Creating an Exercise Program with a Protocol



1. Select Create New Rx.

Patient Informa	ation							
First Name	Maxwell	Email	max@webexercises.com					
Middle Initial	A	Provider	Dr. David Cruz					
Last Name	Klein	First Entered	03/24/2014					
Exercise Progra	ms							
Rx Date	Provider Notes	Status	Program Notes					
				Create New Rx				

2. To add a Protocol, choose either one of **ChiroTouch Protocols** or **Your Protocols** from the drop down boxes.

New Rx for Klein, Maxwell A									
Rx Date	02/13/2015		Program Notes						
Duration	2 weel	ks 🗸	Provider Notes		_				
Vour Drotocol		- Select Template	Protocols -						
TOUT PTOLOCOL	15	Ankle Sprain - Phase 1							
ChiroTouch Protocols		Ankle Sprain - Phase 2							
Order Code	Exercise	Bicepital Tendoni	tis		Remove				
1 🗸]	Core Strengthenii	ng - Phase 1						
· · ·		Core Strengthenii	ng - Phase 2						
	Elbow Lateral Epicondylitis								
	Elbow Medial Epicondylitis								
		Forward Head Posture							
	Frozen Shoulder (Adhesive Capulitis)								

3. Select **Update Change** to add the template protocol to your Prescription.

New Rx for	Klein, M	axwell A										
Rx Date	02/13/2	015	P	rogram Notes								
Duration	2 week	s 🗸	P	rovider Notes								
Your Protocols - Select Template Protocols -							~					
ChiroTouch Protocols Forward Head Posture										\checkmark		
Order Code	Exercise	Name			Sets	Reps	; '	Time	Rest	Free	q	Remove
1 🗸					3 💊	ʻ 10 🔨	0	~	30 🚿	 Daily 	~	•
Exercise Comments												
	Cancel				y Body	Part	Ac	Add Exercises Upd				nange

Using a Template Cont.

4. Select **Finish Rx** if you are done building your Rx.

Rx Detail: 10046 for Klein, Maxwell A													
Rx Date		02/13	3/2015	Entered	02/13/2015								
Duration 2 week		eek(s) Updated (02/13/2015									
End Dat	e	02/22	7/2015	Program Notes									
			Provider Notes										
Order	Code		Exercise Name		Sets	Reps	Time	Rest	Freq				
1	MB61	18	Mid Back Foam R	oll Mobilization	1	3	60sec	30	Daily		*		
				Comme	nts:					1 A			
2	2 NK1110 Head Retraction		Head Retraction		3	10	0	30	Daily	(R) *	(A) *		
					Comments:					1			
3	SH113	30	Scapular Retraction		3	10	0	30	Daily	2			
					Comments:					25	25		
4	NK51:	12	Levator Scapula S	Stretch	1	3	30sec	0	Daily	1	5		
					Comme	nts:							
5	SH510)2	Chest Stretch at 9	900	1	3	30sec	0	Daily	12	15		
					Comments:				-	IN	IN		
									Edit Rx	Fir	nish Rx		

5. You can then print your Rx.

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

Rx Detail: 10046 for Klein, Maxwell A													
Rx Date	е	02/1	3/2015	Entered	02/13/2015								
Duration 2 week(s)		eek(s)	Updated	02/13/2015									
End Date 02/27/2		27/2015											
				Provider Notes									
Order	Code		Exercise Name	Sets	Reps	Time	Rest	Freq					
1	MB61	18	Mid Back Foam Ro	II Mobilization	1	3	60sec	30	Daily	1	1	Print	
					Comme	nts:							
2	NK111	10	Head Retraction		3	10	0	30	Daily		. 🌒 🍈	Print	
					Comme	nts:							
3	SH113	30	Scapular Retractio	n	3	10	0	30	Daily	S.	5	Print	
					Comme	nts:							
4	NK511	12	Levator Scapula St	tretch	1	3	30sec	0	Daily	6	6	Print	
					Comme	nts:							
5	SH510)2	Chest Stretch at 9	Do	1	3	30sec	0	Daily	R	A	Print	
					Comme	nts:				JAL.	J I		
			Cover	Sheet 🗌 Home Care	Pres	scriptior	n Summ	ary 🔽	All Exe	rcises 1 p	er page	• •	
	Email Rx S						plate	Pati	ent Inf	o Prin	t Check	ed	