

Message your care team

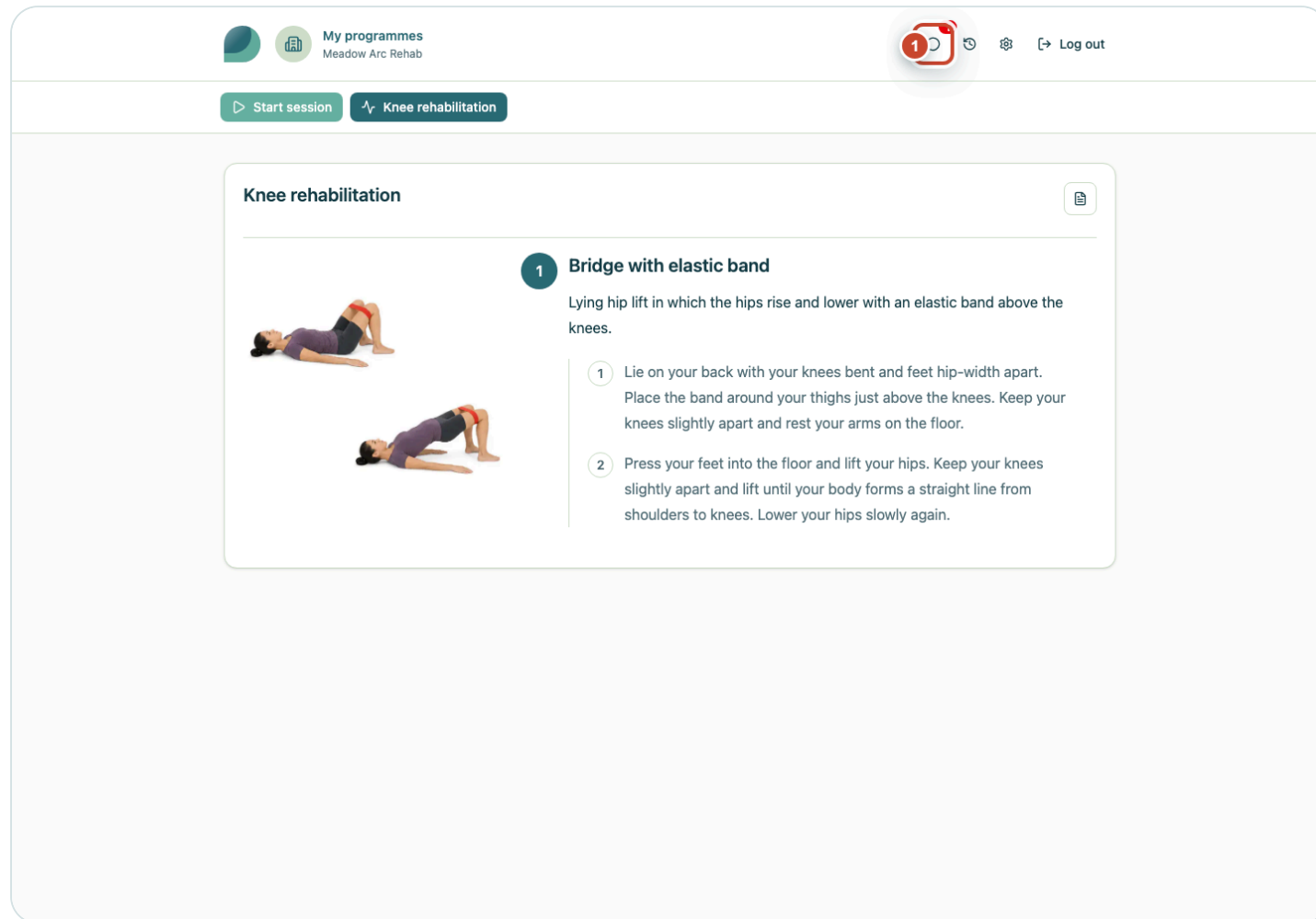
Send a message about your programme and read the reply in the same conversation.

1

Open messages

Where you are: Your exercise programme is open.

What to do: Select Messages.



Complete when: The programme conversation opens.

2

Write your message

Where you are: The conversation is open.

What to do: Write your message and press Enter.

 My programmes
Meadow Arc Rehab

[Start session](#) [Knee rehabilitation](#)

Knee rehabilitation



1

Bridge with elastic band

Lying hip lift in which the hips rise and the knees are bent.

- 1 Lie on your back with your knees bent. Place the band around your knees slightly apart and rest your feet on the floor.
- 2 Press your feet into the floor and lift your hips until your shoulders are to your knees. Lower your hips back to the floor.

PATIENT COMMUNICATION

Meadow Arc Rehab

RE New programme: Knee rehabilitation

00:30

2 The exercise felt good today.

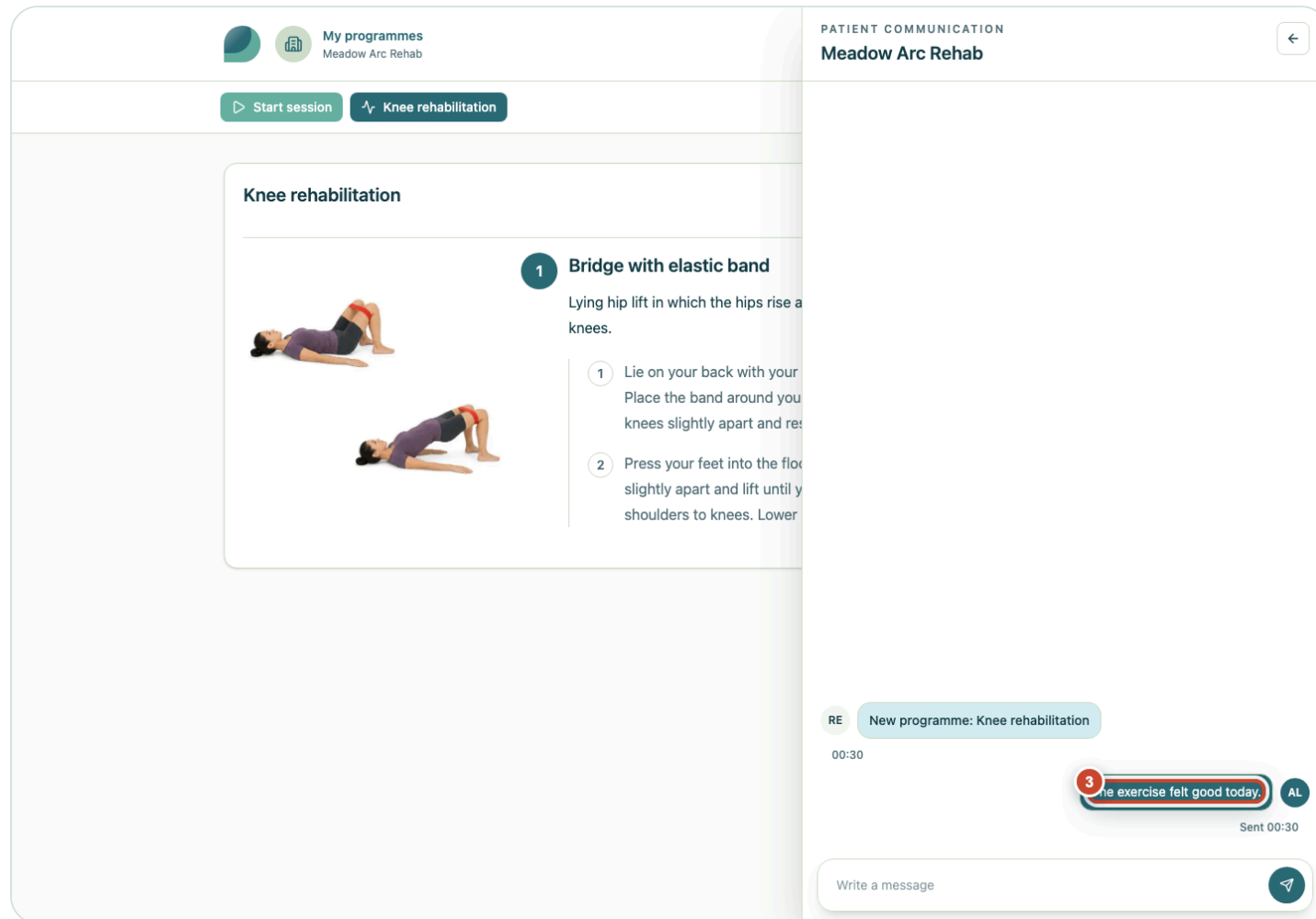
Complete when: The message is sent to your care team.

3

Check the sent message

Where you are: You have sent the message.

What to do: Check that it appears in the conversation.



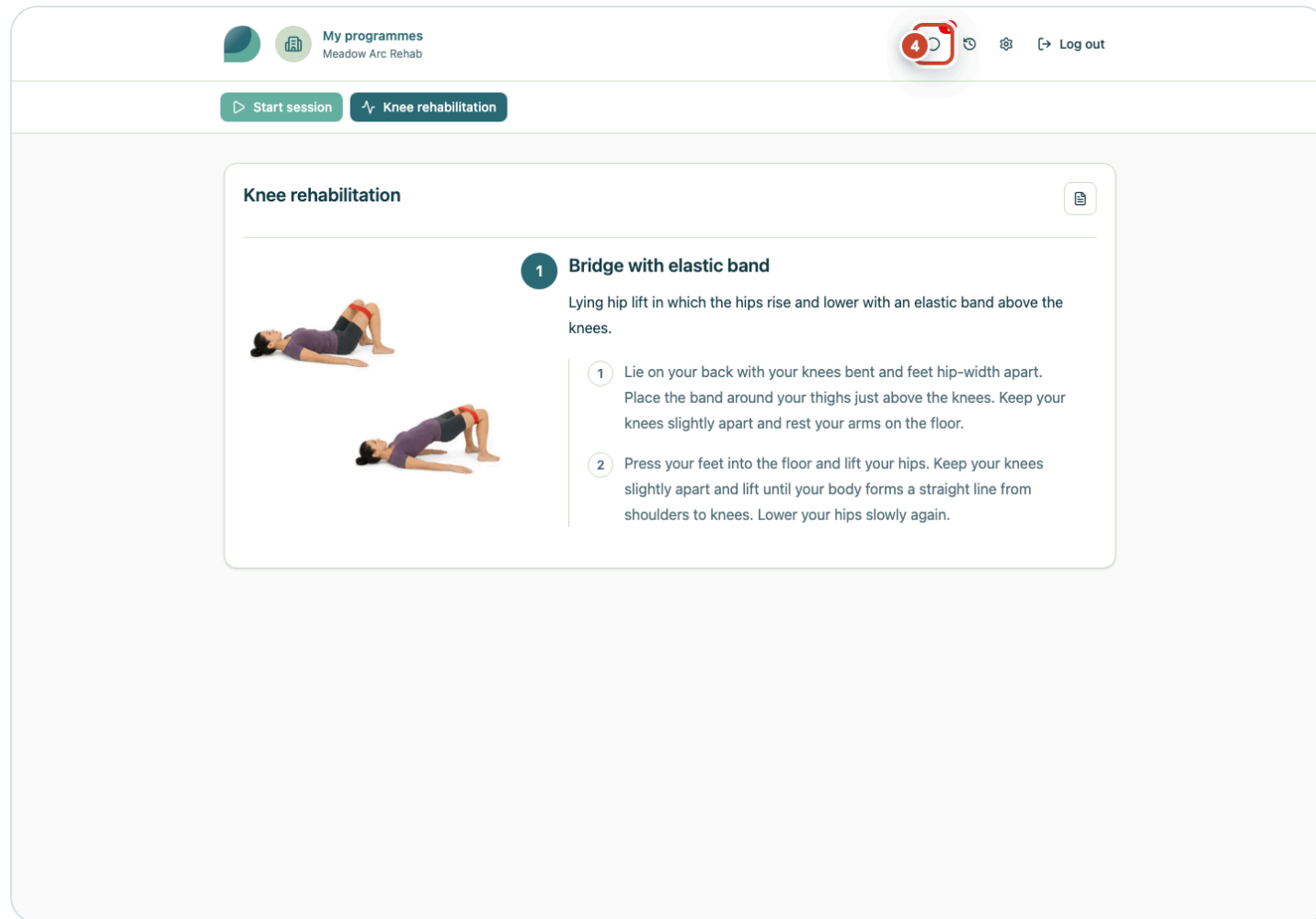
Complete when: Your message is visible in the message history.

4

Open the reply

Where you are: A number on Messages shows that you have a new reply.

What to do: Select Messages.



Complete when: The conversation opens at the latest reply.

5

Read the reply

Where you are: The conversation is open.

What to do: Read the latest response from your care team.

The screenshot displays a patient communication interface. On the left, a sidebar shows 'My programmes' with 'Meadow Arc Rehab' selected. Below this are buttons for 'Start session' and 'Knee rehabilitation'. The main content area is titled 'Knee rehabilitation' and features an illustration of a person performing a bridge exercise with an elastic band. The exercise is titled '1 Bridge with elastic band' and includes two steps: 1. Lie on your back with your knees slightly apart and rest your feet on the floor. 2. Press your feet into the floor and lift until your shoulders are to your knees. Lower your hips back to the floor. On the right, a chat window titled 'PATIENT COMMUNICATION Meadow Arc Rehab' shows a conversation. A message from the patient (RE) says 'New programme: Knee rehabilitation' at 00:30. A response from the care team (AL) says 'The exercise felt good today.' at 00:30. A red bubble with a white '5' indicates 5 unread messages. The chat input field at the bottom says 'Write a message'.

My programmes
Meadow Arc Rehab

Start session | Knee rehabilitation

Knee rehabilitation

1 Bridge with elastic band

Lying hip lift in which the hips rise and the knees are bent.

- 1 Lie on your back with your knees slightly apart and rest your feet on the floor.
- 2 Press your feet into the floor and lift until your shoulders are to your knees. Lower your hips back to the floor.

PATIENT COMMUNICATION
Meadow Arc Rehab

RE New programme: Knee rehabilitation
00:30

AL The exercise felt good today.
Read 00:30

RE 5 Good, continue at the same steady pace.
00:30

Write a message

Complete when: The reply is visible and the unread count is cleared.