

Create a reusable programme template

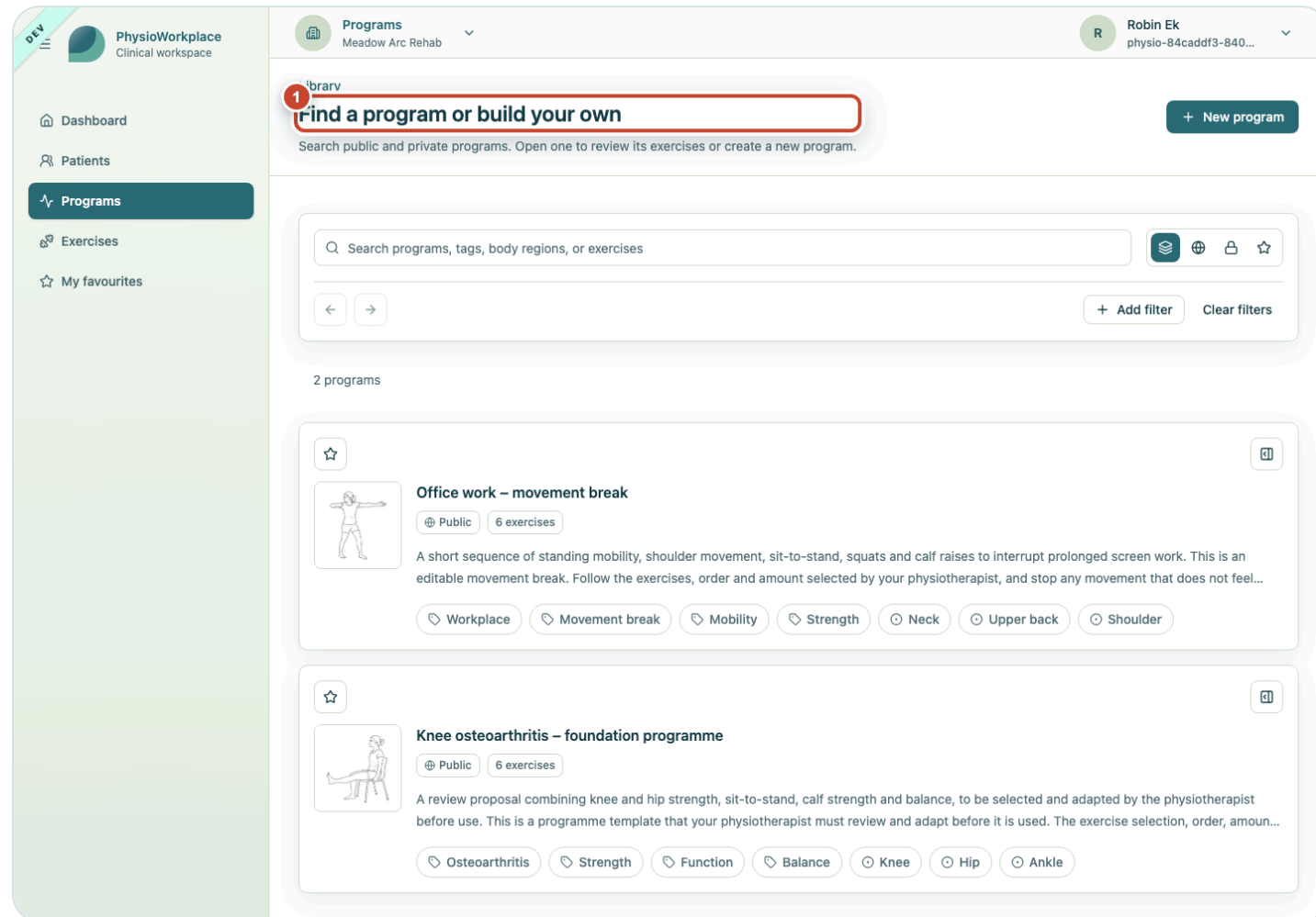
Build a private programme, add exercises, customise text, and choose the order.

1

Open the programme library

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

What to do: Open Programs from the main navigation.



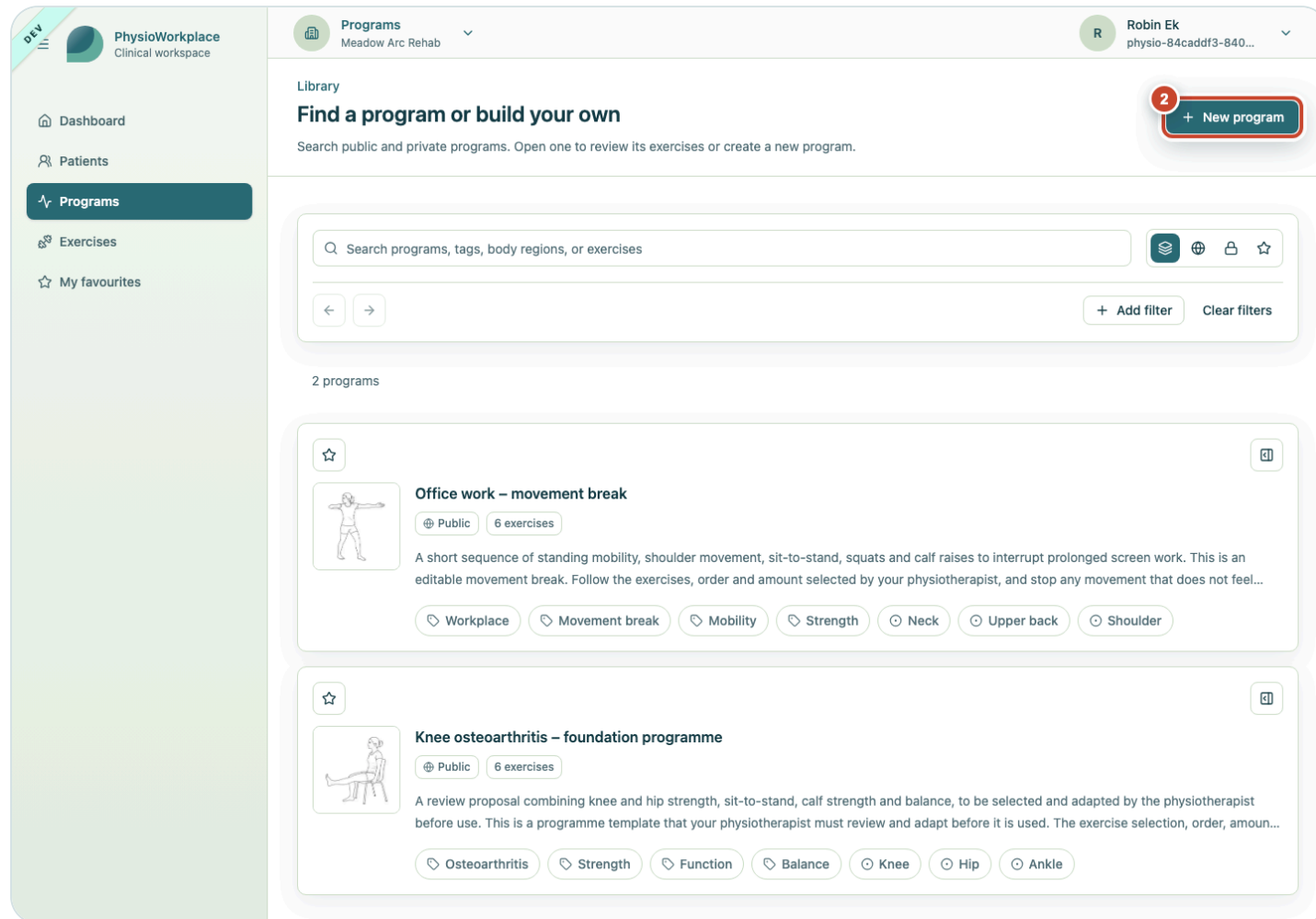
Complete when: The programme library is displayed.

2

Start a new template

Where you are: The programme library is open.

What to do: Select New program.



Complete when: A new private programme editor opens.

3

Enter the programme details

Where you are: The new programme editor is open.

What to do: Enter a title and description that make the template easy to reuse.

The screenshot displays the 'New program' editor interface, which is divided into two main panels. The left panel is for editing the program details, and the right panel is for selecting exercises to add to the program.

Left Panel: Program Details

- Program title:** A red box highlights the title field, which contains the text 'Balance and control'. A red circle with the number '3' is next to the title field.
- Description:** A text area below the title contains the text 'A reusable programme for balance and controlled movement.'
- Tag:** A button labeled '+ Tag' is located below the description.
- Program exercises:** A section titled 'Program exercises' with a subtext 'Click text to edit, use +/check on cards, or reorder rows with controls.' Below this is a dashed box containing the text 'Selected program has no exercises yet' and 'Add an exercise to start building the program.'
- Publishing:** A section titled 'Publishing' with a status dropdown set to 'Draft'. Below this is a button labeled 'Submit for review'.

Right Panel: Exercise Selection

- Search bar:** A search bar at the top right of the right panel with the placeholder text 'Search title, tags, body regions, or instructor'.
- Filters:** A section below the search bar with a '+ Add filter' button and a 'Clear filters' button.
- Exercises:** A list of exercises is shown below the filters. The first exercise is 'Sit-to-stand', which is highlighted. It includes an illustration of a person sitting on a chair and standing, 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 second exercise is 'Single-leg balance', which includes an illustration of a person standing on one leg, a description 'Static balance exercise in which body weight is supported on one leg while the other foot stays clear of the floor and the trunk remains upright.', and tags for 'Single-leg balance', 'Ankle', 'Foot', and 'Hip'.

Complete when: The template has a clear purpose and name.

Add exercises

Where you are: The programme is selected and the exercise library is visible.

What to do: Use the plus buttons to add the exercises you need.

New program

Private

View PDF

Program title

Balance and control

A reusable programme for balance and controlled movement.

Bridge

Abdomen

Gluteal region

Hip

Pelvis

+ Tag

Program exercises

Click text to edit, use +/check button or drag into program

1 Bridge with elastic band

Lying hip lift in which the hips rise and lower with an elastic band above the knees.

- Lie on your back with your knees bent and feet hip-width apart. Place the band around your thighs just above the knees. Keep your knees slightly apart and rest your arms on the floor.
- Press your feet into the floor and lift your hips. Keep your knees slightly apart and lift until your body forms a straight line from shoulders to knees. Lower your hips slowly again.

Search title, tags, body regions, or instructor

Add filter Clear filters

13 exercises

Use +/check button or drag into program

Cat Camel

Public

Quadruped spinal movement alternating between distinct flexion and extension while both hands and knees remain fixed as support.

Quadruped spinal flexion and extension

Upper back

Lower back

Pelvis

Bridge with elastic band

Public

Bilateral supine bridge with a closed elastic loop above the knees and maintained outward knee pressure during lifting and lowering.

Bridge

Gluteal region

Hip

Pelvis

Exercise added to program.

Complete when: The exercises appear in the programme.

Choose the order

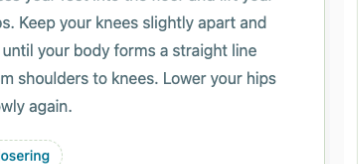
Where you are: The programme contains more than one exercise.

What to do: Drag an exercise to its preferred position.

Program

New program

5



2

Cat Camel

🗑️

📄

All-fours back exercise that alternates between a rounded and gently arched back.

- Start on all fours with your hands under your shoulders and knees under your hips. Round your back upward and let your head drop.
- Lower your back gently and lift your chest. Look up carefully without moving your hands or knees. Then round your back upward again.

+ Ange dosering

13 exercises

Use +/check button or drag into program

🔍 Search title, tags, body regions, or instructor

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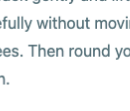
→

+ Add filter

Clear filters

☆

+ 📄



🌐 Public

Side-lying hip-rotation exercise in which the upper knee opens while the heels stay together and the pelvis remains stable.

🦵 Clamshell

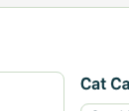
🦵 Hip

🦵 Thigh

🦵 Trunk

☆

✓ 📄



🌐 Public

Quadruped spinal movement alternating between distinct flexion and extension while both hands and knees remain fixed as support.

🦵 Quadruped spinal flexion and extension

🦵 Upper back

🦵 Lower back

🦵 Pelvis

Publishing

Status: Draft

Submit this private program for review before it becomes public.

Submit for review

Complete when: The programme shows the exercises in the chosen order.

Customise the execution

Where you are: An exercise can have instructions, pose instructions and tips specific to this programme template.

What to do: Open the Cat Camel exercise settings and customise the variant's structured fields.

DEV gram

New program

1 Bridge with elastic band

Lying hip lift in which the hips rise and lower with an elastic band above the knees.

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- 2 Press your feet into the floor and lift your hips. Keep your knees slightly apart and lift until your body forms a straight line from shoulders to knees. Lower your hips slowly again.

+ Ange dosering

2 Cat Camel

For Alex: pause briefly after each repetition and continue at a steady pace.

- 1 Keep the trunk still while extending the leg.
- 2 Lower your back gently and lift your chest. Look up carefully without moving your hands or knees. Then round your back upward again.

EXERCISES

Cat Camel

[<](#)
[>](#)

Execution variants

Default movement

All-fours back exercise that alternates between a rounded and gently arched back.

- 1 Start on all fours with your hands under your shoulders and knees under your hips. Round your back upward and let your head drop.
- 2 Lower your back gently and lift your chest. Look up carefully without moving your hands or knees. Then round your back upward again.

Program variant

Default movement

6

For Alex: pause briefly after each repetition and continue at a steady pace.

- 1 Keep the trunk still while extending the leg.

- 2 Lower your back gently and lift your chest. Look up carefully without moving your hands or knees. Then round your back upward again.

+ Add pose

Tips

Finish the movement before the back loses contact with the surface.

Complete when: The customised fields are saved only in this programme template.

Save the programme template

Where you are: The programme now contains the intended content and customisations.

What to do: Select Save.

DEV gram

New program

7

1 Bridge with elastic band

Lying hip lift in which the hips rise and lower with an elastic band above the knees.

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+ Ange dosering

2 Cat Camel

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Search title, tags, body regions, or instructor

+ Add filter

Clear filters

13 exercises

Use +/check button or drag into program

Clamshell

Public

Side-lying hip-rotation exercise in which the upper knee opens while the heels stay together and the pelvis remains stable.

° Clamshell

° Hip

° Thigh

° Trunk

Cat Camel

Public

Quadruped spinal movement alternating between distinct flexion and extension while both hands and knees remain fixed as support.

° Quadruped spinal flexion and extension

° Upper back

° Lower back

° Pelvis

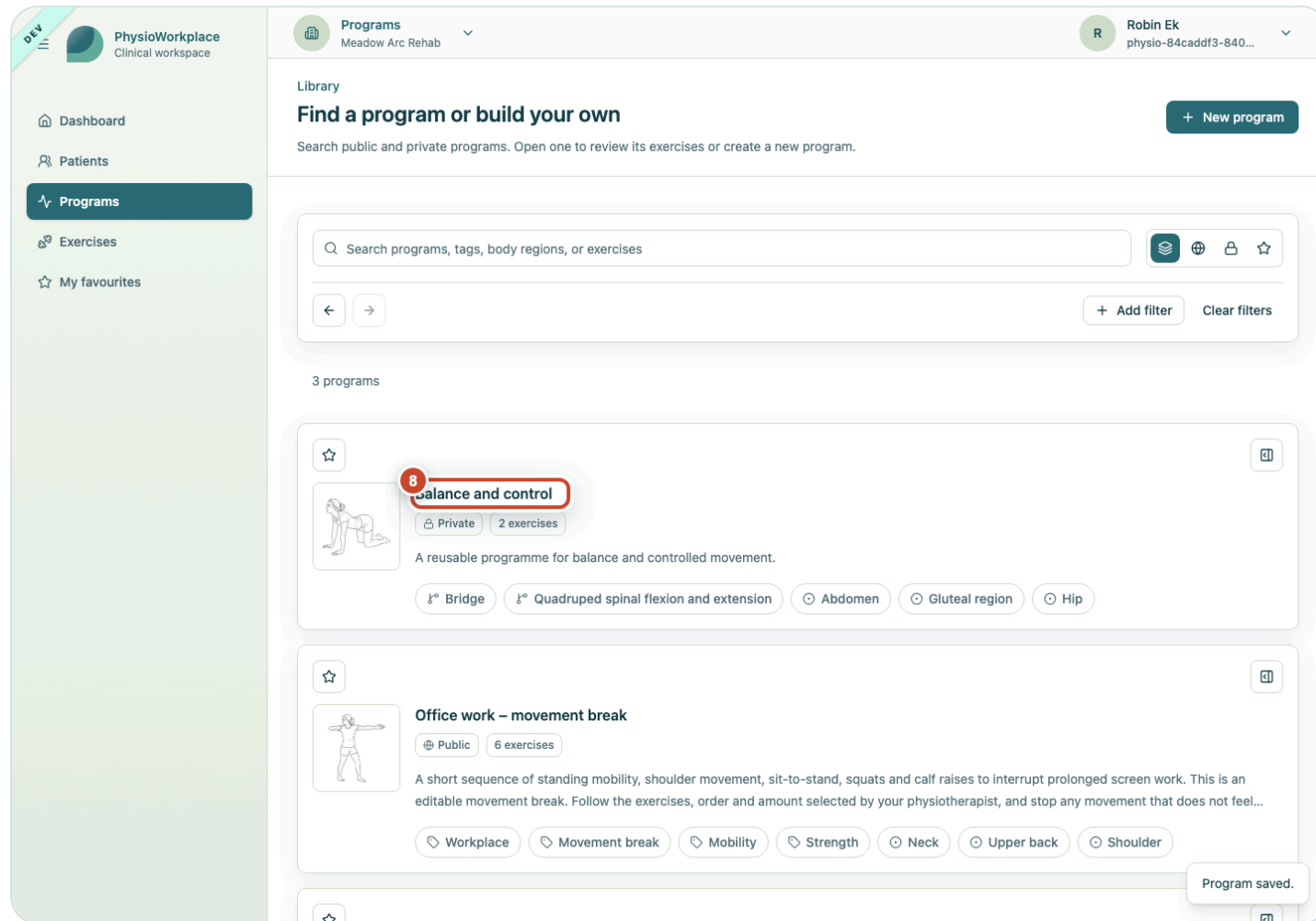
Complete when: The programme template is created and the programme library appears.

8

Check the template

Where you are: The programme library shows the saved template.

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



Complete when: The private programme template appears and can be reused.