

Find and favourite an exercise

Find an exercise quickly and save it to your favourites for easier reuse.

1

Search for the exercise

Where you are: The exercise library is open.

What to do: Enter the exercise title in the search field.

The screenshot displays the PhysioWorkplace Clinical workspace interface. On the left is a sidebar with navigation options: Dashboard, Patients, Programs, Exercises (highlighted), and My favourites. The main content area is titled 'Exercises' and 'Meadow Arc Rehab'. It features a search bar with the text 'Bridge with elastic band' and a red circle with the number '1' next to it. Below the search bar are filters for 'Bridge with elastic band' and 'Bridge'. The results section shows '2 results'. The first result is 'Bridge with elastic band', described as a 'Bilateral supine bridge with a closed elastic loop above the knees and maintained outward knee pressure during lifting and lowering'. The second result is 'Bridge', described as a 'Strength and control exercise performed supine by raising the pelvis through bilateral hip extension while both feet remain planted'.

Complete when: Matching exercises appear in the results.

2

Add to favourites

Where you are: The matching exercise is visible.

What to do: Select the star on the exercise card.

The screenshot shows the PhysioWorkplace Clinical workspace interface. The left sidebar contains navigation links: Dashboard, Patients, Programs, Exercises (highlighted), and My favourites. The main content area is titled 'Exercises' and 'Meadow Arc Rehab'. It features a search bar with the text 'Bridge with elastic band' and a '+ Add exercise' button. Below the search bar, there are filters for 'Bridge with elastic band' and 'Bridge', along with '+ Add filter', 'Clear filters', and 'Clear filters' buttons. The search results show 2 results. The first result is 'Bridge with elastic band', which is highlighted with a red star icon and a red circle with the number 2. The second result is 'Bridge'. Both results show an illustration of the exercise, a description, and tags for 'Public', 'Bridge', 'Gluteal region', 'Hip', and 'Pelvis'.

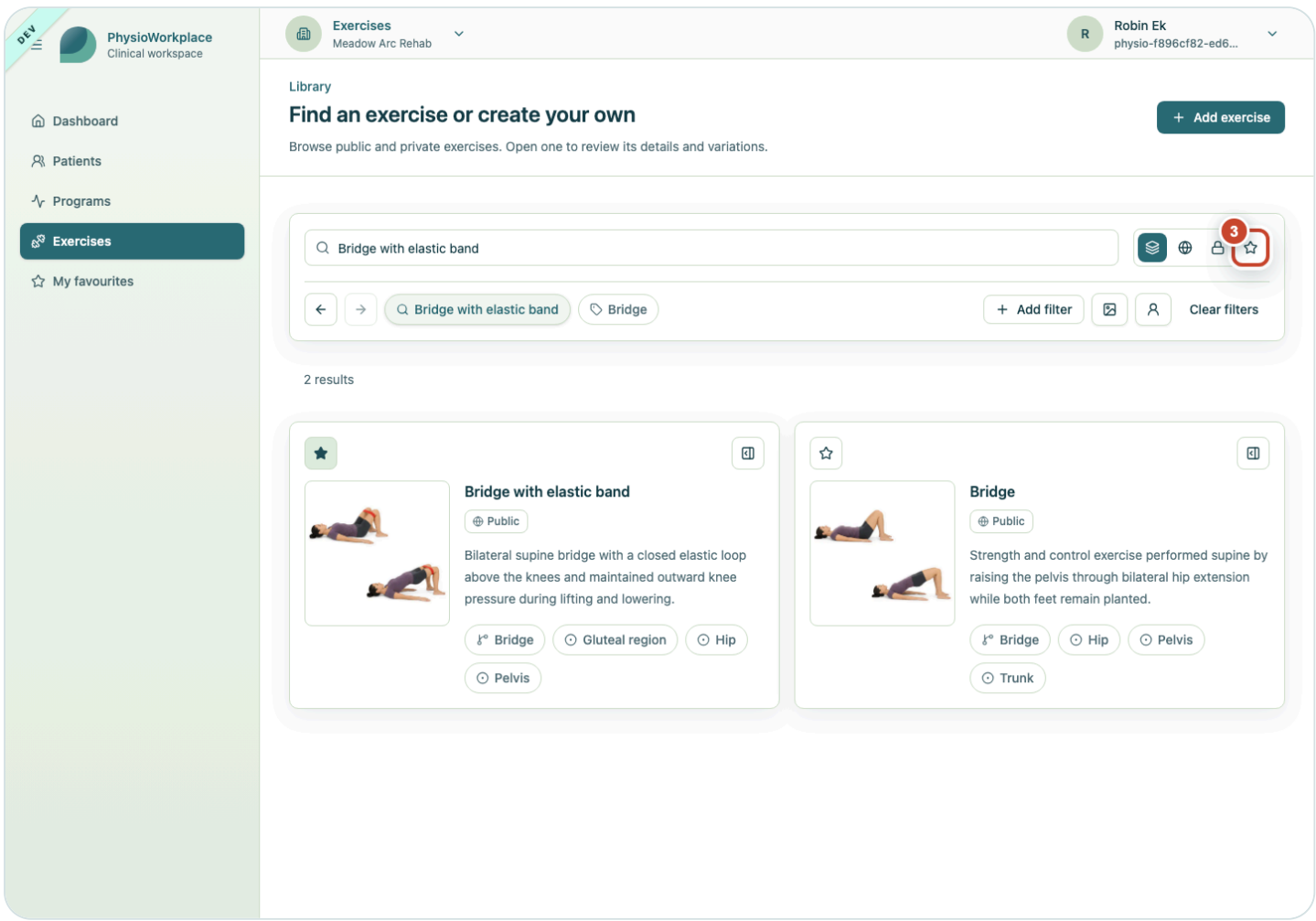
Complete when: The exercise is added to your favourites.

3

Show favourites

Where you are: The exercise has been favourited.

What to do: Select the Favourites filter.



Complete when: The results show only favourite exercises.

4

Check the favourite

Where you are: The Favourites filter is active.

What to do: Check that the exercise remains in the list.

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 content area is titled 'Exercises' and 'Meadow Arc Rehab'. It features a search bar with the text 'Bridge with elastic band' and a '+ Add exercise' button. Below the search bar, there are filters for 'Favourites', 'Bridge with elastic band', and 'Bridge'. The search results show '1 result'. The first result is 'Bridge with elastic band', which is highlighted with a red box and a red circle containing the number 4. The exercise details include a description: 'Bilateral supine bridge with a closed elastic loop above the knees and maintained outward knee pressure during lifting and lowering.' and tags: Bridge, Gluteal region, Hip, Pelvis.

Complete when: The favourite exercise is visible.