

Find and favourite a programme template

Find a reusable programme template and save it among your favourites.

1

Search for the programme

Where you are: The programme library is open.

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

The screenshot displays the 'PhysioWorkplace Clinical workspace' interface. On the left is a sidebar with navigation links: Dashboard, Patients, Programs (highlighted), Exercises, and My favourites. The main content area is titled 'Programs' and 'Build exercise programs'. It features a search bar with the text 'Knee osteoarthritis – foundation programme' and a red circle with the number '1' indicating the search input. Below the search bar are filters: 'Knee osteoarthritis – foundation programme' and 'Knee'. The results section shows '2 programs'. The first program is 'Office work – movement break', described as a short sequence of standing mobility, shoulder movement, sit-to-stand, squats and calf raises to interrupt prolonged screen work. The second program is 'Knee osteoarthritis – foundation programme', described as 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. Both programs are marked as 'Public' and have '6 exercises'.

Complete when: Matching programmes appear in the results.

2

Add to favourites

Where you are: The searched programme template is shown.

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

The screenshot shows the PhysioWorkplace Clinical workspace interface. The left sidebar contains navigation links: Dashboard, Patients, Programs (highlighted), Exercises, and My favourites. The main content area is titled 'Build exercise programs' and includes a search bar with the text 'Knee osteoarthritis – foundation programme'. Below the search bar, there are filters for 'Knee osteoarthritis – foundation programme' and 'Knee'. The results show 2 programs. The first program is 'Office work – movement break' with 6 exercises, categorized by Workplace, Movement break, Mobility, Strength, Neck, Upper back, and Shoulder. The second program is 'Knee osteoarthritis – foundation programme' with 6 exercises, categorized by Osteoarthritis, Strength, Function, Balance, Knee, Hip, and Ankle. A red circle with the number '2' and a star icon is overlaid on the star icon of the second program card, indicating the action to be taken.

Complete when: The programme is added to your favourites.

3

Show favourite programmes

Where you are: The programme is marked as a favourite.

What to do: Select the Favourites filter.

The screenshot displays the PhysioWorkplace Clinical workspace interface. On the left is a sidebar with navigation options: Dashboard, Patients, Programs (selected), Exercises, and My favourites. The main content area is titled 'Build exercise programs' and includes a search bar with the text 'Knee osteoarthritis – foundation programme'. Below the search bar, there are filters for 'Knee osteoarthritis – foundation programme' and 'Knee'. The results section shows two programs:

- Office work – movement break**: A short sequence of standing mobility, shoulder movement, sit-to-stand, squats and calf raises to interrupt prolonged screen work. This is an editable movement break. Follow the exercises, order and amount selected by your physiotherapist, and stop any movement that does not feel...
 - Workplace
 - Movement break
 - Mobility
 - Strength
 - Neck
 - Upper back
 - Shoulder
- Knee osteoarthritis – foundation programme**: 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. This is a programme template that your physiotherapist must review and adapt before it is used. The exercise selection, order, amoun...
 - Osteoarthritis
 - Strength
 - Function
 - Balance
 - Knee
 - Hip
 - Ankle

Complete when: The results show only favourite programmes.

4

Check the favourite

Where you are: The favourites filter is active.

What to do: Check that the programme template remains in the list.

PhysioWorkplace
Clinical workspace

Dashboard
Patients
Programs
Exercises
My favourites

Programs
Meadow Arc Rehab

Robin Ek
physio-10e8d895-315...

Build exercise programs

Search programs, open a program, then drag exercises from the library into the selected program.

+ New program

Q Knee osteoarthritis – foundation programme

← → ☆ Favourites × Q Knee osteoarthritis – foundation programme ○ Knee + Add filter Clear filters

1 program

★

4 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 by the physiotherapist before use. This is a programme template that your physiotherapist must review and adapt before it is used. The exercise selection, order, amount...

Osteoarthritis Strength Function Balance Knee Hip Ankle

Complete when: The favourite programme template is shown.