

Create your own exercise

Add a private exercise with a title, summary, and reusable instructions.

1

Open the exercise library

Where you are: You are signed in to the clinical workspace.

What to do: Open Exercises from the main navigation.

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 top header shows the user is logged in as Robin Ek (physio-7384a527-778...). The main content area is titled 'Exercises' with a sub-header 'Meadow Arc Rehab'. A red box highlights the 'Search and build your exercise library' section, which includes a search bar and a '+ Add exercise' button. Below this, a search bar contains the text 'Search title, tags, body regions, or instructions'. A filter bar shows '13 results' and buttons for '+ Add filter', 'Clear filters', and a person icon. The exercise results are displayed in a grid of four cards:

- Sit-to-stand**: Bilateral transfer from sitting to standing and back, performed from a chair with the feet kept in the same position and the arms crossed over the chest. Tags: Sit-to-stand, Hip, Knee, Thigh.
- Single-leg balance**: Static balance exercise in which body weight is supported on one leg while the other foot stays clear of the floor and the trunk remains upright. Tags: Single-leg balance, Ankle, Foot, Hip.
- Shoulder wall slide**: Bilateral shoulder exercise in which the hands slide upward on a wall while the trunk remains upright.
- Seated knee extension**: Seated unilateral knee-extension exercise in which the right lower leg lifts while the thigh remains.

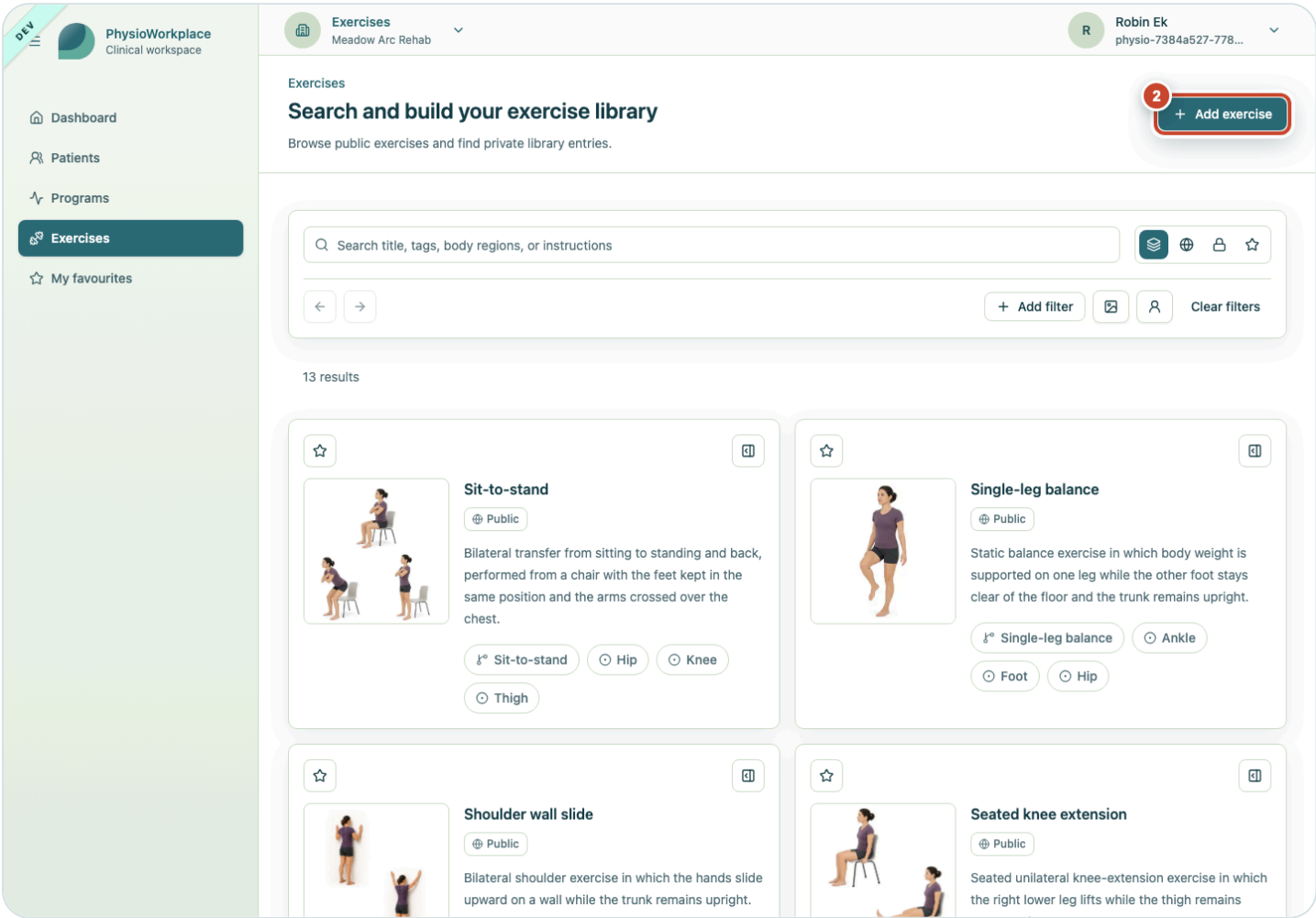
Complete when: The exercise library is displayed.

2

Start a new exercise

Where you are: The exercise library is open.

What to do: Select Add exercise.



Complete when: The editor for a new private exercise opens.

3

Enter the exercise details

Where you are: The new exercise editor is open.

What to do: Enter a clear title, short summary, and standard instructions.

DEV PhysioWorkplace Clinical workspace

Dashboard Patients Programs Exercises My favourites

Exercises Meadow Arc Rehab

Exercises

Search and build your exercise library

Browse public exercises and find private library entries.

Search title, tags, body regions, or instructions

13 results

Sit-to-stand

Public

Bilateral transfer from sitting to standing and back, performed from a chair with the feet kept in the same position and the arms crossed over the chest.

Sit-to-stand Hip Knee Thigh

Shoulder wall slide

Public

Bilateral shoulder exercise in which the hands slide upward on a wall while the trunk remains upright.

Exercises Add exercise

3 Wall-supported balance

A calm balance exercise using a wall for support.

Tags and body regions

+ Tag

Execution variants

Standard

Stand close to the wall and work calmly with steady breathing.

1 Stand close to the wall and work calmly with steady breathing.

+ Add pose

Tips

+ Variant

Complete when: The exercise contains the information needed for reuse.

4

Save the exercise

Where you are: The exercise details are complete.

What to do: Select Save.

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 area is titled 'Exercises' and 'Meadow Arc Rehab'. It features a search bar with the placeholder 'Search title, tags, body regions, or instructions' and a list of 13 results. Two exercise cards are visible: 'Sit-to-stand' and 'Shoulder wall slide'. The 'Sit-to-stand' card includes an illustration of a person sitting and standing, a description: 'Bilateral transfer from sitting to standing and back, performed from a chair with the feet kept in the same position and the arms crossed over the chest.', and tags for 'Sit-to-stand', 'Hip', 'Knee', and 'Thigh'. The 'Shoulder wall slide' card includes an illustration of a person standing with arms against a wall, a description: 'Bilateral shoulder exercise in which the hands slide upward on a wall while the trunk remains upright.', and a 'Public' tag. On the right, a modal window titled 'Add exercise' is open, showing the 'Wall-supported balance' exercise. It includes a description: 'A calm balance exercise using a wall for support.', a section for 'Tags and body regions' with a '+ Tag' button, and a section for 'Execution variants' with a 'Standard' variant selected. The 'Standard' variant includes a description: 'Stand close to the wall and work calmly with steady breathing.', a numbered list of steps (1. Stand close to the wall and work calmly with steady breathing.), and a '+ Add pose' button. There is also a '+ Variant' button at the bottom of the modal. A red notification bubble with the number '4' and a checkmark is in the top right corner of the modal.

Complete when: The exercise is created and the exercise library is displayed.

5

Check the exercise

Where you are: The exercise library shows the saved exercise.

What to do: Check that the correct title is displayed.

The screenshot displays the 'Exercises' section of the PhysioWorkplace Clinical workspace. The left sidebar contains navigation links: Dashboard, Patients, Programs, Exercises (highlighted), and My favourites. The main content area is titled 'Exercises' and 'Search and build your exercise library'. It features a search bar with the placeholder 'Search title, tags, body regions, or instructions' and a '+ Add exercise' button. Below the search bar, there are filters for 'Add filter', 'Clear filters', and a '14 results' indicator. The results are displayed in a grid of four exercise cards. The first card, 'Wall-supported balance', is highlighted with a red box and a red '5' in a circle. It is marked as 'Private' and has a description: 'A calm balance exercise using a wall for support.' The second card, 'Sit-to-stand', is marked as 'Public' and has a description: 'Bilateral transfer from sitting to standing and back, performed from a chair with the feet kept in the same position and the arms crossed over the chest.' The third card, 'Single-leg balance', is marked as 'Public' and has a description: 'Static balance exercise in which body weight is supported on one leg while the other foot stays'. The fourth card, 'Shoulder wall slide', is marked as 'Public' and has a description: 'Bilateral shoulder exercise in which the arms are moved upward on a wall while the trunk remains upright.' A small 'Exercise created.' notification is visible in the bottom right corner of the 'Shoulder wall slide' card.

Complete when: The private exercise is displayed with the title you entered.