

Create a personal execution variant

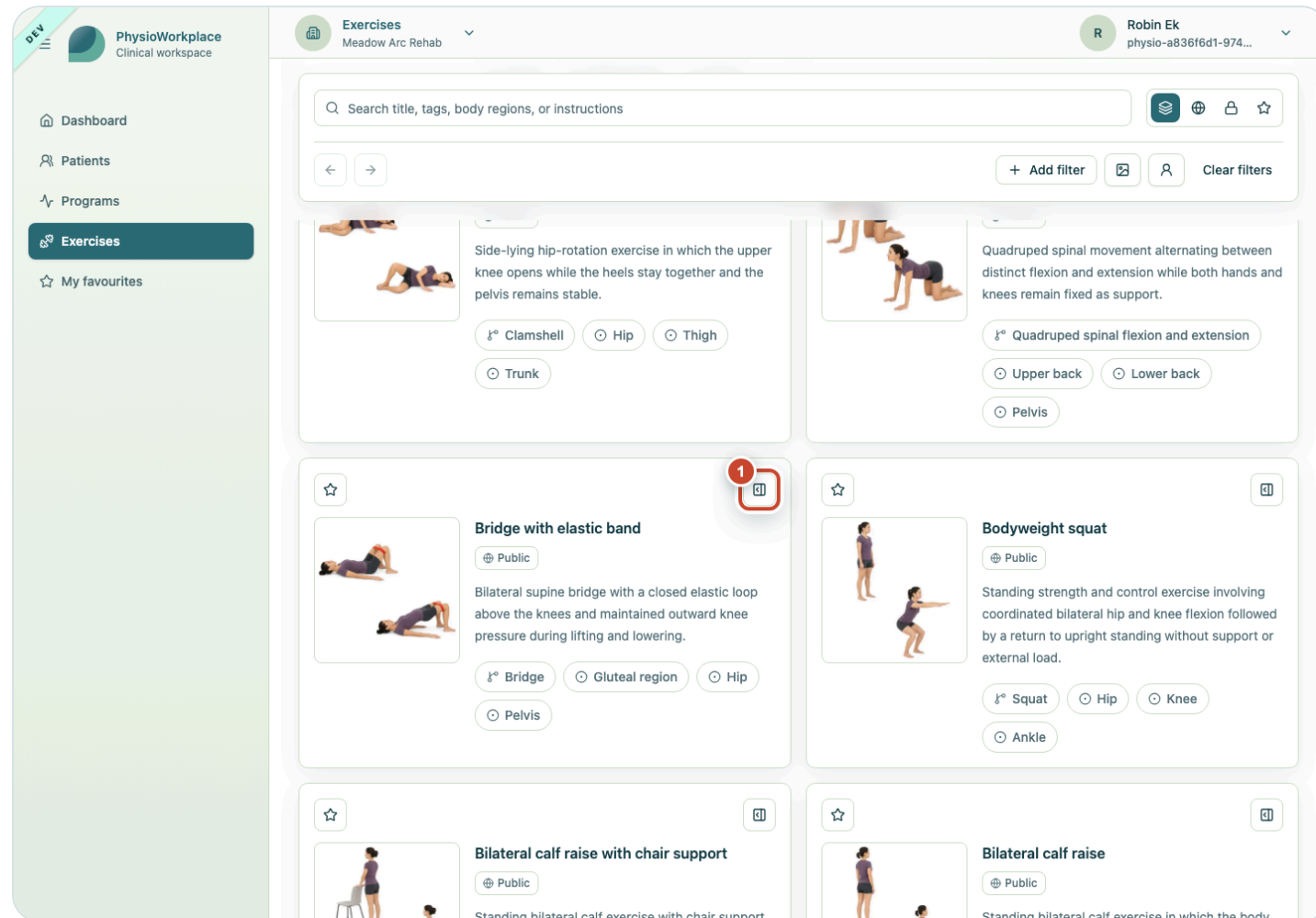
Add reusable personal instructions to a public exercise without changing the original.

1

Open the public exercise

Where you are: The exercise is in the public exercise library.

What to do: Open the exercise details.



Complete when: The exercise panel opens with the original content.

2

Add an execution variant

Where you are: The exercise details are open.

What to do: Select Variant under Execution variants.

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 content area shows a list of exercises under the 'Exercises' tab. The selected exercise is 'Bridge with elastic band', which is marked as 'Public'. The exercise details include a description: 'Bilateral supine bridge with a closed elastic loop above the knees and maintained outward knee pressure during lifting and lowering.' Below the description are tags for 'Bridge', 'Gluteal region', 'Hip', 'Pelvis', and 'Abdomen'. The 'Execution variants' section shows the 'Default movement' with a description: 'Lying hip lift in which the hips rise and lower with an elastic band above the knees.' It includes two numbered steps with corresponding illustrations. A red circle with the number '2' and a '+ Variant' button are visible at the bottom right of the exercise details panel.

Complete when: A new personal execution variant is added.

3

Write your instructions

Where you are: The new execution variant can be edited.

What to do: Give the variant a clear name and enter the instructions.

PhysioWorkplace Clinical workspace

Exercises
Meadow Arc Rehab

Search title, tags, body regions, or instructions

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

Bridge with elastic band

Public Personally customized

Bilateral supine bridge with a closed elastic loop above the knees and maintained outward knee pressure during lifting and lowering.

Default movement

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.

3 Steady progression

Begin with a small range of movement and increase gradually when control feels steady.

1

+ Add pose

Tips

+ Variant

Bilateral calf raise with chair support

Public

Standing bilateral calf exercise with chair support

Complete when: The personal execution variant is saved automatically.

4

Check the execution variant

Where you are: The exercise has been closed and opened again.

What to do: Check that your instructions appear under Execution variants.

The screenshot displays the PhysioWorkplace Clinical workspace interface. The left sidebar contains navigation links: Dashboard, Patients, Programs, Exercises (highlighted), and My favourites. The main content area shows a list of exercises under the 'Exercises' tab for 'Meadow Arc Rehab'. The first exercise is 'Side-lying hip-rotation exercise in which the upper knee opens while the heels stay together and the pelvis remains stable.' It has tags for Clamshell, Hip, Thigh, and Trunk. The second exercise is 'Bridge with elastic band', marked as 'Personally customized', with tags for Bridge, Gluteal region, Hip, and Pelvis. The third exercise is 'Bilateral calf raise with chair support', marked as 'Public'. The right panel shows the 'Execution variants' for the 'Bridge with elastic band' exercise. It includes a 'Default movement' section with two 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. Below this is a 'Steady progression' section, which is highlighted with a red box and a red circle containing the number 4. It contains a step: 1. Begin with a small range of movement and increase gradually when control feels steady. There are also buttons for '+ Add pose', '+ Variant', and a 'Tips' section.

Complete when: The personal variant remains available for reuse.