

Update a delivered patient programme

Change a delivered programme, send the update, and confirm the latest version.

1

Add an exercise

Where you are: The patient's delivered programme is open.

What to do: Add the required exercise from the library.

The screenshot displays a software interface for managing patient programs. At the top, the patient's name 'Alex Lind' is shown. Below this, there's a section for the 'Patient program' titled 'Knee rehabilitation'. This section includes a description, a 'Program title' field, and a 'Program description' field. To the right of the program title, there are icons for editing, deleting, and a 'Send update' button. Below the program details, there's a list of exercises. The first exercise is 'Bridge with elastic band', which is highlighted with a red circle and a '1' in a red circle. It includes an illustration of a person performing the exercise and a list of steps: 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. To the right of the program details, there's a search bar and a list of exercises. The first exercise is 'Clamshell', which is highlighted with a red circle and a '1' in a red circle. It includes an illustration of a person performing the exercise and a list of tags: Clamshell, Hip, Thigh, Trunk. The second exercise is 'Cat Camel', which is highlighted with a red circle and a '1' in a red circle. It includes an illustration of a person performing the exercise and a list of tags: Quadruped spinal flexion and extension, Upper back, Lower back, Pelvis.

DEV
Patient
Alex Lind

+ New program | ^v 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.

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.

Search title, tags, body regions, or instructor

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 exercise appears in the patient programme.

Review the changes

Where you are: The programme now differs from the delivered version.

What to do: Check the added exercise and any patient-specific text.

New program

Knee rehabilitation

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.

Ange dosering

2

Cat Camel

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.

Ange dosering

Search title, tags, body regions, or instruction

<

>

+ Add filter

Clear filters

☆

+

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 changes are correct and Send update is available.

3

Send the update

Where you are: The programme changes are ready.

What to do: Select Send update.

The screenshot displays a web application for managing patient programs. At the top, the user is identified as 'Alex Lind'. Below this, there's a header with '+ New program' and a dropdown menu currently showing 'Knee rehabilitation'. The main content area is divided into two sections. The left section, titled 'Patient program', contains instructions on how to edit the program and a 'Send update' button, which is highlighted with a red circle and a red '3' indicating it's the next step. Below this is a form for 'Program title' (currently 'Knee rehabilitation') and 'Program description'. The right section shows a list of exercises. The first exercise is 'Bridge with elastic band', which includes an illustration and a two-step instruction: 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. The second exercise is 'Clamshell', described as a side-lying hip-rotation exercise. The third exercise is 'Cat Camel', described as a quadruped spinal movement. Each exercise card includes an illustration, a description, and filter buttons for body regions.

DEV client
Alex Lind

+ New program | ^v 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.

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.

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 new programme version is delivered to the patient.

4

Confirm the latest version

Where you are: The update has been delivered.

What to do: Check the status on the programme tab.

DEV Patient
Alex Lind

+ New program **4** 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.

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.

Search title, tags, body regions, or instructor

+ Add filter Clear filters

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 green status shows that the patient has the latest version.