



Implementing WebExercises in Your Office

A home exercise program is only effective when your patient understands it is part of their in office treatment.

Practitioner Guidelines

1. Begin with one to two beginner level exercises without equipment. WebExercises® allows you to search for exercises based on level of difficulty.
2. Prescribe one set of 10-12 repetitions of each exercise at first. Single-set programs are less time-consuming which translates into improved compliance.
3. Exercise frequency should be daily as this establishes a routine for patients.
4. Instruct patients to cross off each date they complete the exercise on the printed handouts. By having to record each home exercise session they realize this is a necessary part of their treatment.
5. Patients should be asked weekly to demonstrate their exercises. Knowing they will be checked on their progress motivates them to exercise regularly.
6. Add more complex exercises with increased difficulty as patient's strength and function improves.
7. Create templates to save time.

Staff Guidelines

1. Print all handouts 1, 2, or 4 exercises per page depending on a patient's preference. The covers sheet may be included to create a complete packet.
2. Print a copy of the exercise prescription summary for the patient file.
3. If the patient would like to receive their exercise prescription by email have them complete and sign the Opt-In Email Agreement.

The above should be used as a guideline and may not be appropriate for all patients. A few patients may need to be enrolled in an office-based program due to poor compliance, a complicated case, or risk of injury.