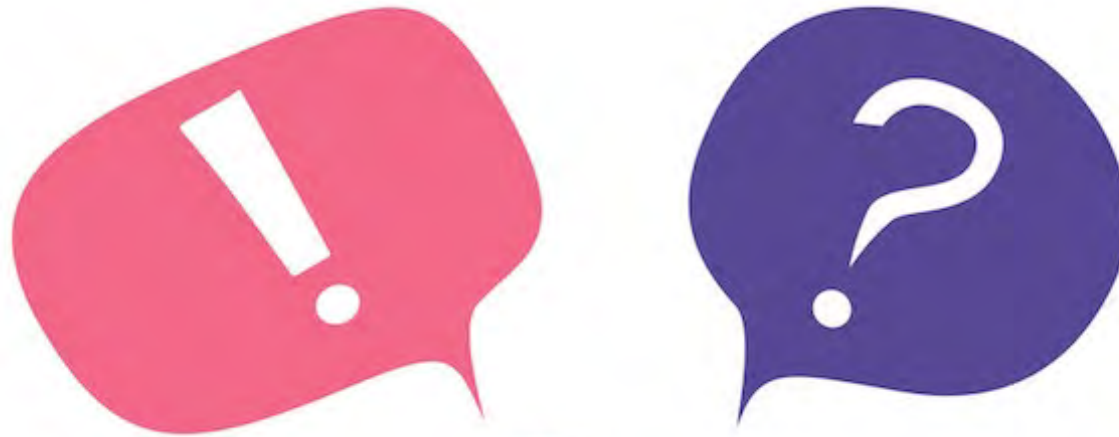
In the Netherlands, parents can borrow the GroovTube from the My Breath My Music foundation for €240 per year

There is a solidarity fund for people who are less fortunate.

info@mybreathmymusic.com



Thank you for your attention





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