

Find and favourite an exercise

Find an exercise quickly and save it to your favourites for easier reuse.

1

Search for the exercise

Where you are: The exercise library is open.

What to do: Enter the exercise title in the search field.

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 main content area is titled 'Exercises' and 'Search and build your exercise library'. A search bar at the top contains the text 'Bridge with elastic band', with a red circle and the number '1' highlighting it. Below the search bar, there are filters for 'Bridge with elastic band' and 'Bridge'. The results section shows '2 results'. The first result is 'Bridge with elastic band', which is a 'Public' exercise. It includes an illustration of a person performing the exercise and a description: 'Bilateral supine bridge with a closed elastic loop above the knees and maintained outward knee pressure during lifting and lowering.' The second result is 'Bridge', also a 'Public' exercise, with an illustration and description: 'Strength and control exercise performed supine by raising the pelvis through bilateral hip extension while both feet remain planted.' Both results have tags for 'Bridge', 'Gluteal region', 'Hip', and 'Pelvis'.

Complete when: Matching exercises appear in the results.

2

Add to favourites

Where you are: The matching exercise is visible.

What to do: Select the star on the exercise card.

The screenshot shows 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 with the text 'Bridge with elastic band' and a '+ Add exercise' button. Below the search bar are filters for 'Bridge with elastic band' and 'Bridge', along with '+ Add filter', 'Clear filters', and 'Clear filters' buttons. The search results show 2 results. The first result, 'Bridge with elastic band', is highlighted with a red star icon and a red circle with the number 2. The second result is 'Bridge'. Both results include an image of the exercise, a description, and tags for 'Public', 'Bridge', 'Gluteal region', 'Hip', 'Pelvis', and 'Trunk'.

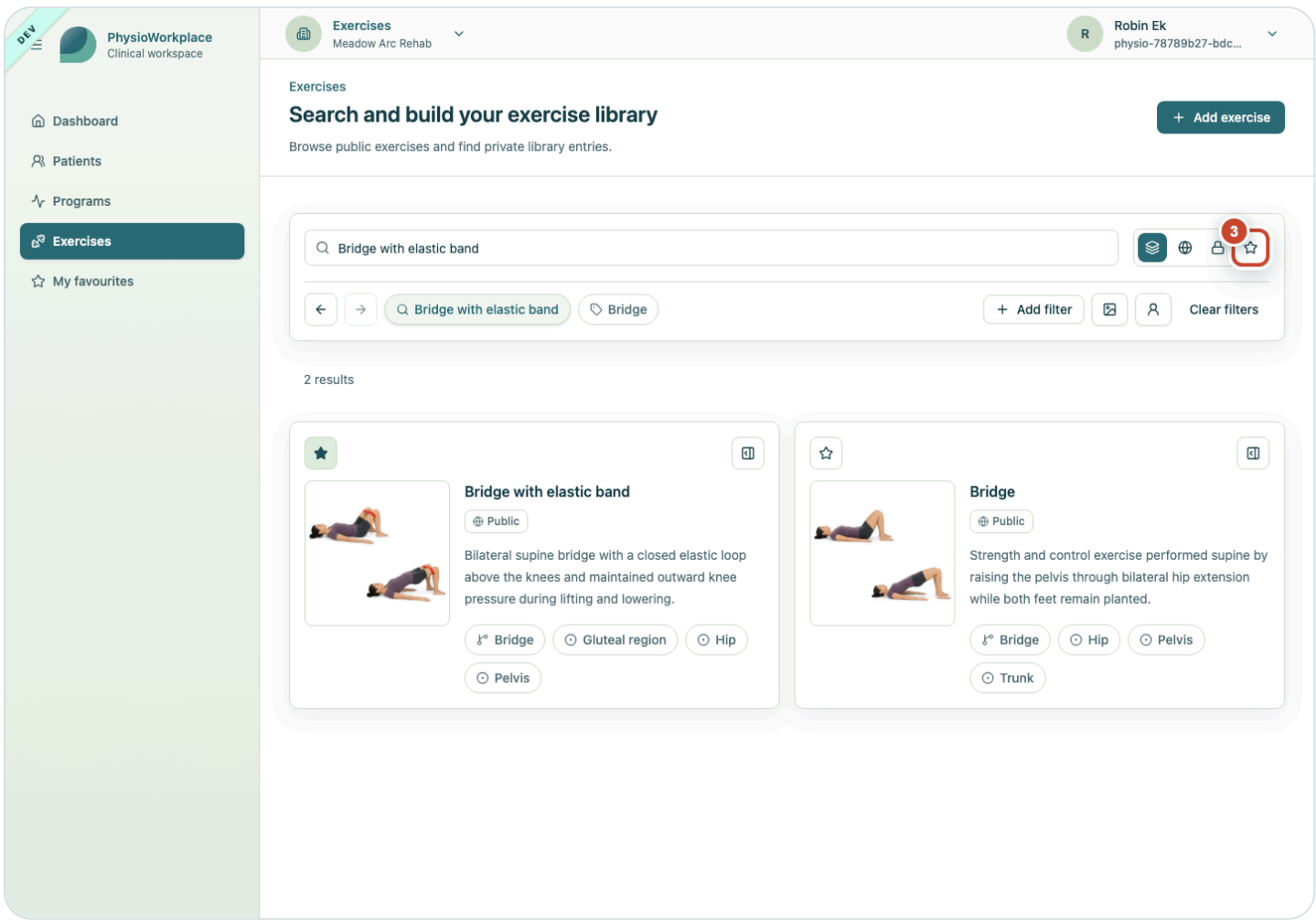
Complete when: The exercise is added to your favourites.

3

Show favourites

Where you are: The exercise has been favourited.

What to do: Select the Favourites filter.



Complete when: The results show only favourite exercises.

4

Check the favourite

Where you are: The Favourites filter is active.

What to do: Check that the exercise remains in the list.

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 is titled 'Exercises' and 'Search and build your exercise library'. A search bar contains the text 'Bridge with elastic band'. Below the search bar, there are filters for 'Favourites', 'Bridge with elastic band', and 'Bridge'. A red circle with the number '4' highlights the search results. The results show one exercise, 'Bridge with elastic band', which is highlighted with a red box. The exercise description is: 'Bilateral supine bridge with a closed elastic loop above the knees and maintained outward knee pressure during lifting and lowering.' The tags are: Bridge, Gluteal region, Hip, Pelvis.

Complete when: The favourite exercise is visible.