

Send a patient programme

Review and send a patient programme, then see how it appears to the patient.

1

Review the programme

Where you are: The patient programme has a title and contains exercises.

What to do: Check the programme title and exercises before sending.

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.

1

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.

Search title, tags, body regions, or

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

Complete when: The programme is complete and Send program is available.

Send the programme

Where you are: The programme is ready to share with the patient.

What to do: Select Send program.

DEV

ment

Alex Lind

+ New program

Knee rehabilitation X

Patient program

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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.

2

Send program

Search title, tags, body regions, or

+

Add filter

Clear filters

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

Complete when: The latest programme version is sent to the patient.

3

Confirm delivery

Where you are: The programme has been sent through the secure delivery path.

What to do: Check the status indicator on the programme tab before leaving the programme.

DEV Patient

Alex Lind

+ New program

3 ✓ Knee rehabilitation

Patient program

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◌° Quadruped spinal flexion and extension

◌ Upper back

◌ Lower back

◌ Pelvis

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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

Complete when: A green dot shows that the patient has the latest version.

4

See the patient view

Where you are: The patient is connected and the programme has been delivered.

What to do: Check how the programme appears in the patient view.

The screenshot shows a patient's view of a rehabilitation program. At the top, there's a header with a profile icon, a document icon, and the text 'My programmes Meadow Arc Rehab'. To the right are icons for chat, a clock, settings, and a 'Log out' button. Below the header, there are two buttons: 'Start session' and 'Knee rehabilitation'. The main content area is titled 'Knee rehabilitation' with a red '4' in a circle. It features two illustrations of a person performing a bridge exercise with an elastic band. The first illustration shows the person lying on their back with knees bent and feet flat on the floor. The second illustration shows the person lifting their hips to form a straight line from shoulders to knees. To the right of the illustrations, there's a numbered list of instructions for the 'Bridge with elastic band' exercise.

My programmes
Meadow Arc Rehab

1

Start session Knee rehabilitation

4 Knee rehabilitation

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.

Complete when: The patient sees Knee rehabilitation under My programmes.