

Wii Fit

Wii Fit comes with the Nintendo Fit Board and focuses on balance, aerobic fitness, muscle tone and flexibility. It has great potential for physiotherapists working to increase awareness of balance and on improving proprioception in lower limbs.

There are aspects of the Wii Fit that on their own would be ideal for the use within physiotherapy. It is only a matter of time until a more therapy tailored piece of software is released, until then the Wii Fit offers the opportunity to combine the fun of computer gaming with tasks to improve balance.

The game can be accessed by two main ways. One option is to log a user on, giving them a screen name and inputting some general information. This method enables the ability to record weight, BMI and progress made when using the games. The second method is to log on as a guest/trial which does not offer the feature of recording progress but is much easier. The guest feature lets you trial a selection of the mini games - fortunately the easier ones and therefore tends to be the better option when using on a basic level with multiple users.

Whilst there are many mini games and activities on the Wii Fit more require more control than someone requiring rehab would have e.g. the yoga exercises and aerobic activities are excellent for the able bodied but would be challenging to those with limited strength, range of movement or stamina. The useful and therefore relevant aspects of the Wii Fit are listed below - I have not included the muscle strength exercises or yoga exercises that are complex as it is likely these activities are easily accomplished within a physiotherapy session without the prompting of a computer game.

Official information about Wii Fit can be found by clicking [here](#)

Seated Exercises

Standing Exercises



Wii Fit is an excellent game offering the opportunity to work in standing or sitting. Acting in a similar way to a wobble board the Fit Board provides excellent visual feedback and opportunities to work on improved proprioception.

The mini games included in the software are sufficient for those with limited movement and offer a good structure for those with normal movement to develop improved balance and stability.

Multiplayer	No - 1 player at a time. Saves 8 user details.
WiiMote Buttons	Yes - 'A' to make choices on screen
Nunchuk	Yes (with Rhythm Boxing)
Movement	Can be performed sitting or standing. Visual feedback for balance & control of movement.
Motivational Tool	Games are challenging and difficult to complete, benefits lye more with attempting the games than completing.
Skill Development	Reaction speed, timing, spacial awareness, proprioception.
WiFi option	No
No. of Mini Games	Test section plus Aerobic, Muscle & Yoga sections and Games section (9)
Therapy Friendly	Yes

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Wii Seated

GAMES THAT REQUIRE USER TO:
SIT WITH SUPPORT or BALANCE

Wii Balance Board - Sitting on Fit board & stool

SUB GAME	TYPE	EASE (out of 5stars)	Additional. Info
Bubble River	Basic	★★★★☆	Body mvts fwd, bk, L & R to get to the end of the river
Ski Slalom	Basic	★★★★☆	L & R to go through Flags, Fwd/Bk to control speed
Football Heading	Basic	★★★★☆	L & R movements
Tilt Table	Basic	★★★★☆	Body mvts fwd, bk, L & R to get to the balls down the holes.

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Wii - Standing

GAMES THAT REQUIRE USER TO:
STAND WITH SUPPORT or BALANCE

Wii Balance Board - Standing (Static feet position)

SUB GAME	TYPE	EASE (out of 5stars)	Additional Info
Yoga	Breathing	★★★★★	Displays a red dot that can be used as feedback for Balance
Ski Slalom	Basic	★★★★☆	Mainly L & R, but also fwd/back
Balance Tests	Basic	★★★★☆	Wt transfer into zones for 3 seconds
Football Heading	Basic	★★★★☆	Left & right to extremes
Bubble River	Basic	★★★★☆	All directions
Balance Tests	Single Leg	★★★★☆	Can be used when patient is standing on two legs as well
Balance Tests	Steadiness	★★★★☆	Stand as still as possible visual prompts get less and less
Balance Tests	Agility	★★★★☆	Control cursor by moving to hit blue squares. All directions.
Tilt Table	Basic	★★★★☆	All directions

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GAMES THAT REQUIRE USER TO:
STAND & STEP WITH BALANCE

Wii Balance Board - Standing & Stepping / Dynamic Balance

SUB GAME	TYPE	EASE (out of 5stars)	Additional Info
Jogging	Basic	★★★★☆	remote is put in pocket
Hula Hoop	Basic	★★★★☆	Circular movements in one direction
Yoga exercises	Variou	★★★★☆	Work towards improving felxibility, balance and core strength.
Penguin Game	Basic	★★★★☆	Wt transference L & R
Snowboarding	Basic	★★★★☆	when opened & active turn the board by 90°
Balance Tests	Walking	★★★★☆	Stepping x 20
Balance Tests	Single Leg	★★★★☆	When on One Leg
Tight Rope	Basic	★★★★☆	Stepping plus squat to stand
Ski Jump	Basic	★★★★☆	Timed Squat to stand
Rhythm boxing	Basic	★★★★☆	Uses Board and controllers. Requires quick movements, coordination and control.