

# Creating an Exercise Program with a Protocol

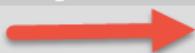


1. Select **Create New Rx**.

## 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
			 <b>Create New Rx</b>

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 weeks      Provider Notes:

Your Protocols: **- Select Template Protocols -**

- Ankle Sprain - Phase 1
- Ankle Sprain - Phase 2
- Bicipital Tendonitis
- Core Strengthening - Phase 1
- Core Strengthening - Phase 2
- Elbow Lateral Epicondylitis
- Elbow Medial Epicondylitis
- Forward Head Posture 
- Frozen Shoulder (Adhesive Capulitis)

ChiroTouch Protocols:

Order Code: 1      Exercise:

Remove     

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

**New Rx for Klein, Maxwell A**

Rx Date: 02/13/2015      Program Notes:

Duration: 2 weeks      Provider Notes:

Your Protocols: **- Select Template Protocols -**

ChiroTouch Protocols: **Forward Head Posture**

Order Code	Exercise Name	Sets	Reps	Time	Rest	Freq	Remove
1		3	10	0	30	Daily	<input type="checkbox"/>

Exercise Comments:

Using a Template Cont.

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

**Rx Detail: 10046 for Klein, Maxwell A**

<b>Rx Date</b>	02/13/2015	<b>Entered</b>	02/13/2015
<b>Duration</b>	2 week(s)	<b>Updated</b>	02/13/2015
<b>End Date</b>	02/27/2015	<b>Program Notes</b>	
		<b>Provider Notes</b>	

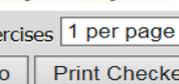
Order	Code	Exercise Name	Sets	Reps	Time	Rest	Freq	
1	MB6118	Mid Back Foam Roll Mobilization	1	3	60sec	30	Daily	 Comments:
2	NK1110	Head Retraction	3	10	0	30	Daily	 Comments:
3	SH1130	Scapular Retraction	3	10	0	30	Daily	 Comments:
4	NK5112	Levator Scapula Stretch	1	3	30sec	0	Daily	 Comments:
5	SH5102	Chest Stretch at 90°	1	3	30sec	0	Daily	 Comments:

5. You can then print your Rx.

An email has been sent to [max@webexercises.com](mailto:max@webexercises.com) for this prescription.

**Rx Detail: 10046 for Klein, Maxwell A**

<b>Rx Date</b>	02/13/2015	<b>Entered</b>	02/13/2015
<b>Duration</b>	2 week(s)	<b>Updated</b>	02/13/2015
<b>End Date</b>	02/27/2015	<b>Program Notes</b>	
		<b>Provider Notes</b>	

Order	Code	Exercise Name	Sets	Reps	Time	Rest	Freq	
1	<b>MB6118</b>	Mid Back Foam Roll Mobilization	1	3	60sec	30	Daily	 Comments: <input type="button" value="Print"/>
2	<b>NK1110</b>	Head Retraction	3	10	0	30	Daily	 Comments: <input type="button" value="Print"/>
3	<b>SH1130</b>	Scapular Retraction	3	10	0	30	Daily	 Comments: <input type="button" value="Print"/>
4	<b>NK5112</b>	Levator Scapula Stretch	1	3	30sec	0	Daily	 Comments: <input type="button" value="Print"/>
5	<b>SH5102</b>	Chest Stretch at 90°	1	3	30sec	0	Daily	 Comments: <input type="button" value="Print"/>

Cover Sheet
  Home Care
  Prescription Summary
  All Exercises
 1 per page