

Reply to a patient message

Open an unread programme message and reply to the patient securely.

1

Open the unread message

Where you are: The programme tab shows a new patient message.

What to do: Select Messages.

The screenshot displays a user interface for managing patient programs. At the top, a patient profile for 'Alex Lind' is shown with a 'DEV' tag. A notification bell icon with a red '1' indicates an unread message. Below the profile, there's a section for 'Patient program' with a 'Knee rehabilitation' program selected. The program details include a title, description, and a list of exercises. The first exercise, 'Bridge with elastic band', is highlighted with a red circle and a '1' in a circle. The exercise description and steps are provided. On the right, a sidebar shows a search bar and a list of programs and exercises. The 'Office work – movement break' program is selected, showing its details and tags. The 'Knee osteoarthritis – foundation programme' is also visible in the sidebar.

Patient program
Changes save automatically after a short delay. Click exercise text to tailor it for this patient. Drag programmes or exercises from the library to the patient, then drag exercises within a programme to choose their order.

Program title
Knee rehabilitation

Program description

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

1 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.

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.

Office work – movement break
Public 6 exercises
A short sequence of standing mobility, shoulder movement, sit-to-stand, squats and calf raises to interrupt prolonged...

Workplace Movement break Mobility
Strength Neck Upper back
Shoulder

Knee osteoarthritis – foundation programme
Public 6 exercises
A review proposal combining knee and hip strength, sit-to-stand, calf strength and balance, to be selected and adapted...

Osteoarthritis Strength Function
Balance Knee Hip Ankle

Complete when: The programme conversation opens with the patient's message.

2

Write the reply

Where you are: The patient's message is visible.

What to do: Write your reply and press Enter.

DEV
Patient
Alex Lind

+ New program

Knee rehabilitation

Patient program

Changes save automatically after a short delay. Click exercise text to tailor it for this patient. Drag programmes or exercises from the library to the patient, then drag exercises within a programme to choose their order.

Send update

Program title

Knee rehabilitation

Program description



1 Bridge with elastic band

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

1 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.

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.

PATIENT COMMUNICATION

Alex Lind

New programme: Knee rehabilitation

RE

Read 22:30

AL

The exercise felt good today.

22:31

2

Good, continue at the same steady pace.

Complete when: The reply is sent through the secure conversation.

3

Confirm the reply

Where you are: The reply has been sent.

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

DEV Preview

Alex Lind

+ New program

Knee rehabilitation

X

Patient program

Changes save automatically after a short delay. Click exercise text to tailor it for this patient. Drag programmes or exercises from the library to the patient, then drag exercises within a programme to choose their order.

Send update

Program title

Knee rehabilitation

Program description



1 Bridge with elastic band

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

1

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.

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.

PATIENT COMMUNICATION

Alex Lind

New programme: Knee rehabilitation

RE

22:30

AL

The exercise felt good today.

22:31

3

Good, continue at the same steady pace.

RE

Sent 22:31

Write a message

Complete when: The sent reply is visible in the message history.