

Request access to a workplace

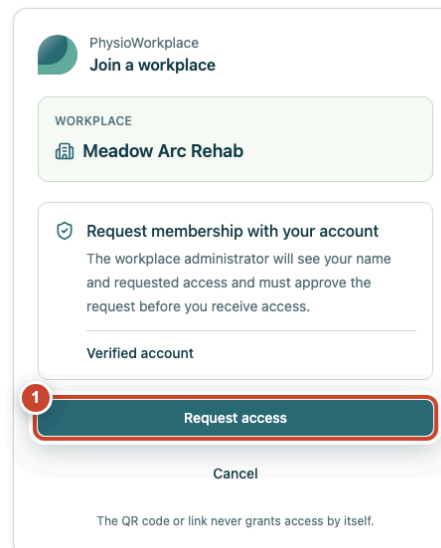
Request membership with your own account after receiving a workplace join link. A workplace administrator must approve the request before you receive access.

1

Check the workplace

Where you are: The join page shows the workplace and confirms that you are using a verified account.

What to do: Check the details and select Request access.



Complete when: Your membership request is sent to the workplace.

2

Check the pending request

Where you are: The account menu shows the workplace you asked to join.

What to do: Check that the status is Waiting.

The screenshot displays the PhysioWorkplace Clinical workspace interface. On the left is a sidebar with navigation options: Dashboard, Programs, Exercises (highlighted), and My favourites. The top header shows the user's profile as 'Joining Browser Ph...' with a dropdown arrow. Below the header, a modal window titled 'ACCOUNTS AND WORKPLACES' is open, showing a list of accounts. The first account, 'Personal account', is highlighted with a red circle and the number '2', indicating a pending request with a status of 'Waiting'. The second account, 'Meadow Arc Rehab', is listed as a 'Workplace'. Below the modal, the main content area shows a search for 'Exercise library' with 13 results. Four exercise cards are visible: 'Sit-to-stand', 'Single-leg balance', 'Shoulder wall slide', and 'Seated knee extension'. Each card includes an illustration, a description, and filter tags.

ACCOUNTS AND WORKPLACES

- Personal account**
Personal exercises and programs
2 Waiting ✕ Withdraw request
- Meadow Arc Rehab**
Workplace

Exercise library + Add exercise

13 results

Sit-to-stand Public
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.
Tags: Sit-to-stand, Hip, Knee, Thigh

Single-leg balance Public
Static balance exercise in which body weight is supported on one leg while the other foot stays clear of the floor and the trunk remains upright.
Tags: Single-leg balance, Ankle, Foot, Hip

Shoulder wall slide Public
Bilateral shoulder exercise in which the hands slide upward on a wall while the trunk remains upright.

Seated knee extension Public
Seated unilateral knee-extension exercise in which the right lower leg lifts while the thigh remains

Complete when: The workplace remains marked Waiting until an administrator decides.