

How to Create an Exercise Program



1. Select **Create New Rx.**

Patient Information

First Name	Maxwell	Email	max@webexercises.com
Middle Initial	A	Provider	Dr. David Cruz
Last Name	Klein	First Entered	03/24/2014

Exercise Programs

Rx Date	Provider Notes	Status	Program Notes
			 Create New Rx

2. To create a prescription, you may either choose one of **ChiroTouch Protocols** or create an original prescription by selecting the **Add Exercise(s)** button. You may create your own templates through the **Rx Protocols** tab which will display in the drop down box located above the ChiroTouch Templates.

New Rx for Klein, Maxwell A

Rx Date	02/13/2015	Program Notes	<input type="text"/>				
Duration	2 weeks	Provider Notes	<input type="text"/>				
Your Protocols	- No Protocols Available -						
ChiroTouch Protocols	- Select Template Protocols -						
Order Code	Exercise Name	Sets	Reps	Time	Rest	Freq	Remove
1	<input type="text"/>	3	10	0	30	3x/week	
Exercise Comments <input type="text"/>							
Cancel Rx		Sort by Body Part		Add Exercises		Update Change	

3. The **Add Exercise(s)** button takes you to the exercise search page. This will allow you to search for exercise by a variety of criteria. You can click on a body part or use the drop down boxes on the right. The detailed search enables you to search for parameters

including **Body Region, Category, Activity, Body Position, Movement, Level of Difficulty or Equipment**. You can search by muscle group, keyword or code below as well.

Body Region
All Body Regions ▾

Category
All Categories ▾

Activity
Select Activity ▾

Body Position
Select Body Position ▾

Movement
Select Movement ▾

Level of Difficulty
All Levels ▾

Equipment
All Equipment ▾

SEARCH

RESET

<p>Search by Muscle Group or Specific Muscle</p> <p>Muscle: <input type="text" value="- Select Muscle Group -"/> ▾</p> <p>Category: <input type="text" value="All Categories"/> ▾</p> <p>Rehab Level: <input type="text" value="All Levels"/> ▾</p> <p>Equipment: <input type="text" value="All Equipment"/> ▾</p>	<p>Search by Code(s)</p> <p><input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/></p> <p><input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/></p> <p>Search by Keyword(s)</p> <p><input type="text"/></p>
<p>Return to Rx</p>	

- Exercises will be displayed based on your search criteria. Select the exercises you wish to add to your prescriptions by checking the **Add** box. Clicking on the picture will display a full page version of the exercise. The QuickTime icon can be selected at anytime to view streaming video demonstration. When finished selecting exercises click **Return to Rx**.

Creating New Rx Cont.

Search Results: Body Region (49)

Click thumbnail to view exercise details.

Return to Rx

SH3001 - Beginner Isometric Resisted External Rotation with Band	 	Add <input checked="" type="checkbox"/> <input type="checkbox"/>	SH3002 - Beginner Isometric Resisted Internal Rotation with Band	 	Add <input type="checkbox"/> <input type="checkbox"/>
SH3003 - Beginner Isometric Resisted Flexion with Band	 	Add <input checked="" type="checkbox"/> <input type="checkbox"/>	SH3004 - Beginner Isometric Resisted Extension with Band	 	Add <input type="checkbox"/> <input type="checkbox"/>

5. Enter program and exercise Comments or Practitioner Notes if desired. Adjust exercise parameters of sets, reps, hold time, rest time, and frequency if necessary then Select **Next**.

*Note that comments in the **Program Notes** box will print on handouts, while the **Provider Notes** can be used for inter-office communication and do not print.

New Rx for Klein, Maxwell A

Rx Date	<input type="text" value="02/13/2015"/>	Program Notes	<input type="text" value="shoulder rehab"/>
Duration	<input type="text" value="2 weeks"/>	Provider Notes	<input type="text"/>
Your Protocols	<input type="text" value="- No Protocols Available -"/>		
ChiroTouch Protocols	<input type="text" value="- Select Template Protocols -"/>		

Order Code	Exercise Name	Sets	Reps	Time	Rest	Frequency	Remove
3	  Isometric Resisted External Rotation with Band	3	10	0	30	<div style="border: 1px solid #ccc; padding: 2px;"> Daily 2x/day 3x/day Hourly 3x/week 2x/week 1x/week </div>	<input type="checkbox"/>
1	  Isometric Resisted External Rotation with Band	3	10	0	30	3x/week	<input type="checkbox"/>
2	  Isometric Resisted Flexion with Band	3	10	0	30	3x/week	<input type="checkbox"/>

Cancel Rx Sort by Body Part Add Exercises Update Change Next

6. Review the prescription. To make corrections select Edit Rx. If you are satisfied with the prescription select **Finish Rx**. Once **Finish Rx** is selected it will be permanently saved. To change or edit a prescription please see "Modifying a Prescription". The exercise prescription will be sent to your patients email account once you click **Finish Rx**.

Creating New Rx Cont.

Rx Detail: 10043 for Klein, Maxwell A

Rx Date	02/13/2015	Entered	02/13/2015
Duration	2 week(s)	Updated	02/13/2015
End Date	02/27/2015	Program Notes	shoulder rehab
		Provider Notes	

Order	Code	Exercise Name	Sets	Reps	Time	Rest	Freq	
1	SH3001	Isometric Resisted External Rotation with Band	3	10	0	30	Daily	 Comments:
2	SH3003	Isometric Resisted Flexion with Band	3	10	0	30	3x/week	 Comments:

9. You can re-send the exercise prescription to your patients email account by clicking **Email Rx**. The exercises are also ready to print as a one page summary, individually or 2 or more to a page. Select **Patient Info** to view exercise prescription history for this patient or select the **Save as Template** if you wish to turn this prescription into a Rx Protocol.

An email has been sent to max@webexercises.com for this prescription.

Rx Detail: 10043 for Klein, Maxwell A

Rx Date	02/13/2015	Entered	02/13/2015
Duration	2 week(s)	Updated	02/13/2015
End Date	02/27/2015	Program Notes	shoulder rehab
		Provider Notes	

Order	Code	Exercise Name	Sets	Reps	Time	Rest	Freq	
1	SH3001	Isometric Resisted External Rotation with Band	3	10	0	30	Daily	  Comments: <input type="checkbox"/> Print
2	SH3003	Isometric Resisted Flexion with Band	3	10	0	30	3x/week	  Comments: <input type="checkbox"/> Print

Cover Sheet
 Home Care
 Prescription Summary
 All Exercises
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