

Message your care team

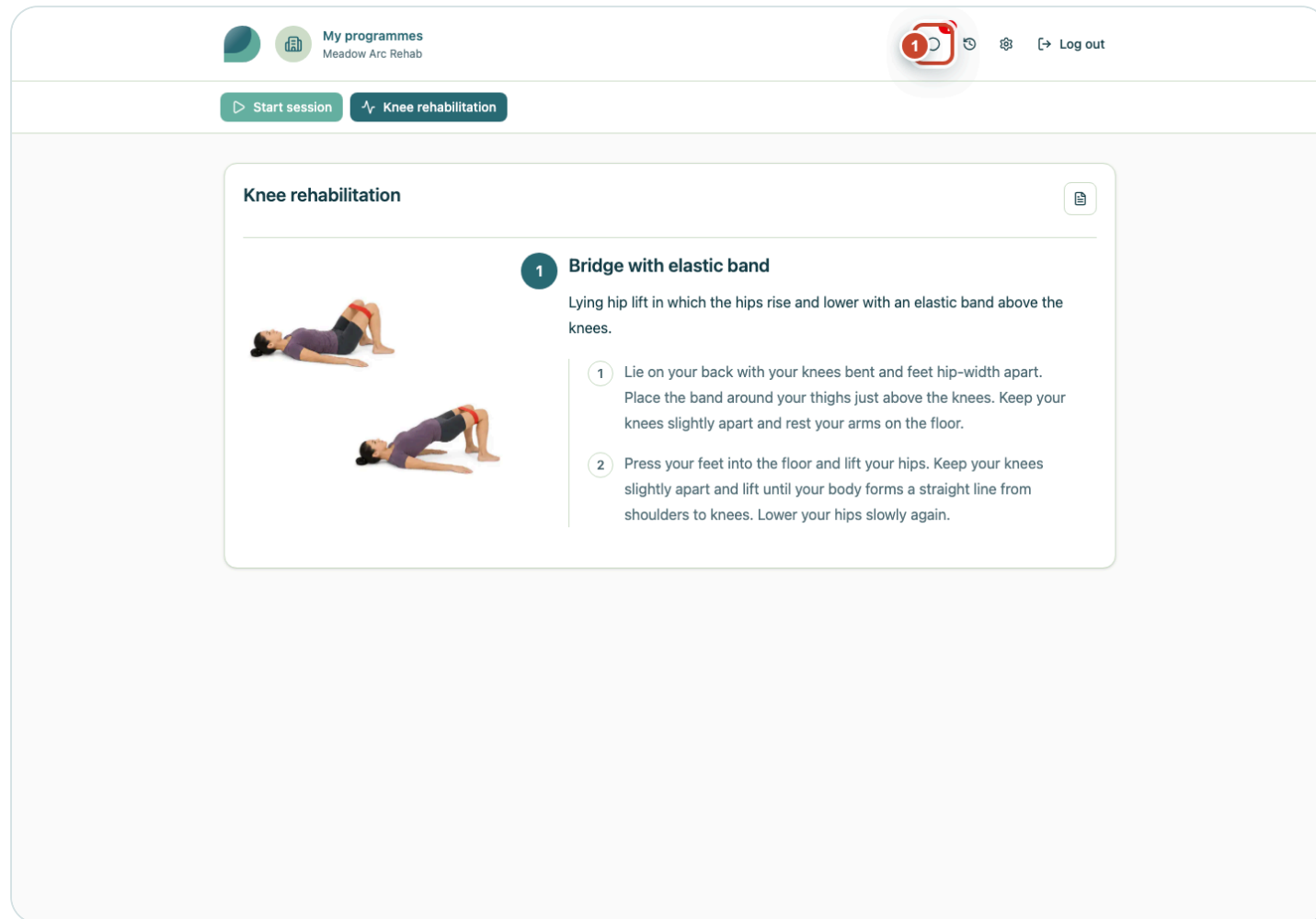
Send a message about your programme and read the reply in the same conversation.

1

Open messages

Where you are: Your exercise programme is open.

What to do: Select Messages.



Complete when: The programme conversation opens.

2

Write your message

Where you are: The conversation is open.

What to do: Write your message and press Enter.

 My programmes
Meadow Arc Rehab

[Start session](#) [Knee rehabilitation](#)

Knee rehabilitation



1

Bridge with elastic band

Lying hip lift in which the hips rise and the knees are bent.

- 1 Lie on your back with your knees bent. Place the band around your thighs, just above the knees slightly apart and rest your feet flat on the floor.
- 2 Press your feet into the floor and lift your hips until your shoulders are to your knees. Lower your hips back to the floor.

PATIENT COMMUNICATION

Meadow Arc Rehab

RE New programme: Knee rehabilitation

00:30

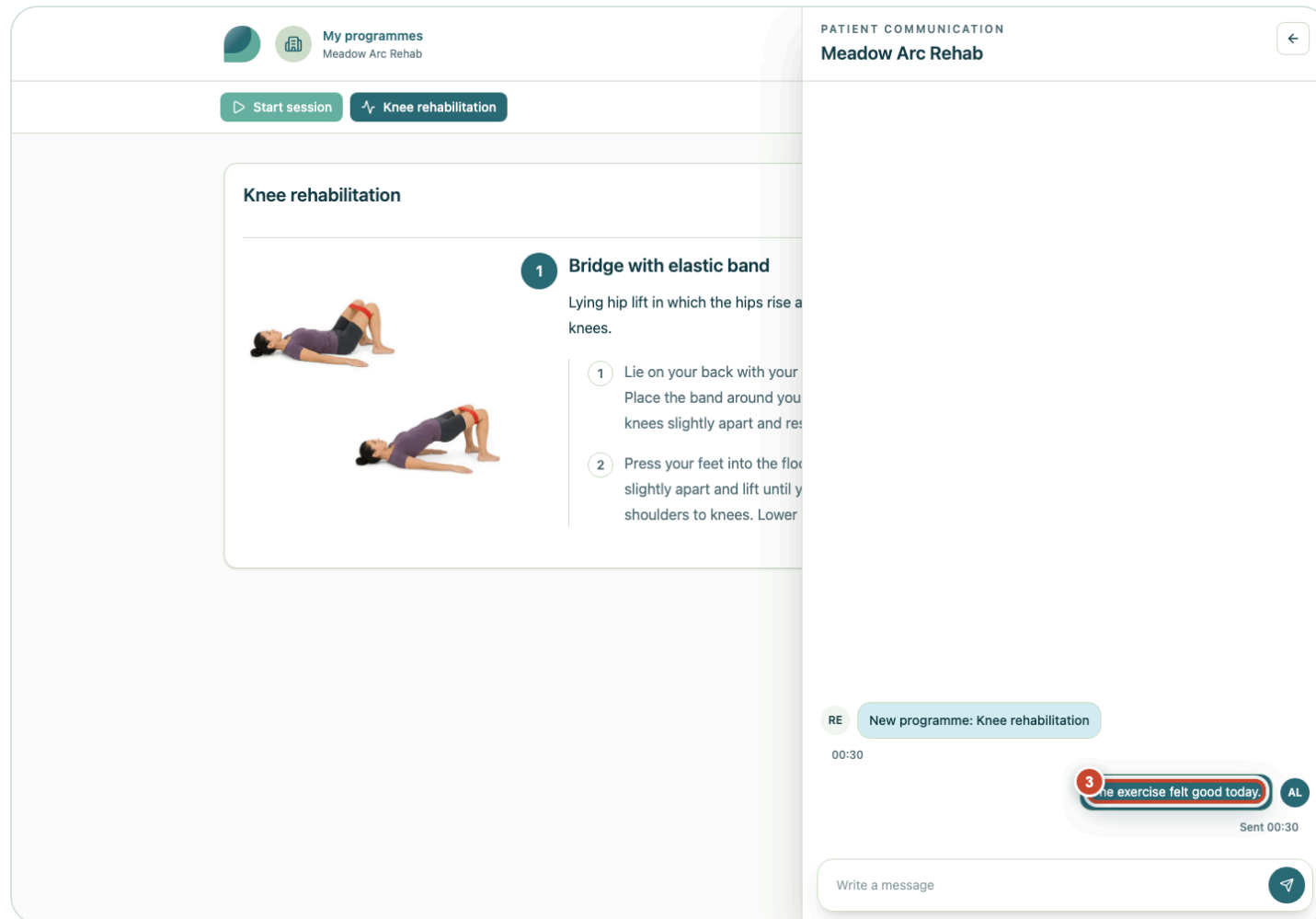
2 The exercise felt good today.

Complete when: The message is sent to your care team.

Check the sent message

Where you are: You have sent the message.

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



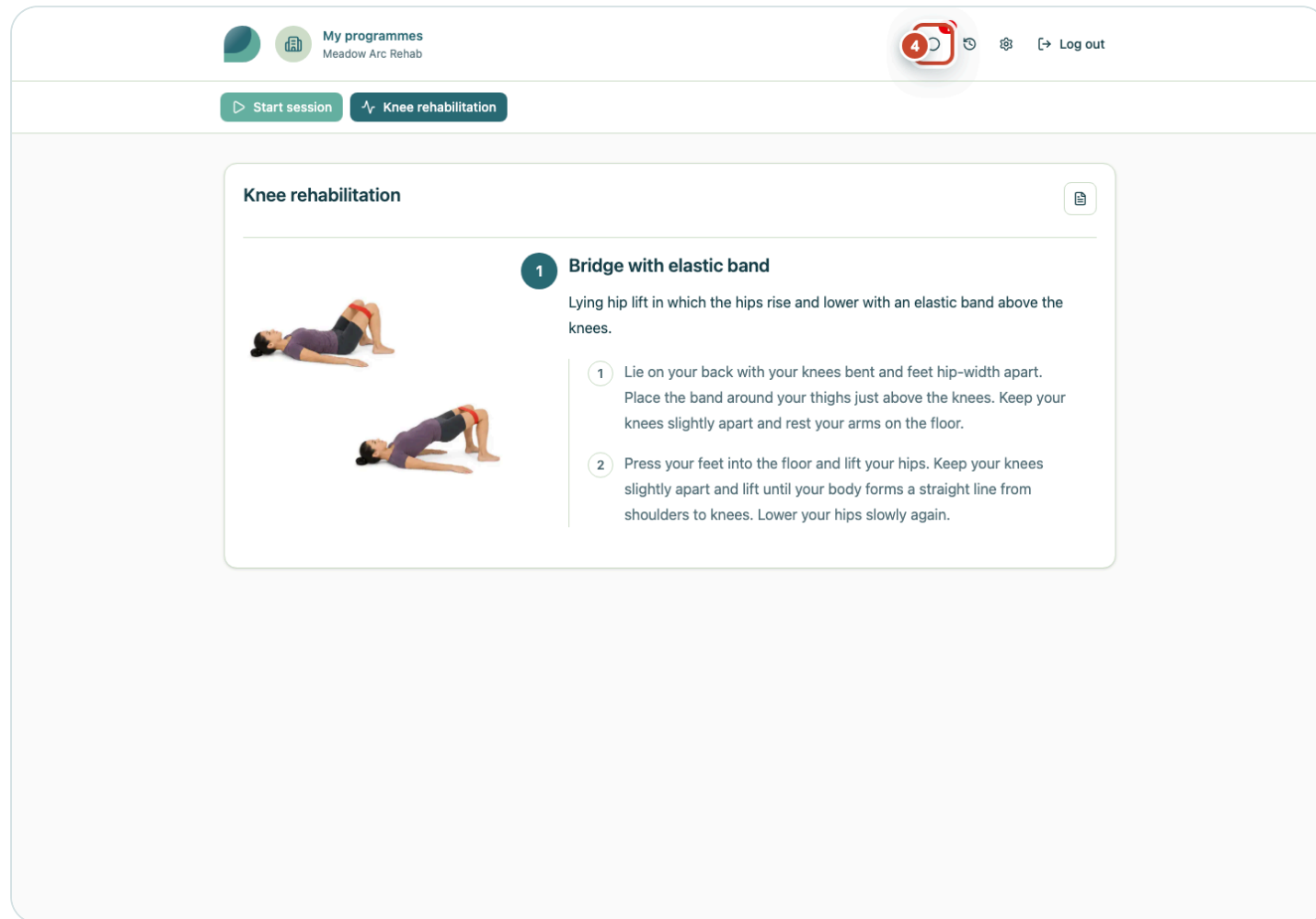
Complete when: Your message is visible in the message history.

4

Open the reply

Where you are: A number on Messages shows that you have a new reply.

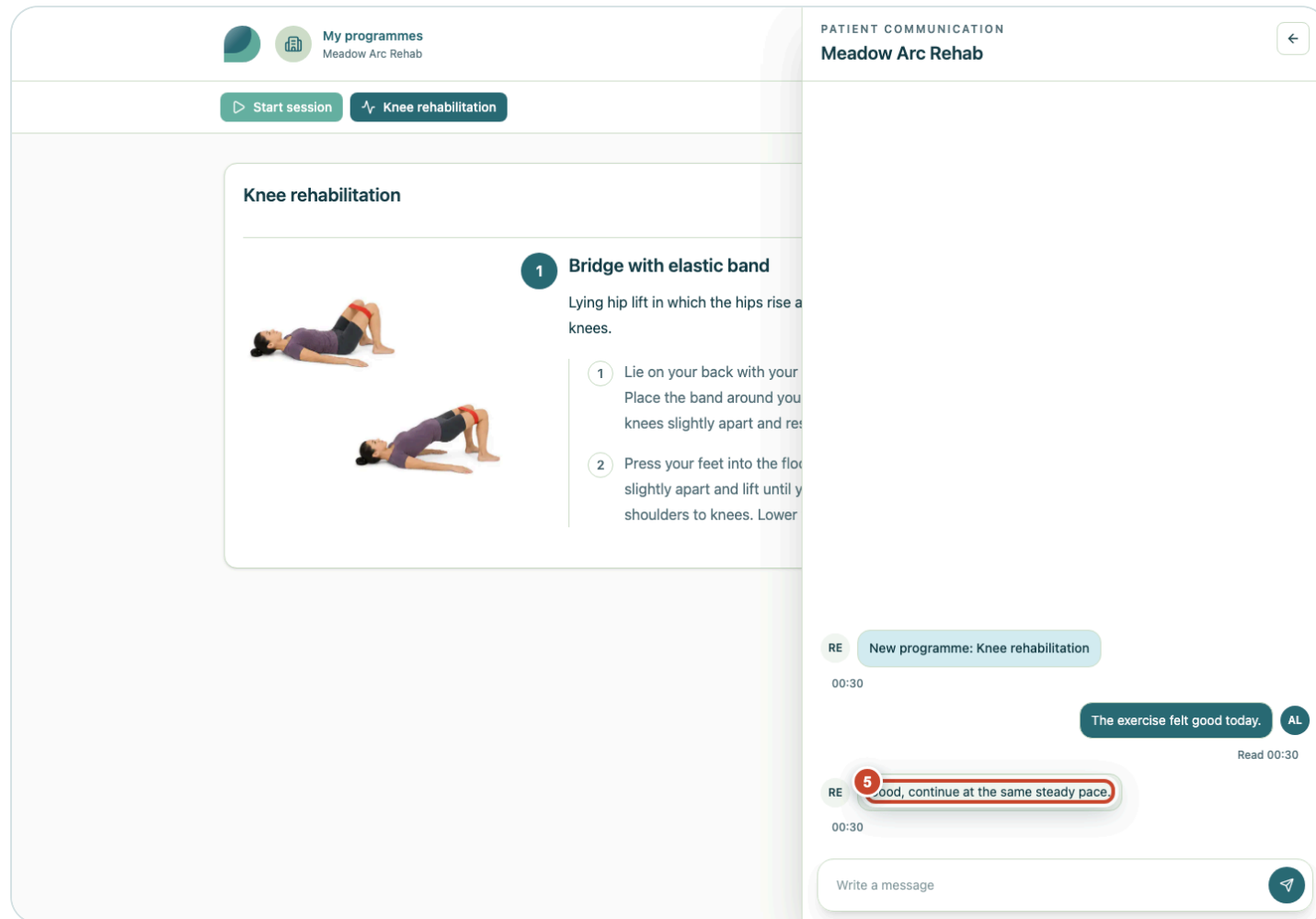
What to do: Select Messages.



Complete when: The conversation opens at the latest reply.

Read the reply

What to do: Read the latest response from your care team.



Complete when: The reply is visible and the unread count is cleared.