

Edit a private exercise

Update the title and summary of a private exercise that you own.

1

Open the exercise

Where you are: The private exercise is in your exercise library.

What to do: Open the exercise details.

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 includes a search bar with the placeholder 'Search title, tags, body regions, or instructions' and a '+ Add exercise' button. Below the search bar is a filter section with a '+ Add filter' button and a 'Clear filters' button. The results section shows 14 results. The first result is 'Wall-supported balance', which is marked as 'Private' and has a red circle with the number '1' next to it. The second result is 'Sit-to-stand', which is marked as 'Public' and has a red circle with the number '1' next to it. The third result is 'Single-leg balance', which is marked as 'Public'. The fourth result is 'Shoulder wall slide', which is marked as 'Public'. Each result card includes an illustration of the exercise, a star icon for favorites, and a red circle with the number '1' next to it.

Complete when: The exercise editor opens.

2

Update the content

Where you are: The exercise editor is open.

What to do: Change the title and summary.

The screenshot displays the PhysioWorkplace Clinical workspace interface. On the left is a sidebar with 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 and a list of 14 results. The first result, 'Supported wall balance', is selected and its details are shown in the right-hand editor panel. The editor panel has a red box around the title 'Supported wall balance' with a red circle containing the number '2'. The editor includes fields for the exercise title, a description, tags, execution variants (with a 'Standard' variant selected), and a 'Tips' section. At the bottom, there is a 'Status' dropdown set to 'Draft' and a question about contributing the exercise to the library.

PhysioWorkplace Clinical workspace

Exercises
Meadow Arc Rehab

Search and build your exercise library
Browse public exercises and find private library entries.

Search title, tags, body regions, or instructions

14 results

Supported wall balance
Private

A calm balance exercise with additional support from a wall.

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

Contribute to PhysioWorkplace
Status: Draft
Would you like this exercise to become part of the PhysioWorkplace library? Submit it to us for review. Your private version and personal adaptations are

Complete when: The new details appear in the editor and autosave.

3

Close the editor

Where you are: The changes have autosaved.

What to do: Select Close exercise detail.

The screenshot displays the PhysioWorkplace Clinical workspace interface. On the left is a sidebar with navigation links: Dashboard, Patients, Programs, Exercises (highlighted), and My favourites. The main content area is titled 'Exercises' and 'Meadow Arc Rehab'. It features a search bar and a list of 14 results. Two exercise cards are visible: 'Supported wall balance' (marked as Private) and 'Single-leg balance' (marked as Public). The 'Supported wall balance' card is selected, and its details are shown on the right. The details include a description, a 'Tags and body regions' section with a '+ Tag' button, an 'Execution variants' section with a 'Standard' variant and a '+ Add pose' button, and a 'Contribute to PhysioWorkplace' section with a 'Status: Draft' button. A red circle with the number 3 highlights the 'Close exercise detail' button in the top right corner of the exercise detail panel.

Complete when: You return to the exercise library.

4

Check the update

Where you are: The exercise library is visible again.

What to do: Find the exercise under its new title.

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 navigation arrows, a '+ Add filter' button, and a 'Clear filters' button. The search results show 14 results. The first result is 'Supported wall balance', which is marked as 'Private' and has a red circle with the number 4 next to its title. The description for this exercise is 'A calm balance exercise with additional support from a wall.' The second result is 'Sit-to-stand', marked as 'Public', with 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.' It includes tags for 'Sit-to-stand', 'Hip', 'Knee', and 'Thigh'. The third result is 'Single-leg balance', marked as 'Public', with a description: 'Static balance exercise in which body weight is supported on one leg while the other foot stays'. The fourth result is 'Shoulder wall slide', marked as 'Public', with a description: 'Bilateral shoulder exercise in which the hands slide upward on a wall while the trunk remains upright.'

Complete when: The updated private exercise appears in the library.