

Create a patient programme

Add programmes and exercises for a patient, tailor exercise text and arrange the content in the patient register.

1

Select the patient

Where you are: The patient is available in the patient register.

What to do: Check the patient name and select the correct patient.

The screenshot shows a web application interface for patient management. At the top left, a patient card for 'Alex Lind' with ID '19121212-.....' is highlighted with a red box and a '1' in a circle. Below this, a large central area displays the message 'No patient program selected' with instructions to 'Create an empty patient program or add a template or exercise from the library.' and a '+ Create patient program' button. To the right, a sidebar contains a search bar, filter options, and two program listings. The first listing is 'Office work – movement break' with 6 exercises, categorized by Workplace, Movement break, Mobility, Strength, Neck, Upper back, and Shoulder. The second listing is 'Knee osteoarthritis – foundation programme' with 6 exercises, categorized by Osteoarthritis, Strength, Function, Balance, Knee, Hip, and Ankle.

NEW patient
Alex Lind 19121212-.....

+ New program

No patient program selected
Create an empty patient program or add a template or exercise from the library.
+ Create patient program

Search programs, tags, body regions, or exer

+ Add filter Clear filters

Programs 2 Exercises 13

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

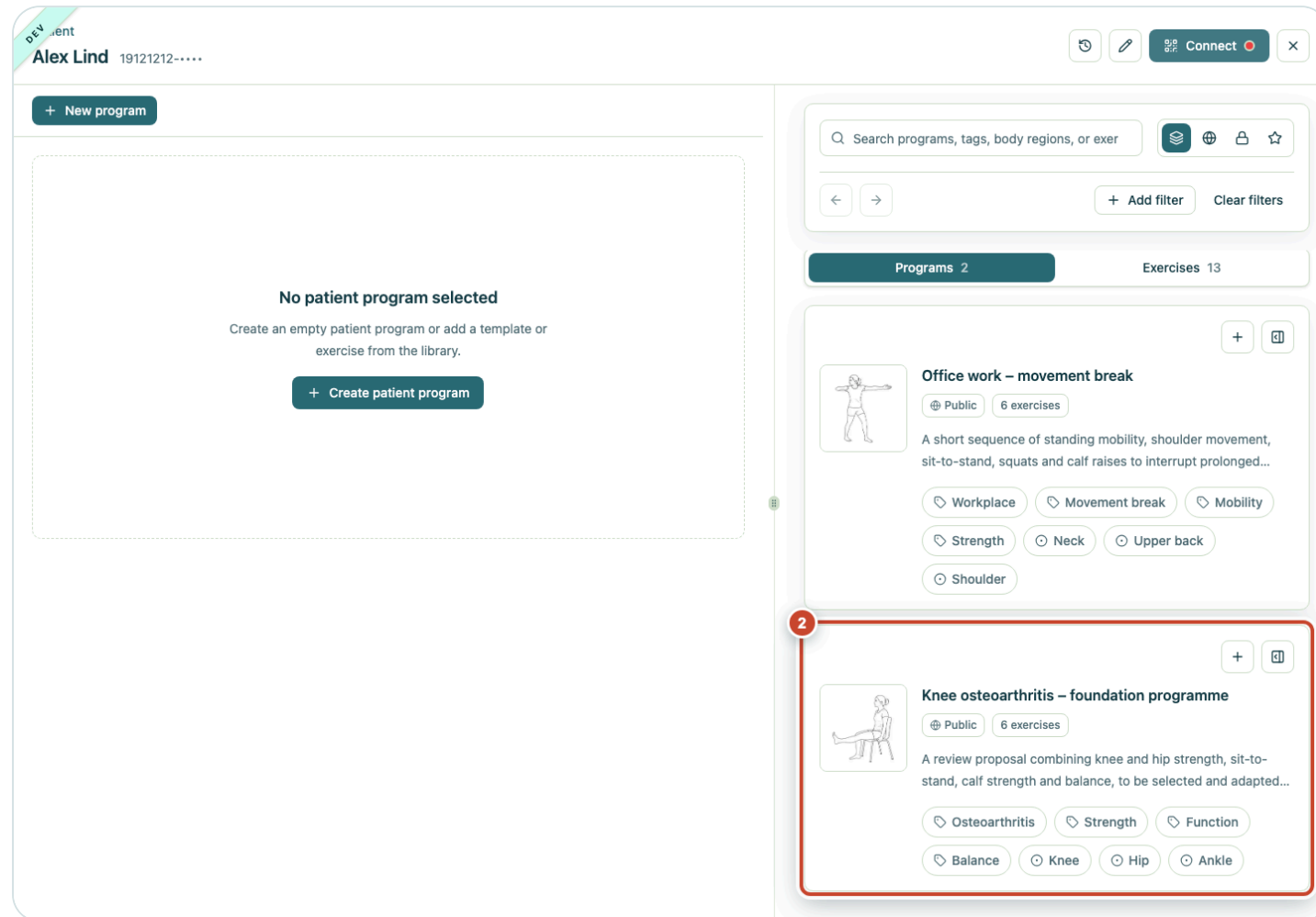
Complete when: The patient card shows who the programme will belong to.

2

Choose a programme template

Where you are: The correct patient is selected and the programme library is visible.

What to do: Find Knee osteoarthritis – foundation programme.



Complete when: The programme card shows the template title and content.

3

Add the programme

Where you are: You have found a suitable programme template.

What to do: Select Add program to patient.

The screenshot displays a web application interface for managing patient programs. At the top left, a user profile for 'Alex Lind' with ID '19121212-.....' is shown. A 'DEV' tag is visible in the top left corner. The main area is divided into two panels. The left panel, titled '+ New program', contains a large dashed box with the text 'No patient program selected' and instructions: 'Create an empty patient program or add a template or exercise from the library.' Below this is a button labeled '+ Create patient program'. The right panel features a search bar with the placeholder 'Search programs, tags, body regions, or exer', navigation arrows, and buttons for '+ Add filter' and 'Clear filters'. Below the search bar, there are two tabs: 'Programs 2' (active) and 'Exercises 13'. The 'Programs' tab displays two program cards. The first card is titled 'Office work – movement break', marked as 'Public', and contains 6 exercises. It includes a description: 'A short sequence of standing mobility, shoulder movement, sit-to-stand, squats and calf raises to interrupt prolonged...' and tags for Workplace, Movement break, Mobility, Strength, Neck, Upper back, and Shoulder. The second card is titled 'Knee osteoarthritis – foundation programme', also 'Public' with 6 exercises. Its description is: 'A review proposal combining knee and hip strength, sit-to-stand, calf strength and balance, to be selected and adapted...'. It includes tags for Osteoarthritis, Strength, Function, Balance, Knee, Hip, and Ankle. A red notification bubble with the number '3' is positioned above the second program card.

Complete when: The template becomes a patient programme with its exercises.

4

Review the patient programme

Where you are: The programme has been added to the patient.

What to do: Check that Knee osteoarthritis – foundation programme is selected.

DEV
Patient
Alex Lind 19121212-....

+ New program 4 Knee osteoarthritis – foundation programme 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.

Program title
Knee osteoarthritis – foundation programme

Program description
A review proposal combining knee and hip strength, sit-to-stand, calf strength and balance, to be selected and adapted by the physiotherapist before use.

1 Seated knee extension
Seated exercise in which the right knee straightens and bends while the thigh rests on the chair.

1 Sit tall on the chair with both feet on the floor. Let your right thigh rest on the seat.

2 Pull your toes toward you and straighten your right leg almost fully in front. Keep your thigh on the seat and sit tall. Lower the leg slowly again.

+ Ange dosering

Search programs, tags, body regions, or exer

Programs 2 Exercises 13

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 patient programme shows the exercises from the template.

5

Open the exercise library

Where you are: The patient programme is selected.

What to do: Select the Exercises tab.

The screenshot displays a web application interface for managing patient exercise programs. On the left, a sidebar shows a patient profile for 'Alex Lind' with ID '19121212-....'. Below the profile, there are tabs for 'New program' and 'Knee osteoarthritis – foundation programme'. The main content area is divided into two sections. The top section, 'Patient program', contains a description and a 'Program title' field with the text 'Knee osteoarthritis – foundation programme'. Below this is a 'Program description' field with a placeholder text. The bottom section, 'Exercises', shows a list of exercises. The first exercise, 'Seated knee extension', is highlighted with a red circle and a number '1'. It includes an illustration of a person sitting on a chair and performing the exercise, followed by a numbered list of instructions: '1 Sit tall on the chair with both feet on the floor. Let your right thigh rest on the seat.' and '2 Pull your toes toward you and straighten your right leg almost fully in front. Keep your thigh on the seat and sit tall. Lower the leg slowly again.' Below the instructions is a button labeled '+ Ange dosering'. On the right side of the interface, there is a search bar and a filter section. The filter section has two tabs: 'Programs 2' and 'Exercises 13'. The 'Exercises 13' tab is selected and highlighted with a red box and a red circle with the number '5'. Below the tabs, there are two exercise cards. The first card is titled 'Office work – movement break' and shows a person standing with arms raised. The second card is titled 'Knee osteoarthritis – foundation programme' and shows a person sitting on a chair. Both cards have a 'Public' status and a '6 exercises' count. The 'Knee osteoarthritis – foundation programme' card also has a green checkmark icon.

Complete when: The available individual exercises are shown.

6

Add an exercise

Where you are: The exercise library is shown beside the patient programme.

What to do: Add Cat Camel to the programme.

The screenshot displays a patient programme interface for Alex Lind (19121212-....). The programme is titled "Knee osteoarthritis – foundation programme" and includes a description: "A review proposal combining knee and hip strength, sit-to-stand, calf strength and balance, to be selected and adapted by the physiotherapist before use." The programme currently lists one exercise, "1 Seated knee extension," which is described as a seated exercise where the right knee straightens and bends while the thigh rests on the chair. The exercise is illustrated with two images of a person sitting on a chair, one with the leg straight and one with the leg bent. A "+ Ange dosering" button is visible below the exercise description.

On the right side of the interface, the exercise library is shown. It includes a search bar and filters. Two exercises are visible: "Clamshell" and "Cat Camel." The "Cat Camel" exercise is highlighted with a red box and a red circle containing the number 6, indicating it is the exercise to be added to the programme. The "Cat Camel" exercise is described as a quadruped spinal movement alternating between distinct flexion and extension while both hands and knees remain fixed as support. It is illustrated with two images of a person in a quadruped position, one with the spine flexed and one with the spine extended. The exercise is categorized under "Quadruped spinal flexion and extension" and "Upper back" and "Lower back" body regions.

Complete when: The exercise is added to the selected patient programme.

7

Check the programme content

Where you are: The extra exercise has been added.

What to do: Check that Cat Camel appears in the patient programme exercise list.

The screenshot displays a patient programme interface for 'Alex Lind' (ID: 19121212-....). The programme is titled 'Knee osteoarthritis - foundation programme'. The main content area shows two exercises:

- 6 Single-leg balance**: Static standing exercise in which balance is held on one leg at a time without hand support. Instructions: 1. Stand on your left foot with the whole foot down and knee slightly bent. Lift your right foot and keep your body tall without using your hands. Hold for the prescribed time, lower your foot slowly, and change legs. A '+ Ange dosering' button is visible.
- 7 Cat Camel**: All-fours back exercise that alternates between a rounded and gently arched back. Instructions: 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. A '+ Ange dosering' button is visible.

The right sidebar shows a search bar and a list of exercises:

- Clamshell**: Side-lying hip-rotation exercise in which the upper knee opens while the heels stay together and the pelvis remains stable. Tags: Clamshell, Hip, Thigh, Trunk.
- Cat Camel**: Quadruped spinal movement alternating between distinct flexion and extension while both hands and knees remain fixed as support. Tags: Quadruped spinal flexion and extension, Upper back, Lower back, Pelvis.

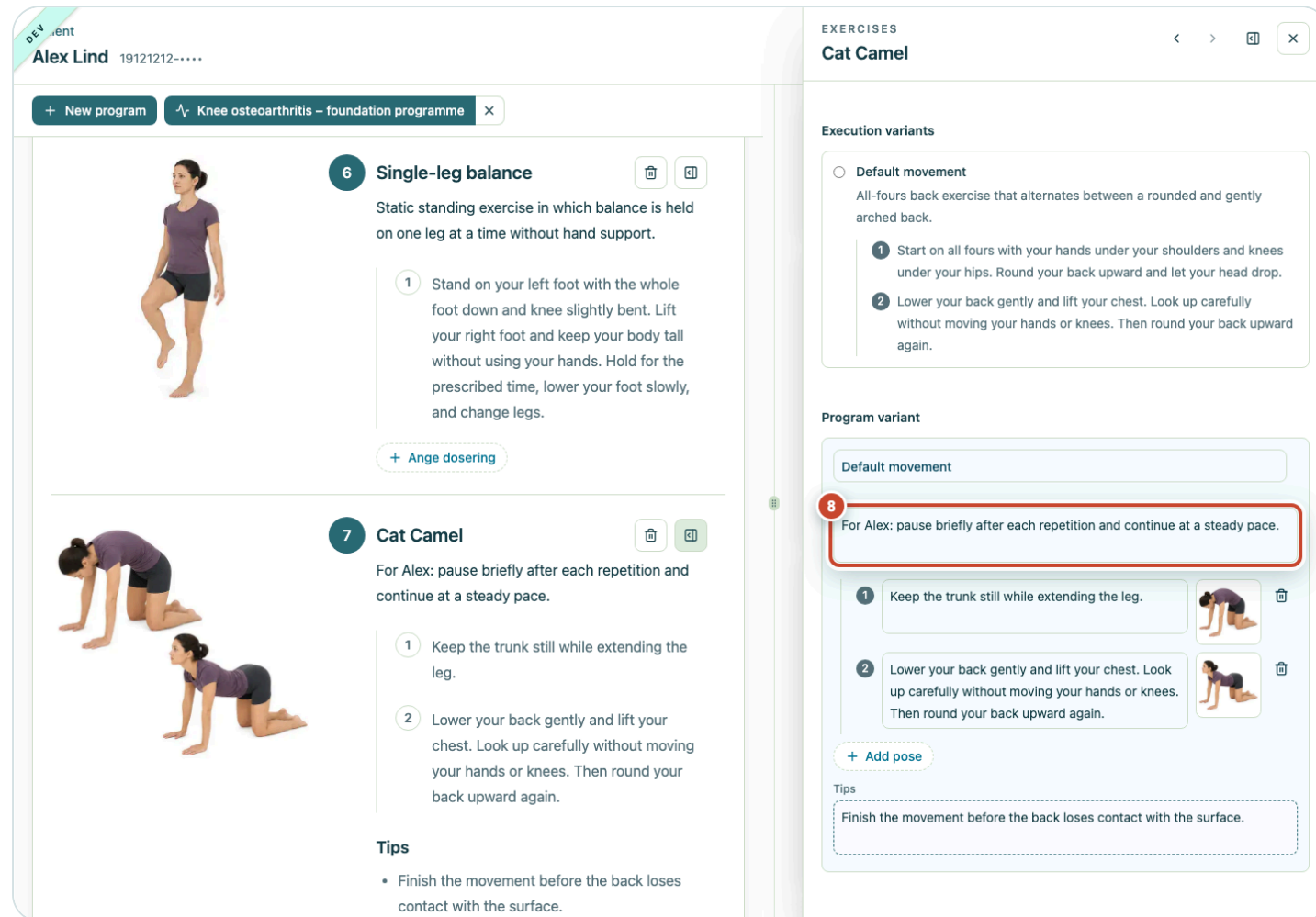
The 'Cat Camel' exercise is highlighted with a red circle and a red '7' in the top left corner of its card.

Complete when: The programme contains both the template exercises and the extra exercise.

Tailor the execution for the patient

Where you are: Instructions, pose instructions and tips in a patient programme can be changed without altering the library variant.

What to do: Open the Cat Camel exercise settings and tailor the variant fields for Alex.



Single-leg balance

Static standing exercise in which balance is held on one leg at a time without hand support.

- Stand on your left foot with the whole foot down and knee slightly bent. Lift your right foot and keep your body tall without using your hands. Hold for the prescribed time, lower your foot slowly, and change legs.

+ Ange dosering

Cat Camel

For Alex: pause briefly after each repetition and continue at a steady pace.

- Keep the trunk still while extending the leg.
- Lower your back gently and lift your chest. Look up carefully without moving your hands or knees. Then round your back upward again.

Tips

- Finish the movement before the back loses contact with the surface.

EXERCISES

Cat Camel

Execution variants

☐ Default movement

All-fours back exercise that alternates between a rounded and gently arched back.

- Start on all fours with your hands under your shoulders and knees under your hips. Round your back upward and let your head drop.
- Lower your back gently and lift your chest. Look up carefully without moving your hands or knees. Then round your back upward again.

Program variant

Default movement

8 For Alex: pause briefly after each repetition and continue at a steady pace.

- Keep the trunk still while extending the leg.
- Lower your back gently and lift your chest. Look up carefully without moving your hands or knees. Then round your back upward again.

+ Add pose

Tips

Finish the movement before the back loses contact with the surface.

Complete when: The tailored fields are saved only in Alex's patient programme.