

Send a patient programme

Review and send a patient programme, then see how it appears to the patient.

1

Review the programme

Where you are: The patient programme has a title and contains exercises.

What to do: Check the programme title and exercises before sending.

DEV Patient

Alex Lind

+ New program

Knee rehabilitation

Patient program

Changes save automatically after a short delay. Click exercise text to tailor it for this patient. Drag programmes or exercises from the library to the patient, then drag exercises within a programme to choose their order.

1

Program title

Knee rehabilitation

Program description

1

Bridge with elastic band

Lying hip lift in which the hips rise and lower with an elastic band above the knees.

Search title, tags, body regions, or

◀ ▶

+ Add filter

Clear filters

both hands and knees remain fixed as support.

◌° Quadruped spinal flexion and extension

◌ Upper back

◌ Lower back

◌ Pelvis

Bridge with elastic band

Public

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

◌° Bridge

◌ Gluteal region

Complete when: The programme is complete and Send program is available.

2

Send the programme

Where you are: The programme is ready to share with the patient.

What to do: Select Send program.

The screenshot displays a web interface for managing a patient program. At the top left, a teal banner reads 'DEV Patient Alex Lind'. Below this, a header bar contains a '+ New program' button and a 'Knee rehabilitation' program selector with a red dot and a close icon. The main content area is divided into two columns. The left column, titled 'Patient program', includes instructions on how to tailor the program, a 'Program title' field containing 'Knee rehabilitation', and a 'Program description' field. Below these is a list of exercises, with the first one, 'Bridge with elastic band', highlighted with a red circle and the number 1. The right column shows a search bar, filter options, and a list of exercises. The second exercise, 'Bridge with elastic band', is highlighted with a red circle and the number 2, and its 'Send program' button is also highlighted with a red circle and the number 2. The interface includes various icons for search, filters, and user actions, as well as a 'Connect' button in the top right corner.

DEV Patient Alex Lind

+ New program Knee rehabilitation

Patient program
Changes save automatically after a short delay. Click exercise text to tailor it for this patient. Drag programmes or exercises from the library to the patient, then drag exercises within a programme to choose their order.

Program title
Knee rehabilitation

Program description

1 Bridge with elastic band
Lying hip lift in which the hips rise and lower with an elastic band above the knees.

2 Send program

Search title, tags, body regions, or

+ Add filter Clear filters

both hands and knees remain fixed as support.

Quadruped spinal flexion and extension

Upper back Lower back

Pelvis

Bridge with elastic band
Public

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

Bridge Gluteal region

Complete when: The latest programme version is sent to the patient.

3

Confirm delivery

Where you are: The programme has been sent through the secure delivery path.

What to do: Check the status indicator on the programme tab before leaving the programme.

DEV Patient

Alex Lind

+ New program

3 ✓ Knee rehabilitation

Patient program

Changes save automatically after a short delay. Click exercise text to tailor it for this patient. Drag programmes or exercises from the library to the patient, then drag exercises within a programme to choose their order.

Program title

Knee rehabilitation

Program description



1

Bridge with elastic band

Lying hip lift in which the hips rise and lower with an elastic band above the knees.

Search title, tags, body regions, or

◀ ▶

+ Add filter

Clear filters



both hands and knees remain fixed as support.

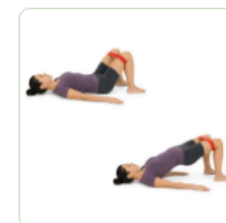
◌° Quadruped spinal flexion and extension

◌ Upper back

◌ Lower back

◌ Pelvis

☆



Bridge with elastic band

Public

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

◌° Bridge

◌ Gluteal region

Complete when: A green dot shows that the patient has the latest version.

4

See the patient view

Where you are: The patient is connected and the programme has been delivered.

What to do: Check how the programme appears in the patient view.

The screenshot shows a patient's view of a rehabilitation program. At the top, there's a header with a profile icon, a document icon, and the text 'My programmes Meadow Arc Rehab'. To the right are icons for chat, a clock, settings, and a 'Log out' button. Below the header, there are two buttons: 'Start session' and 'Knee rehabilitation'. The main content area is titled 'Knee rehabilitation' with a red '4' in a circle. It features two illustrations of a person performing a bridge exercise with an elastic band. To the right of the illustrations, there's a numbered list of instructions for the 'Bridge with elastic band' exercise.

My programmes
Meadow Arc Rehab

1

Start session Knee rehabilitation

4 Knee rehabilitation

1 **Bridge with elastic band**

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.

Complete when: The patient sees Knee rehabilitation under My programmes.