

Create your own exercise

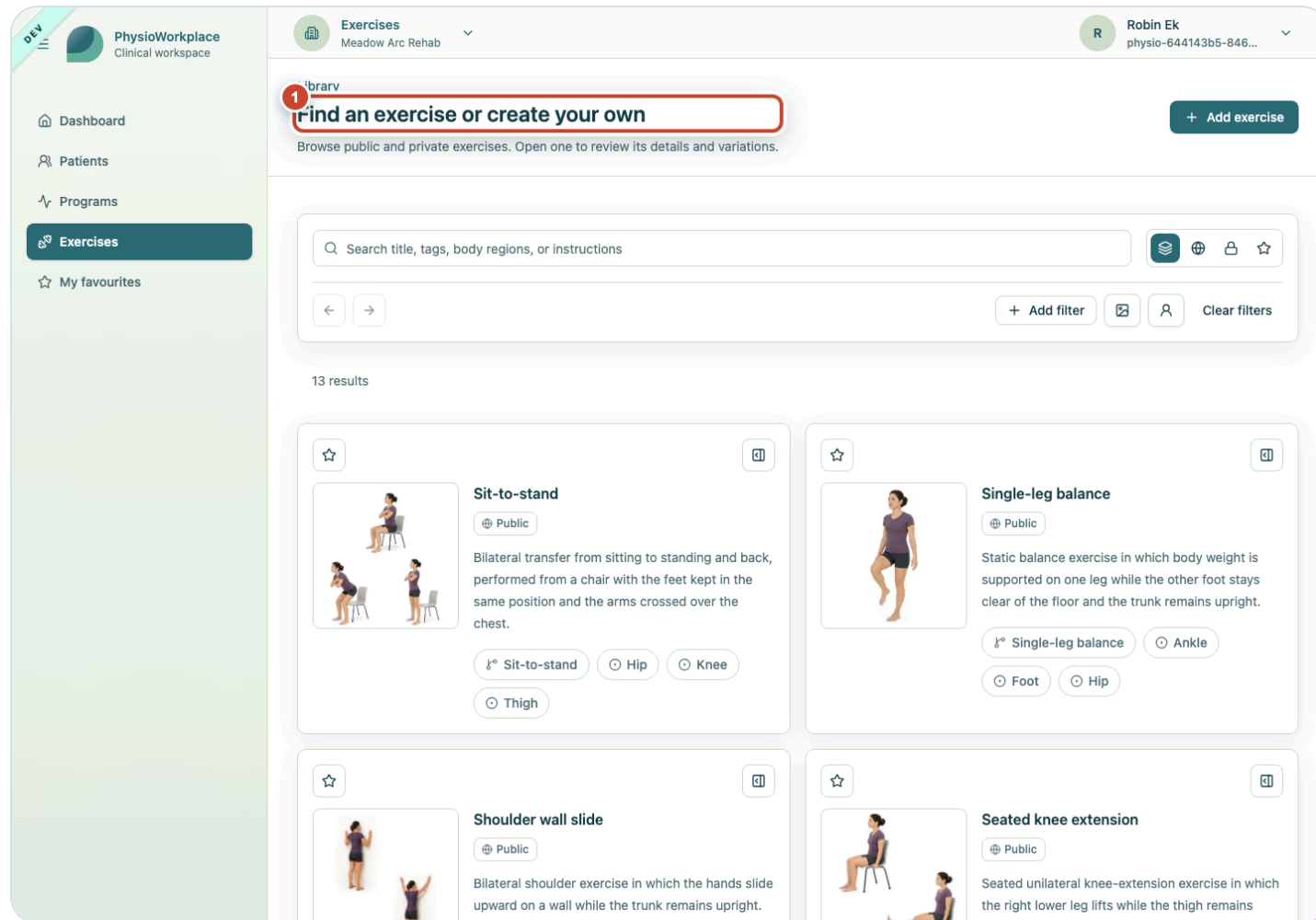
Add a private exercise with a title, summary, and reusable instructions.

1

Open the exercise library

Where you are: You are signed in to the clinical workspace.

What to do: Open Exercises from the main navigation.



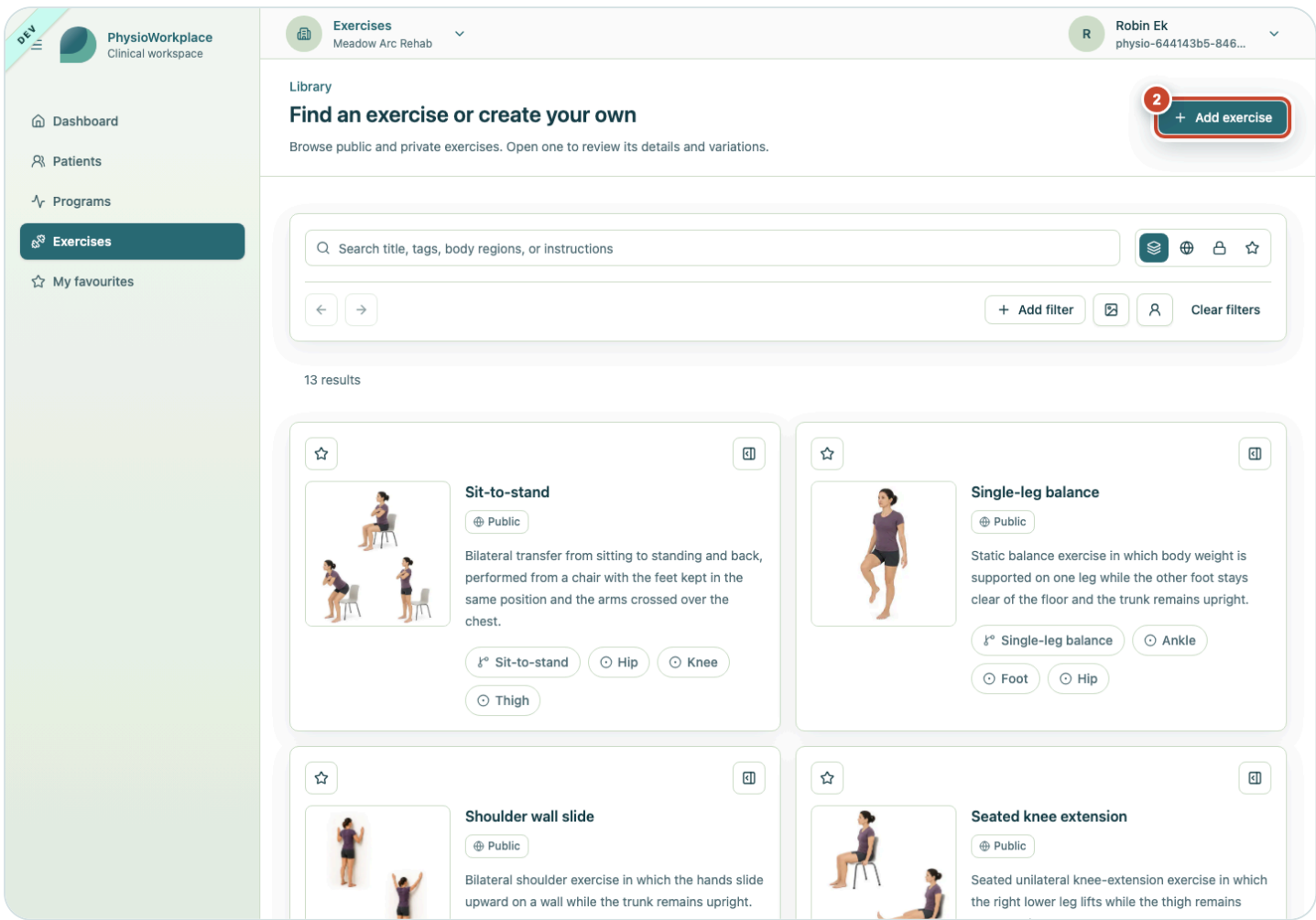
Complete when: The exercise library is displayed.

2

Start a new exercise

Where you are: The exercise library is open.

What to do: Select Add exercise.



Complete when: The editor for a new private exercise opens.

3

Enter the exercise details

Where you are: The new exercise editor is open.

What to do: Enter a clear title, short summary, and standard instructions.

PhysioWorkplace
Clinical workspace

Exercises
Meadow Arc Rehab

Library

Find an exercise or create your own
Browse public and private exercises. Open one to review its details and variations.

Search title, tags, body regions, or instructions

13 results

Sit-to-stand
Public
Bilateral transfer from sitting to standing and back, performed from a chair with the feet kept in the same position and the arms crossed over the chest.
Sit-to-stand Hip Knee Thigh

Shoulder wall slide
Public
Bilateral shoulder exercise in which the hands slide upward on a wall while the trunk remains upright.

Exercises
Add exercise

3 Wall-supported balance

A calm balance exercise using a wall for support.

Tags and body regions
+ Tag

Execution variants
Standard
Stand close to the wall and work calmly with steady breathing.
1 Stand close to the wall and work calmly with steady breathing.
+ Add pose
Tips
+ Variant

Complete when: The exercise contains the information needed for reuse.

4

Save the exercise

Where you are: The exercise details are complete.

What to do: Select Save.

The screenshot displays the PhysioWorkplace Clinical workspace interface. On the left is a sidebar with navigation options: Dashboard, Patients, Programs, Exercises (selected), and My favourites. The main area is titled 'Exercises' and 'Meadow Arc Rehab'. It features a search bar with the placeholder 'Search title, tags, body regions, or instructions' and a '13 results' indicator. Below the search bar, two exercise cards are visible: 'Sit-to-stand' and 'Shoulder wall slide'. The 'Sit-to-stand' card includes an illustration of a person performing the exercise, a 'Public' tag, a description: 'Bilateral transfer from sitting to standing and back, performed from a chair with the feet kept in the same position and the arms crossed over the chest.', and tags for 'Sit-to-stand', 'Hip', 'Knee', and 'Thigh'. The 'Shoulder wall slide' card includes an illustration of a person performing the exercise, a 'Public' tag, and a description: 'Bilateral shoulder exercise in which the hands slide upward on a wall while the trunk remains upright.' On the right side of the interface, the 'Add exercise' modal is open, showing the title 'Wall-supported balance', a description 'A calm balance exercise using a wall for support.', and sections for 'Tags and body regions' (with a '+ Tag' button) and 'Execution variants' (with a 'Standard' variant selected, a description 'Stand close to the wall and work calmly with steady breathing.', a '+ Add pose' button, and a 'Tips' section with a '+ Variant' button). A red notification bubble with the number '4' and a checkmark is visible in the top right corner of the modal.

Complete when: The exercise is created and the exercise library is displayed.

5

Check the exercise

Where you are: The exercise library shows the saved exercise.

What to do: Check that the correct title is displayed.

PhysioWorkplace
Clinical workspace

Exercises
Meadow Arc Rehab

Robin Ek
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Library

Find an exercise or create your own

Browse public and private exercises. Open one to review its details and variations.

+ Add exercise

Search title, tags, body regions, or instructions

+ Add filter

Clear filters

14 results

Wall-supported balance

Private

A calm balance exercise using a wall for support.

Sit-to-stand

Public

Bilateral transfer from sitting to standing and back, performed from a chair with the feet kept in the same position and the arms crossed over the chest.

Sit-to-stand Hip Knee Thigh

Single-leg balance

Public

Static balance exercise in which body weight is supported on one leg while the other foot stays

Shoulder wall slide

Public

Bilateral shoulder exercise in which the arms are moved upward on a wall while the trunk remains upright.

Exercise created.

Complete when: The private exercise is displayed with the title you entered.