

Open your exercise programme

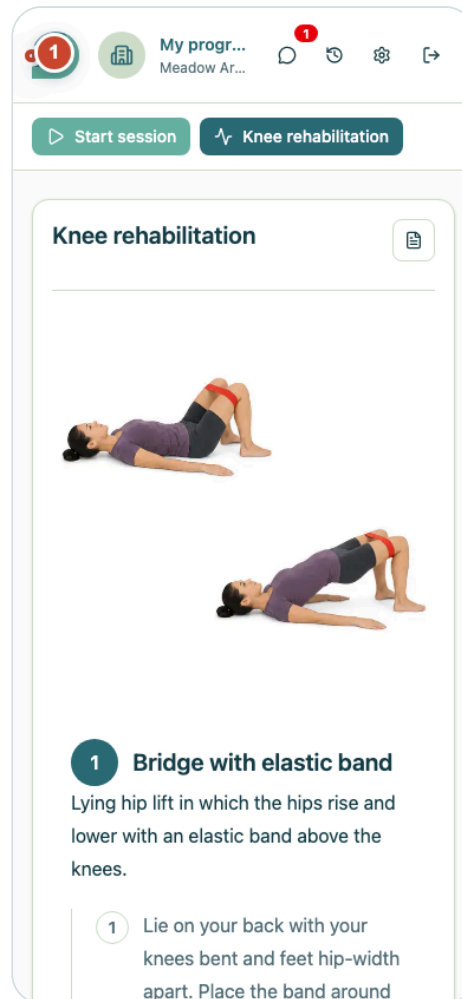
Find and open the latest exercise programme from your care provider.

1

Open the patient portal

Where you are: You are signed in to PhysioWorkplace as a patient.

What to do: Open My programmes.



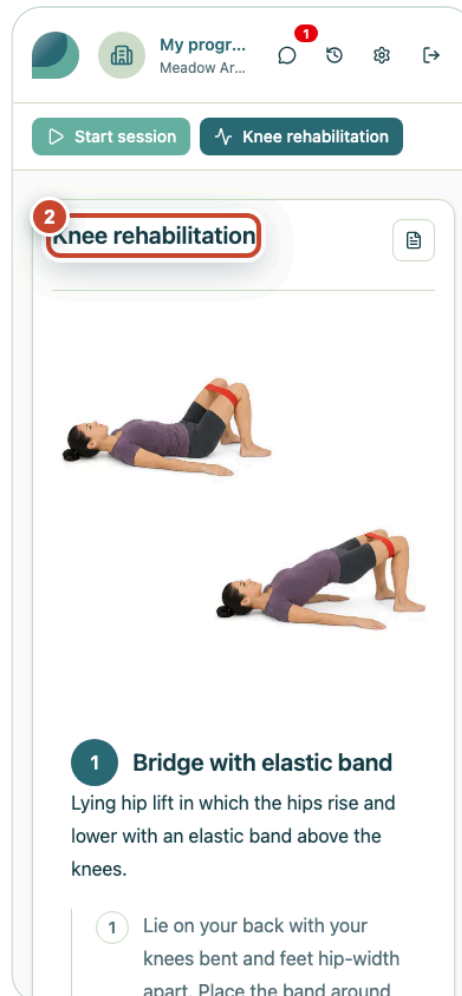
Complete when: My programmes shows your connected care providers and programmes.

2

Find the programme

Where you are: Your care provider has sent an exercise programme.

What to do: Find the programme with the correct title. When you have one current programme, it is shown automatically.



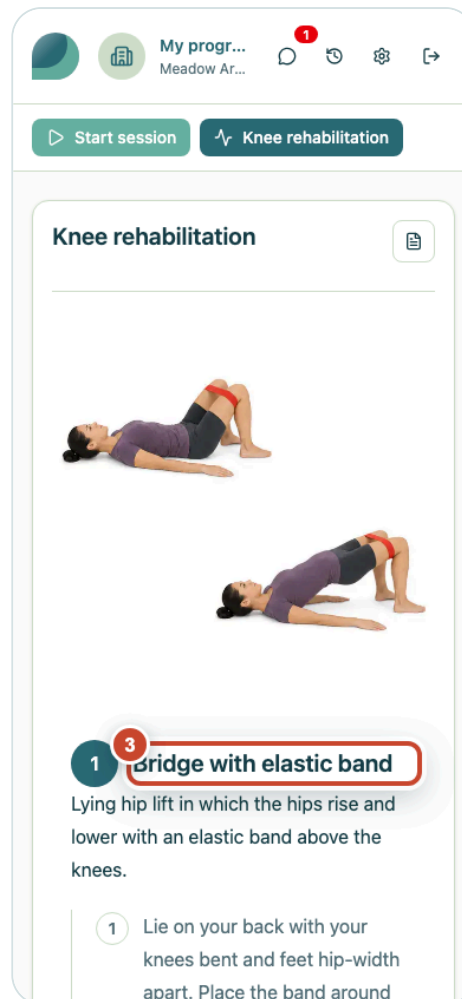
Complete when: The latest delivered programme is displayed automatically.

3

Read the programme

Where you are: The programme is open.

What to do: Check the programme title and read the exercises and instructions.



Complete when: The programme title and delivered exercises are visible.