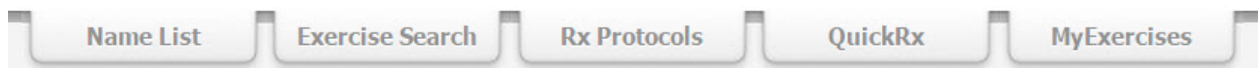


WebExercises Professional - Adding New Patients and Creating Exercise Prescriptions

1. Begin by selecting the **Name List** tab in the top row.



2. Select **Add New Patient/Client**.



3. Enter your patients **First** and **Last Name** and **Email Address**. The **Status** drop down menu is set to **Active** for all new patients. When the **Email** box is checked, the program will automatically send your patient a welcome email message providing them a username (their email address) and password (randomly generated). Select **Create Rx** when ready to create a new exercise prescription. Selecting **Add More Names** will return you to the same screen allowing you to enter patients without creating a prescription.

First Name	John	Patient Email	jsmith@gmail.com
Middle Initial			
Last Name	Smith	Provider	Dr. Exercise ▼
Email Login Info	<input type="checkbox"/>	Status	Active ▼
		<input type="button" value="Add More Names"/> <input type="button" value="Create New Rx"/>	

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

New Rx for Smith, John									
Rx Date	11/20/2014	Program Notes							
Duration	2 weeks ▼	Provider Notes							
Add From Your Custom Template Protocols		- Select Template Protocols - ▼							
Add From WebExercises Template Protocols		- Select Template Protocols - ▼							
Order	Code	Exercise Name	Sets	Reps	Time	Rest	Freq	Remove	
1 ▼			3 ▼	10 ▼	0 ▼	30 ▼	3x/week ▼		
Exercise Comments									
<input type="button" value="Cancel Rx"/> <input type="button" value="Sort by Body Part"/> <input type="button" value="Add Exercises(s)"/> <input type="button" value="Update Change(s)"/>									

- 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. If you click **Search** in the blue bar, newly added exercises are displayed.

Keyword Search

Enter whole or partial words for code, region, muscle, category, activity, position, movement, level, and/or equipment.
Examples: "shoulder band flexion", "stretch intermediate quad"



Body Region

Category

Activity

Body Position

Movement

Level of Difficulty

Equipment

52 new exercises added in the past 30 days

Favorite Protocol Exercises

by Additional Libraries

by Muscle Group or Specific Muscle

by Code(s)

Muscle:

Category:

Rehab Level:

Equipment:





Adding New Patients Cont.

- 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**.

Search Results: Body Region (52)

Click thumbnail to view exercise details.



Return to Rx

SH3125 - Intermediate Half Kneeling High Pull Down		<input checked="" type="checkbox"/> Add	SH3126 - Intermediate Tall Kneeling High Pull Down		<input type="checkbox"/> Add
SH3127 - Intermediate Standing Rows with Band		<input type="checkbox"/> Add	SH3128 - Intermediate Seated Rows on Ball		<input checked="" type="checkbox"/> Add

- 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 Smith, John



Rx Date	11/20/2014	Program Notes	shoulder rehab				
Duration	2 weeks ▼	Provider Notes					
Add From Your Custom Template Protocols		- Select Template Protocols - ▼					
Add From WebExercises Template Protocols		- Select Template Protocols - ▼					
Order Code	Exercise Name	Sets	Reps	Time	Rest	Freq	Remove
3 ▼		3 ▼	10 ▼	0 ▼	30 ▼	3x/week ▼	
Exercise Comments							
1 ▼	SH3125  Half Kneeling High Pull Down	3 ▼	10 ▼	0 ▼	30 ▼	Daily ▼	<input type="checkbox"/>
Exercise Comments perform as tolerated							
2 ▼	SH3128  Seated Rows on Ball	3 ▼	10 ▼	0 ▼	30 ▼	3x/week ▼	<input type="checkbox"/>
Exercise Comments							
Cancel Rx		Sort by Body Part		Add Exercises(s)		Update Change(s)	
Next							

Adding New Patients Cont.

- 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".

Rx Detail: 11833 for Smith, John

Rx Date	11/20/2014	Entered	11/20/2014
Duration	2 week(s)	Updated	11/20/2014
End Date	12/04/2014	Program Notes	shoulder rehab
		Provider Notes	



Order	Code	Exercise Name	Sets	Reps	Time	Rest	Freq	
1	SH3125	Half Kneeling High Pull Down	3	10	0	30	Daily	 Comments: perform as tolerated
2	SH3128	Seated Rows on Ball	3	10	0	30	3x/week	 Comments:

[Edit Rx](#)
[Finish Rx](#)

- The exercise prescription is ready to be sent 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 **Account Detail** to view exercise prescription history for this patient or select the **Name List** tab to return to the home screen.

Rx Detail: 11833 for Smith, John

Rx Date	11/20/2014	Entered	11/20/2014
Duration	2 week(s)	Updated	11/20/2014
End Date	12/04/2014	Program Notes	shoulder rehab
		Provider Notes	

Order	Code	Exercise Name	Sets	Reps	Time	Rest	Freq	
1	SH3125	Half Kneeling High Pull Down	3	10	0	30	Daily	 Comments: perform as tolerated
2	SH3128	Seated Rows on Ball	3	10	0	30	3x/week	 Comments:

☐ Cover Sheet
 ☐ Home Care
 ☐ Prescription Summary
 ☒ All Exercises
 1 per page ▼

[Email Rx](#)
[Save as Template](#)
[Account Detail](#)
[Print Checked](#)