



erepsononline

## Quick Start Guide

# Welcome to erepsonline.com

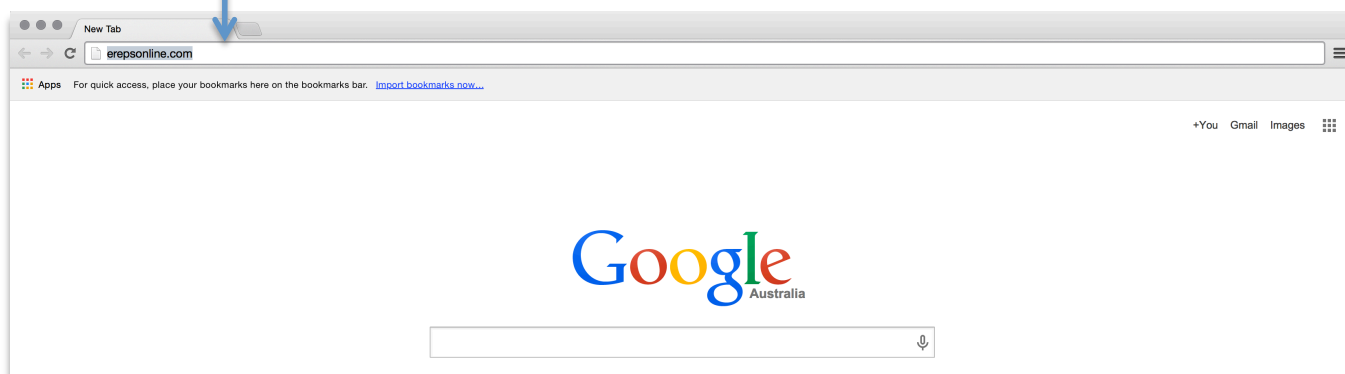
- This quick start guide shows you how to set up your account, navigate around the website, and gives you tips for the functions of the software you will use every day.
- erepsonline can be used anywhere you have internet access, and is compatible with any device - computer, tablet, smart phone - and platform - Android and iOS.

## Let's get started

On your preferred device, select your favorite browser – Explorer, Firefox, Safari, Google Chrome – and just click or tap in the search field and type the web address erepsonline.com. Alternatively, you can search for erepsonline through the search field of your preferred web search engine.

### Search field on your browser

Click or tap in the search field and type erepsonline.com

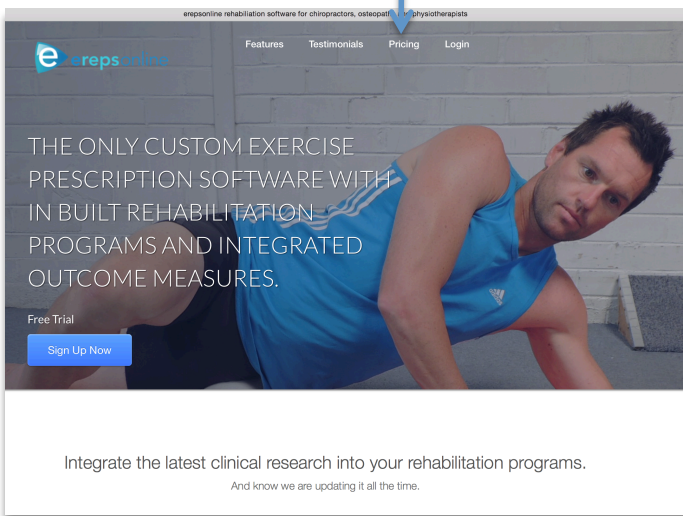


## Let's get you registered

On the erepsonline home page, click or tap the Pricing link at the top to easily begin the registration process. Choose a pricing plan that suits the needs of you and your practice. Then, simply click or tap the Start free trial button.

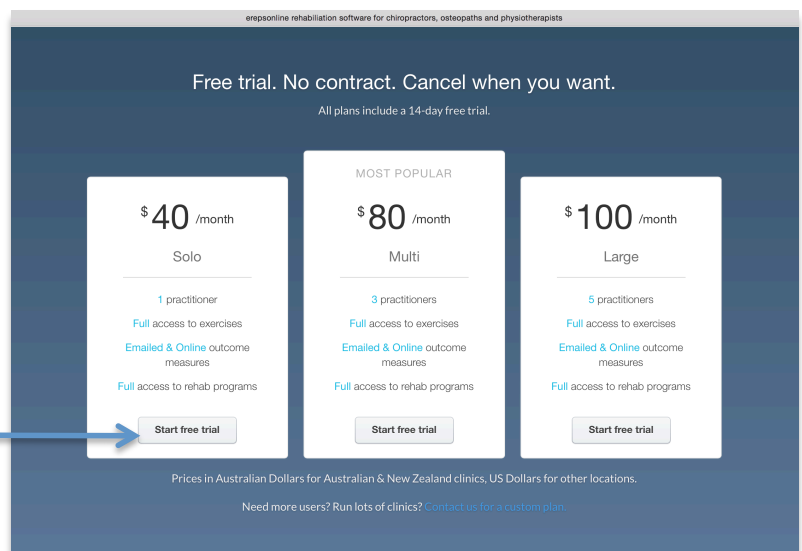
### Register

Click or tap the Pricing link



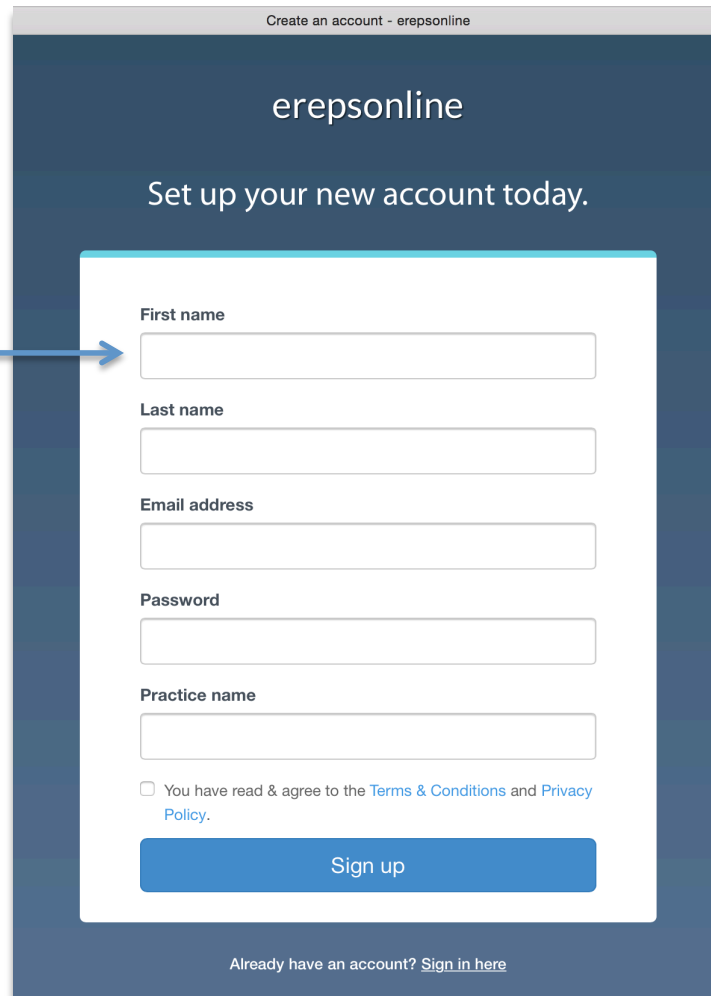
### Start free trial

Choose a pricing plan, then click or tap the Start free trial button.



## Setup your new account

The Create an Account page guides you through a few simple steps to set up your new account.



Create an account - erepsonline

erepsonline

Set up your new account today.

First name

Last name

Email address

Password

Practice name

You have read & agree to the [Terms & Conditions](#) and [Privacy Policy](#).

Sign up

Already have an account? [Sign in here](#)

## Setup your new account

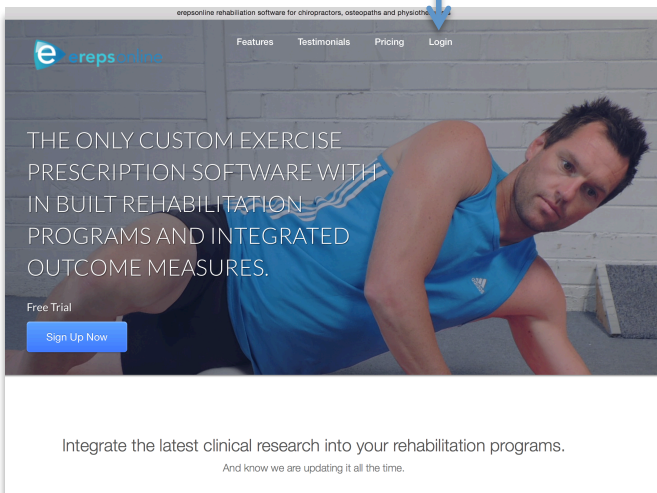
Simply enter the required information by following the onscreen instructions

## Login and let's get going

Once you have created your account, you will be able to log into erepsonline and begin using the software. On the erepsonline home page, click or tap the Login link. Enter your username and password and click or tap LOGIN.

### Home page

Click or tap the Login link



### Login

Enter your Username and Password, then click or tap LOGIN

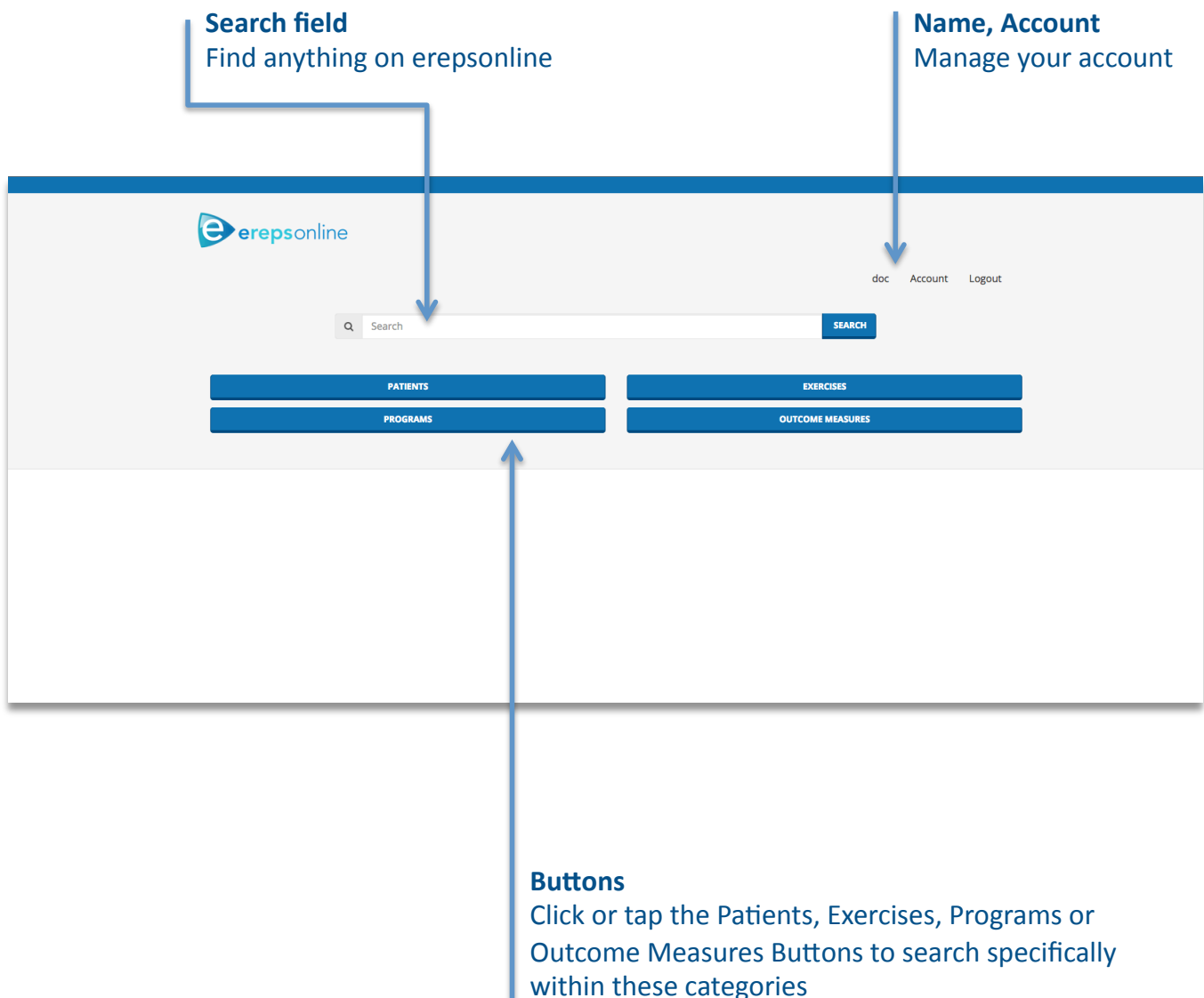
### Forgot your password?

No problem. Just click or tap the link and enter your username or email – erepsonline will send you a password reset link.

## Get to know your Index page

The Index page is where you can find everything on erepsonline. The Search field allows you to look up anything on erepsonline – Patients, Exercises, Rehabilitation Programs, Outcome Measures. Alternatively, click or tap any of the Buttons – Patients, Exercises, Programs, Outcome Measures – to search specifically within these categories.

The links at the top of the page – Name, Account – is where you can manage your erepsonline account.

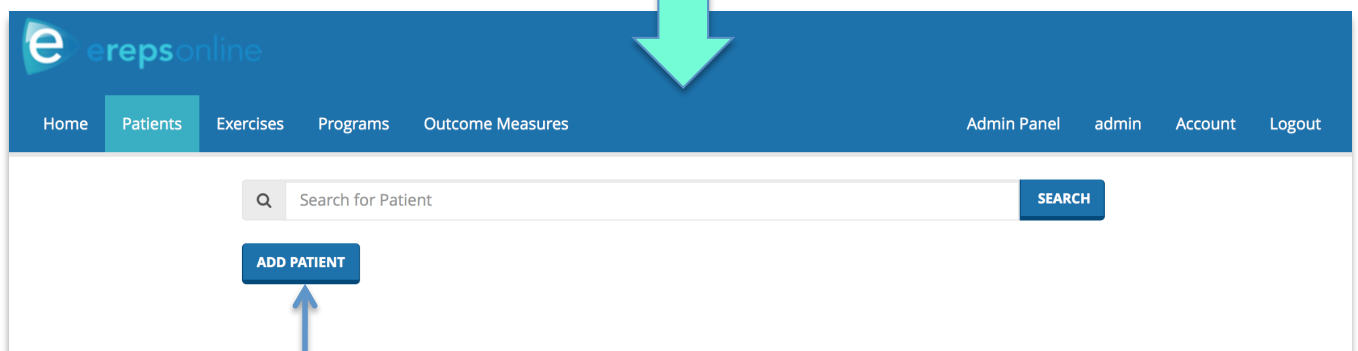
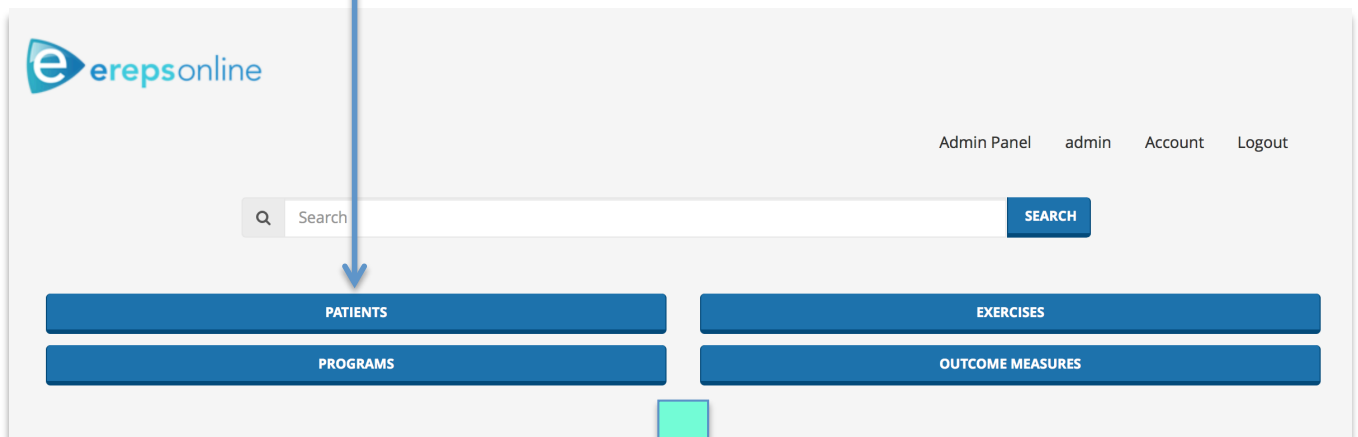


## Create a Patient

To start prescribing and utilising exercises, rehabilitation programs and/or outcome measures, you must first create a patient file. From the erepsonline Index page, click or tap the Patients button. You will be taken to the Search for Patient page – then simply click or tap Add Patient.

### Patients button

Click or tap the Patients button to create a patient



### Add Patient

Click or tap the Add Patient button



## Create a Patient (cont'd)...

Create a new patient by entering your patient's name, date of birth, contact details and even input some clinical notes.

It is important to enter a current email address in order to email your patient their prescribed exercises, rehabilitation programs and outcome measures.

### Create a new patient

Enter your patients details, making sure to enter a current email address

The screenshot shows the 'erepsononline' patient creation interface. The top navigation bar includes 'Home', 'Patients', 'Exercises', 'Programs', 'Outcome Measures', 'Admin Panel', 'admin', 'Account', and 'Logout'. Below the navigation is a search bar with the text 'Search for Patient' and a 'SEARCH' button. The main form contains the following fields:

- Firstname:
- Lastname:
- Birthday:
- Mobile number:
- Email:
- Address 1:
- Address 2:
- Postcode:
- Notes:

A blue arrow points from the 'Create a new patient' text to the Email field. At the bottom right of the form is a blue 'SAVE' button.

### Save patient

Once you entered your patients details, click or tap SAVE

## Prescribing Exercises

From your Patient view page, select Add Exercise – a popup floating screen will appear. Click or tap in the search field and look for the exercise you want to prescribe – erepsonline allows you to search by exercise name, keywords or tags.

The screenshot shows the 'erepsonline' interface with a 'Patients' tab selected. A search bar at the top contains 'Search for Patient' and a 'SEARCH' button. Below are form fields for patient details: Firstname (Eric), Lastname (Repson), Birthday, Mobile number, Email (info@erepsonline.com), Address 1, Address 2, and Postcode. A 'Notes' text area is also present. At the bottom, there are three buttons: 'ADD EXERCISE', 'ADD PROGRAM', and 'ADD OUTCOME MEASURE'. A blue arrow points from the 'ADD EXERCISE' button to the 'Add Exercise' popup.

**Add Exercise**  
Click or tap the Add Exercise button

The 'Add Exercise' popup form is shown. It has a search bar with 'Search' and a 'SEARCH' button. Below is the 'Name of Exercise' field. Under 'Description Exercise', there are input fields for 'Reps:', 'Hold for:', 'Sets:', and 'Per day:', each with a row of buttons (6, 8, 10, 12, 15; 5, 10, 20, 30, 40; 1, 2, 3, 4, 5; 1, 2, 3, 4, 5) and an 'Other:' field. There is also a text area for 'Instructions to patient:' with a 'SAVE' button. At the bottom, there are buttons for 'EMAIL PDF', 'PRINT', 'SAVE', and 'CANCEL'.

**Search for exercises**  
Enter an exercise name, keyword or tag in the search field

The 'Add Exercise' popup shows search results for 'Prone Hip'. The search bar contains 'Prone Hip' and a 'SEARCH' button. The results list includes: 'Abdominal Bracing - Prone Hip Extension', 'Abdominal Bracing - Prone Hip Extension (Flexion to Neutral - Double Leg)', 'Abdominal Bracing - Prone Hip Extension (Flexion to Neutral - Single Leg)', 'Abdominal Bracing - Prone Hip Extension (Pillow)', 'Abdominal Bracing - Prone Hip Extension (Swissball)', 'Abdominal Hollowing - Prone Hip Extension', 'Abdominal Hollowing - Prone Hip Extension (Flexion to Neutral - Single Leg)', 'Abdominal Hollowing - Prone Hip Extension (Pillow)', and 'Abdominal Hollowing - Prone Hip Extension (Swissball)'. Each result has a small thumbnail image.

### Prescribing Exercises (cont'd)...

Once you have selected the exercise, you can easily prescribe the reps, sets and other instructions with a simple click or tap of the pre-configured recommendations. Alternatively, you can custom prescribe your exercise by typing within the Instructions to patient field.

The buttons at the bottom of the page – Email PDF, Print, Save, Cancel – allow you to easily complete your exercise prescription.

**Prescription options**  
Click or tap the pre-configured recommendations – Reps, Hold for, Sets, Per day

**Instructions to patient**  
Type your recommendations into this field to customise your exercise prescription

**Add Exercise**

Search [SEARCH]

#### Abdominal Bracing - Prone Hip Extension (Swissball)

Begin face down with your abdomen & pelvis supported on a swissball, with the hands & feet on the floor. Find a "neutral spine" posture, perform abdominal bracing and squeeze the gluts (buttocks). Slowly raise 1 leg until the leg is inline with the body, without arching or rotating the spine.

Special Instructions:  
• Do not hold the breath, lose "neutral spine" posture, shrug the shoulders, rotate the trunk, or lift the head

Reps: 6 8 10 12 15 Other: Other

Hold for: 5 10 20 30 40 Other: Other

Sets: 1 2 3 4 5 Other: Other

Per day: 1 2 3 4 5 Other: Other

Instructions to patient:

EMAIL PDF PRINT SAVE CANCEL

#### Email PDF or Print

Click or tap the appropriate button to Email a PDF or Print a hard copy of your exercise prescription to your patient

## Prescribing Exercises (cont'd)...

Your patient will receive a copy of your exercise prescription – either in their email inbox as a PDF or in a printed hard copy.

### Abdominal Bracing - Prone Hip Extension (Swissball)

Type: Exercise

Description: Begin face down with your abdomen & pelvis supported on a swissball, with the hands & feet on the floor. Find a "neutral spine" posture, perform abdominal bracing and squeeze the gluts (buttocks). Slowly raise 1 leg until the leg is inline with the body, without arching or rotating the spine.

Special Instructions:

- Do not hold the breath, lose "neutral spine" posture, shrug the shoulders, rotate the trunk, or lift the head

Instructions:

Reps: 10

Sets: 3

Per day: 2

Start position



Begin face down with your abdomen & pelvis supported on a swissball, with the hands & feet on the floor. Find a "neutral spine" posture, perform abdominal bracing and squeeze the gluts (buttocks).

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Finish position



Slowly raise 1 leg until the leg is inline with the body, without arching or rotating the spine.

### Example PDF

Each PDF will include the exercise description, instructions on the number of reps, sets and frequency, any special instructions and pictures

## Prescribing Multiple Exercises

From your Patient view page, select Multiple Exercises – a new search screen will appear. Click or tap in the search field and look for the exercise you want to prescribe – erepsonline allows you to search by exercise name, keywords or tags.

The screenshot shows the 'erepsonline' Patient view page. At the top, there are navigation tabs: Home, Patients (selected), Exercises, Programs, and Outcome Measures. On the right, there are links for 'doc', 'Account', and 'Logout'. Below the navigation is a search bar labeled 'Search for Patient' with a 'SEARCH' button. The main area contains a form with fields for: Firstname (Eric), Lastname (Repson), Birthday, Mobile number, Email (info@erepsonline.com), Address 1, Address 2, Postcode, and Notes. At the bottom of the form, there are four buttons: 'ADD EXERCISE', 'MULTIPLE EXERCISES' (highlighted with a blue arrow), 'ADD PROGRAM', and 'ADD OUTCOME MEASURE'. A 'SAVE' button is also present.

**Multiple Exercises**  
Click or tap the Multiple Exercises button

**Search for exercise**  
Enter an exercise name, keyword or tag in the search field

The screenshot shows the 'Search For An Exercise To Add' screen. It has a search bar with the text 'Search' and a 'SET OPTIONS FOR ALL' button. Below the search bar are three buttons: 'PRINT ALL', 'EMAIL ALL', and 'SAVE'. At the bottom, there is a 'CANCEL' button. A large green arrow points from the 'MULTIPLE EXERCISES' button in the previous screenshot to this screen.




The screenshot shows the 'Search For An Exercise To Add' screen with the search field containing the text 'bridge'. A 'SET OPTIONS FOR ALL' button is visible. Below the search bar, a list of exercise results is displayed, each with a small thumbnail image and a title. The results include: 'Bridge', 'Bridge - Leg Lock (Glut Hami Bridge)', 'Bridge - Resisted Concentric/Eccentric Unilateral Hip with Scapular Setting (Long Trap)', 'Bridge - Resisted Isometric Unilateral Hip with Scapular Setting (Long Trap)', 'Bridge - Resisted with Scapular Setting', 'Bridge - Single Leg with Core Activation (with FMT)', 'Bridge - Straight Leg', 'Bridge (Gluteal Activation)', 'Bridge (Gluteal Activation) - Double Leg with Knees Bent (Feet on Perturbed Surface)', and 'Bridge (Gluteal Activation) - Double Straight Leg (Ankles on Perturbed Surface)'. A green arrow points from the search field to the list of results.

## Prescribing Multiple Exercises (cont'd)...

Once you have selected the exercise, simply search for and select any additional exercises you want to prescribe. The multiple exercises will be displayed in the order selected.

Search For An Exercise To Add

Q  SET OPTIONS FOR ALL

-  Gluteus Medius Activation - Side-lying Hip Abduction Isometric (Straight Leg with Theraband)
-  Gluteus Medius Activation - Side-lying Hip Abduction Isometric (Straight Leg)**
-  Gluteus Medius Activation - Standing Hip Rotation Isometric (Swivel Chair Theraband)

• Bringing the feet closer together increases the demand on your core

Special Instructions:

- Focus on gluteal muscle contraction
- Maintain relaxation of the low back muscles - keep the low back muscles "quiet"
- If you feel muscles other than gluteals doing the work, stop the exercise
- Perform diaphragmatic breathing throughout

Instructions to Patient:

PRINT ALL EMAIL ALL SAVE

CANCEL

### Additional exercises

Enter an exercise name, keyword or tag in the search field, and then select the exercise you want to prescribe

### Selected Exercises


The multiple exercises are displayed in the order selected

Search For An Exercise To Add

Q  SET OPTIONS FOR ALL

**Bridge (Gluteal Activation)** SET OPTIONS

Description: Lay on your back (feet under knees), and align your hips, knees and toes. Find and maintain a "neutral spine" posture - making sure the low back muscles are relaxed. Slightly and slowly raise the pelvis up making sure the hamstrings do not overtake the work of the gluteals. Maintain the gluteal activation for the prescribed duration, or stop if you feel a different muscle group do the work.



Variations:

- Bringing the feet closer together increases the demand on your core


Special Instructions:

- Focus on gluteal muscle contraction
- Maintain relaxation of the low back muscles - keep the low back muscles "quiet"
- If you feel muscles other than gluteals doing the work, stop the exercise
- Perform diaphragmatic breathing throughout

Instructions to Patient:

**Gluteus Medius Activation - Side-lying Hip Abduction Isometric (Straight Leg)** SET OPTIONS

Description: Begin side-lying with your legs straight and feet/ankles together. Head, shoulders and pelvis are in alignment. Find and maintain a "neutral spine" posture - making sure the low back muscles are relaxed. Raise the top leg up toward the ceiling, maintaining the feet in neutral (do not rotate the leg) to activate the gluteus medius, and keep the body straight. Keep the raised leg low enough that you do not engage the spine (keep the low back muscles "quiet"). Maintain the gluteal activation for the prescribed duration, or stop if you feel a different muscle group do the work.



Variations:

## Prescribing Multiple Exercises (cont'd)...

Once you have selected the multiple exercises, you can easily prescribe the reps, sets and other instructions with a simple click or tap of the pre-configured recommendations.

The button at the top right of the page – Set Options For All – will prescribe the identical reps, sets and other instructions for ALL of the multiple exercises.

Alternatively, you can custom prescribe each of your exercises individually by choosing Set Options for each exercise, or by typing within the Instructions to patient field.

Search For An Exercise To Add

Q Search

**SET OPTIONS FOR ALL**

**Bridge (Gluteal Activation)** **SET OPTIONS**

Description: Lay on your back (feet under knees), and align your hips, knees and toes. Find and maintain a "neutral spine" posture - making sure the low back muscles are relaxed. Slightly and slowly raise the pelvis up making sure the hamstrings do not overtake the work of the gluteals. Maintain the gluteal activation for the prescribed duration, or stop if you feel a different muscle group do the work.

Variations:

- Bringing the feet closer together increases the demand on your core

Special Instructions:

- Focus on gluteal muscle contraction
- Maintain relaxation of the low back muscles - keep the low back muscles "quiet"
- If you feel muscles other than gluteals doing the work, stop the exercise
- Perform diaphragmatic breathing throughout

Instructions to Patient:

Gluteus Medius Activation - Side-lying Hip Abduction Isometric (Straight Leg) **SET OPTIONS**

Description: Begin side-lying with your legs straight and feet/ankles together. Head, shoulders and pelvis are in alignment. Find and maintain a "neutral spine" posture - making sure the low back muscles are relaxed. Raise the top leg up toward the ceiling, maintaining the feet in neutral (do not rotate the leg) to activate the gluteus medius, and keep the body straight. Keep the raised leg low enough that you do not engage

### Set Options For All

Prescribe identical reps, sets and other instructions for ALL of the multiple exercises. Click or tap the pre-configured recommendations – Reps, Hold for, Sets, Per day

### Custom prescribe each exercise

Click or tap the Set Options button to select the pre-configured recommendations, or simply type your instructions within the Instructions to Patient field.

Instructions to patient

Reps: 6 8 10 12 15 Other: Other

Hold for: 5 10 20 30 60 Other: Other

Sets: 1 2 3 4 5 Other: Other

Per day: 1 2 3 4 5 Other: Other

**CANCEL** **SAVE**

## Prescribing Multiple Exercises (cont'd)...

Click or tap the appropriate button to Email a PDF or Print a hard copy of your multiple exercise prescription to your patient.

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e. brett@erepsonline.com

### Bridge (Gluteal Activation)

Type: Exercise

Description: Lay on your back (feet under knees), and align your hips, knees and toes. Find and maintain a "neutral spine" posture - making sure the low back muscles are relaxed. Slightly and slowly raise the pelvis up making sure the hamstrings so not overtake the work of the gluteals. Maintain the gluteal activation for the prescribed duration, or stop if you feel a different muscle group do the work.

Variations:

- Bringing the feet closer together increases the demand on your core

Special Instructions:

- Focus on gluteal muscle contraction
- Maintain relaxation of the low back muscles - keep the low back muscles "quiet"
- If you feel muscles other than gluteals doing the work, stop the exercise
- Perform diaphragmatic breathing throughout

Instructions:

Hold For: 60 seconds

Sets: 5

Per day: 2

Gluteal activation isometric



Slightly and slowly raise the pelvis up making sure the hamstrings so not overtake the work of the gluteals. Maintain the gluteal activation for the prescribed duration, or stop if you feel a different muscle group do the work.

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Patient: Eric Repson □ Date: 02/02/2016 22:48:05

### Example PDF

Your patient will receive a copy of your multiple exercise prescription – either in their email inbox as a PDF or in a printed hard copy.

Each PDF will include the exercise description, instructions on the number of reps, sets and frequency, any special instructions and pictures

### Gluteus Medius Activation - Side-lying Hip Abduction Isometric (Straight Leg)

Type: Exercise

Description: Begin side-lying with your legs straight and feet/ankles together. Head, shoulders and pelvis are in alignment. Find and maintain a "neutral spine" posture - making sure the low back muscles are relaxed. Raise the top leg up toward the ceiling, maintaining the feet in neutral (do not rotate the leg) to activate the gluteus medius, and keep the body straight. Keep the raised leg low enough that you do not engage the spine (keep the low back muscles "quiet"). Maintain the gluteal activation for the prescribed duration, or stop if you feel a different muscle group do the work.

Variations:

- Support the spine with a pillow or a decompression belt to help maintain a "neutral spine" posture - making sure the spine is not engaged.
- Lay with your spine against a wall to help with stability

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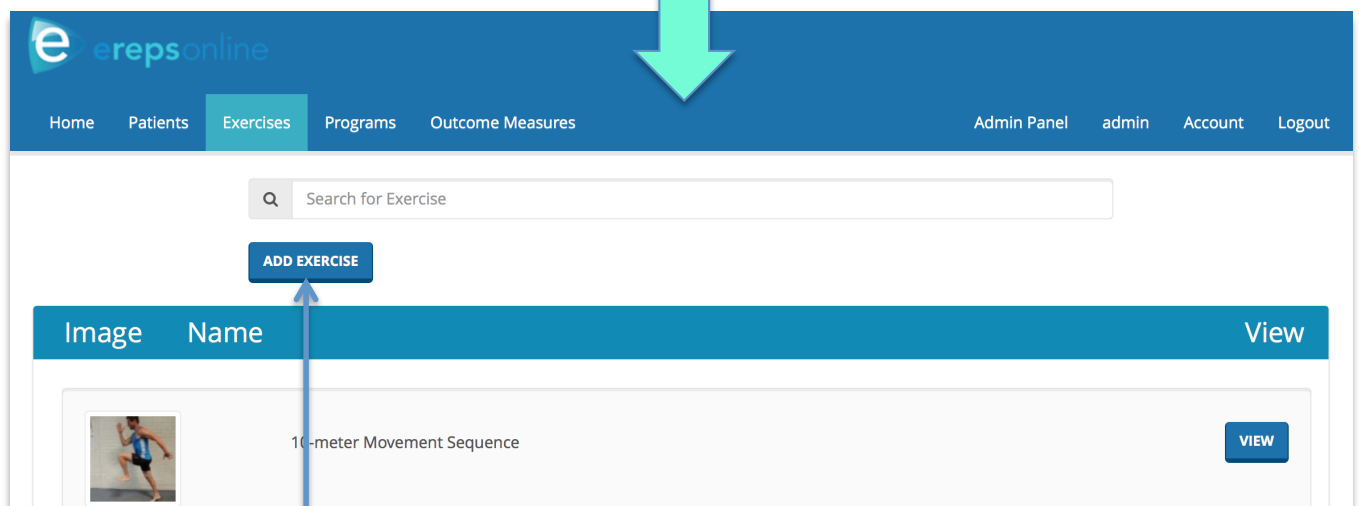
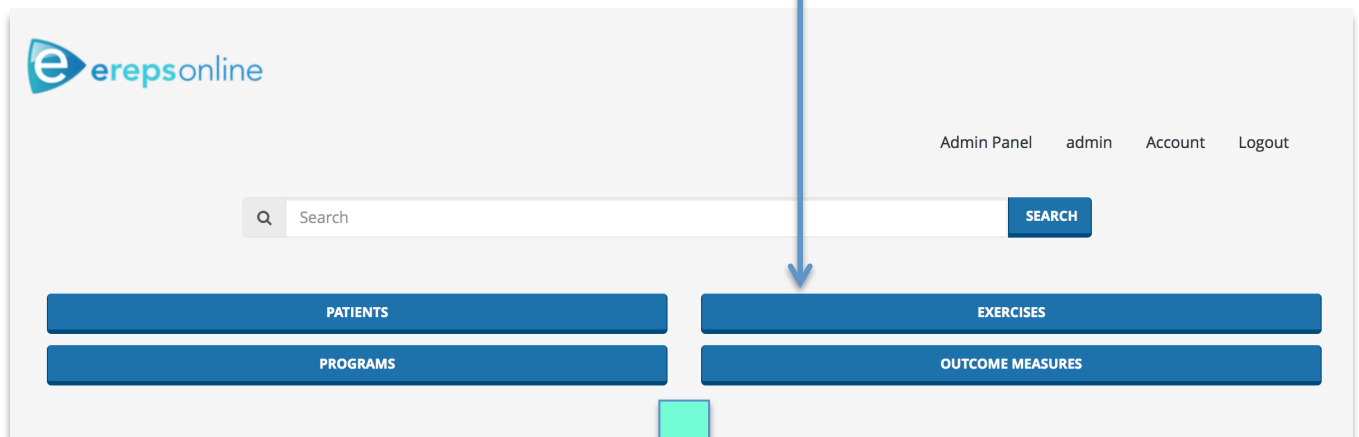


## Create your own Custom Exercises\*

From the erepsonline Index page, click or tap the Exercises button. You will be taken to the Search for Exercise page – then simply click or tap Add Exercise.

### Exercises button

Click or tap the Exercises button to create an exercise



### Add Exercise

Click or tap the Add Exercise button

\*N.B.: Only the user will be able to view their custom exercise (i.e. no other subscriber to erepsonline will be able to view your custom exercises)

## Create your own Custom Exercises\* (*cont'd*)...

Create a new exercise by entering the title of the exercise, selecting the type of exercise (from the select menu), insert the description, and input some tags (keywords).

### Create a custom exercise

Enter your exercise title and select the type of exercise from the select menu

The screenshot shows the 'Add an Exercise' form in the erepsonline system. The form is titled 'Add an Exercise' and is located under the 'Exercises' menu. The form contains the following fields:

- Title:** A text input field with a checkmark icon on the right.
- Type:** A dropdown menu with the placeholder text 'Please Select an Exercise' and a downward arrow icon.
- Description:** A text area with a checkmark icon on the right.
- Tags:** A text area with a checkmark icon on the right.
- SAVE:** A blue button with the text 'SAVE' in white.

Blue arrows point from the instructions to the corresponding fields: one arrow points from the 'Create a custom exercise' instruction to the Title field, another arrow points from the 'Description and Tags' instruction to the Description and Tags fields, and a third arrow points from the 'Save exercise' instruction to the SAVE button.

### Description and Tags

Insert the exercise instructions into the Description field, and any keywords or search terms into the Tags field

### Save exercise

Once you entered all of your exercise details, click or tap SAVE

## Create your own Custom Exercises\* (cont'd)...

Once you have saved your exercise details, simply click or tap the Select File button to add a photo to your exercise. After selecting your photo, click or tap the Upload button – a popup floating screen will appear. Enter the title and caption for the photo and simply click or tap Save.

Your custom exercise will now be available to prescribe to your patients from the Patient view page.

**ereps online**  
Home Patients Exercises Programs Outcome Measures Admin Panel admin Account Logout

### Edit an Exercise

Title: Lateral Abdominal Isometrics - Side Bridge (Full with Hip Abduction) ✓

Type: Exercise

Description: Lay on your side with your legs straight (top leg resting on the bottom leg) and upper body supported on your forearm. Find and maintain a neutral posture - shoulders in a neutral position (scapular setting) and a "long" neutral cervical spine position. Slowly raise the hips upward and into extension so that the shoulders, spine and pelvis are in alignment (frontal plane alignment). Lift the topside leg up toward the ceiling (hip abduction) to activate the gluteals. Hold this position for the prescribed duration, while continuing to breathe normally. Repeat on the opposite side. ✓

Tags: FNOR, core stability, lateral stability, deep abdominal stabilization training, gluteal activation ✓

SAVE

images  
Add: **SELECT FILE** **UPLOAD**

**Add photos to your exercise**  
Click or tap the Select File button

**Your exercise is now ready**  
Your custom exercise is now available to prescribe from the Patient view page

**ereps**  
Home Patients Exercises Programs Outcome Measures Admin Panel admin Account Logout

### Edit an Exercise

Title: Lateral Abdominal Isometrics - Side Bridge (Full with Hip Abduction) ✓

Type: Exercise

Description: Lay on your side with your legs straight (top leg resting on the bottom leg) and upper body supported on your forearm. Find and maintain a neutral posture - shoulders in a neutral position (scapular setting) and a "long" neutral cervical spine position. Slowly raise the hips upward and into extension so that the shoulders, spine and pelvis are in alignment (frontal plane alignment). Lift the topside leg up toward the ceiling (hip abduction) to activate the gluteals. Hold this position for the prescribed duration, while continuing to breathe normally. Repeat on the opposite side. ✓

Tags: FNOR, core stability, lateral stability, deep abdominal stabilization training, gluteal activation ✓

SAVE

images  
Add: **CHANGE** **REMOVE** **UPLOAD**

File Name

Title: Start position ✓

Caption: Find and maintain a neutral posture - shoulders in a neutral position (scapular setting) and a "long" neutral cervical spine position. Slowly raise the hips upward and into extension so that the shoulders, spine and pelvis are in alignment (frontal plane alignment). ✓

**CANCEL** **SAVE**

**Title and caption**  
Enter your photo's caption into this field to customize your exercise

### Edit an Exercise

Title: Lateral Abdominal Isometrics - Side Bridge (Full with Hip Abduction) ✓

Type: Exercise

Description: Lay on your side with your legs straight (top leg resting on the bottom leg) and upper body supported on your forearm. Find and maintain a neutral posture - shoulders in a neutral position (scapular setting) and a "long" neutral cervical spine position. Slowly raise the hips upward and into extension so that the shoulders, spine and pelvis are in alignment (frontal plane alignment). Lift the topside leg up toward the ceiling (hip abduction) to activate the gluteals. Hold this position for the prescribed duration, while continuing to breathe normally. Repeat on the opposite side. ✓

Tags: FNOR, core stability, lateral stability, deep abdominal stabilization training, gluteal activation ✓

SAVE

images  
Add: **SELECT FILE** **UPLOAD**

**Start position**

Find and maintain a neutral posture - shoulders

**Finish position**

Lift the topside leg up toward the ceiling (hip

\*N.B.: Only the user will be able to view their custom exercise (i.e. no other subscriber to erepsonline will be able to view your custom exercises)

## Prescribing Rehabilitation Programs

From your Patient view page, select Add Program – a new screen will appear. Click or tap in the search field and look for the rehabilitation program you want to prescribe – erepsonline allows you to search by the various rehabilitation program names or keywords.

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Home Patients Exercises Programs Outcome Measures Admin Panel admin Account Logout

Search for Patient SEARCH

Firstname: Eric ✓ Lastname: Repson ✓

Birthday: ✓ Mobile number: ✓

Email: info@erepsonline.com ✓ Address 1: ✓

Address 2: ✓ Postcode: ✓

Notes: ✓

ADD EXERCISE ADD PROGRAM ADD OUTCOME MEASURE SAVE

**Add Program**  
Click or tap the Add Program button

**Search for programs**  
Enter a rehabilitation program name or keyword in the search field

Search for Program SEARCH

lumb SEARCH

- Lumbar Intervertebral Disc Lesion - Phase 1
- Lumbar Intervertebral Disc Lesion - Phase 2
- Lumbar Intervertebral Disc Lesion - Phase 3
- Lumbar Intervertebral Disc Lesion - Phase 4
- Lumbar Microdiscectomy - Phase 1 (-3-8 Weeks)
- Lumbar Microdiscectomy - Phase 2 (-3-8 Weeks)
- Lumbar Microdiscectomy - Phase 3 (-8-12+ Weeks)
- Lumbar Spinal Fusion and Laminectomy - Phase 1 (-1-14 days)
- Lumbar Spinal Fusion and Laminectomy - Phase 2 (-2-6 Weeks)
- Lumbar Spinal Fusion and Laminectomy - Phase 3 (-6-14 Weeks)
- Lumbar Spinal Fusion and Laminectomy - Phase 4 (-14-20 Weeks)
- Lumbar Spinal Fusion and Laminectomy - Phase 5 (-20 Weeks - 1 Year)
- Lumbar Spinal Stenosis - Phase 1
- Lumbar Spinal Stenosis - Phase 2
- Lumbar Spinal Stenosis - Phase 3
- Lumbar Spine Surgery Prehabilitation Program (6-8 Weeks Prior to Operation)
- Lumbar Spondylolithesis - Phase 1
- Lumbar Spondylolithesis - Phase 2
- Lumbar Spondylolithesis - Phase 3
- Lumbar Spondylolithesis - Phase 4
- Lumbar Spondylolithesis - Phase 5
- Lumbopelvic Corrective Exercise Program - Phase 1 (Mobility / Neuromuscular Adaptation and Control)
- Lumbopelvic Corrective Exercise Program - Phase 2 (Strength and Endurance)
- Lumbopelvic Corrective Exercise Program - Phase 3 (Functional Integration)
- Lumbopelvic Pain Disorders - Phase 2 (Strength and Endurance)
- Lumbopelvic Pain Disorders - Phase 3 (Functional Integration)
- Lumbopelvic Pain Disorders - Phase 1 (Mobility / Neuromuscular Adaptation and Control)
- SFMA - Lumbar Extension SMCD
- SFMA - Lumbar Extension/Rotation Mobility

## Prescribing Rehabilitation Programs (cont'd)...

Once you have selected the rehabilitation program, you will see a new screen with the Goals and Criteria to Progress, as well as all of the exercises that have been utilised within the literature for that specific Phase of the rehabilitation program.

You can easily choose which exercises you want to prescribe with a simple click or tap of the Prescribe box. A popup floating screen will appear where you can prescribe the reps, sets and/or other custom instructions for that specific exercise.

### Prescribe

Click or tap the Prescribe box and enter your recommendations for that specific exercise

#### Abdominal Hollowing - Wounded Bug (Advanced)

Prescribe

Description: Lay on your back, find "neutral spine" posture & perform abdominal hollowing. Position both hips and knees at 90 degrees (feet off the floor), and have both arms vertically in line with your shoulders. Slowly reach the opposite arm and leg out towards the floor, then back to the start position.

##### Special Instructions:

- Maintain abdominal hollowing
- Do not hold the breath or lose "neutral spine" posture

##### Instructions to Patient:

#### Abdominal Hollowing - 4-point Stance (3-point Stance - Arm Raise)

Prescribe

##### Description: 4-point Stance:

Kneel on all fours, with hands under shoulders & knees under hips. Find the "neutral spine" posture & perform abdominal hollowing.

##### 3-point Stance:

Raise 1 arm forward until the arm is in line with the body without arching or rotating the spine.

##### Special Instructions:

- Maintain abdominal hollowing
- Do not hold the breath, lose "neutral spine" posture, shrug the shoulders, rotate the trunk, or lift the head

##### Instructions to Patient:

## Prescribing Rehabilitation Programs (cont'd)...

Once an exercise has been prescribed, buttons – Print, Email – will appear under each exercise, as well as at the bottom of the page, allowing you to easily complete your rehabilitation program prescription.

### Print or Email

Click or tap the appropriate button to Email a PDF or Print a hard copy of your exercise prescription to your patient.

The screenshot displays a digital interface for prescribing rehabilitation exercises. At the top, there are two blue buttons labeled 'PRINT' and 'EMAIL'. Below these is a text area titled 'Instructions to Patient:' containing the text: 'Reps: 15', 'Hold For: 5 seconds', 'Sets: 2', and 'Per day: 2'. A checkmark icon is visible in the bottom right corner of this text area. The main section is titled 'Supine Bridge - Caterpillar' and includes a 'Prescribe' checkbox which is checked. Below the title is a 'Description:' paragraph and a 'Special Instructions:' section with three bullet points: 'Focus on squeezing the gluts (buttocks)', 'Maintain a rolling ("caterpillar") motion to raise and lower your pelvis/spine', and 'Do not hold the breath'. Underneath the special instructions are two blue buttons labeled 'PRINT' and 'EMAIL'. Below these is another 'Instructions to Patient:' text area with the same text as the first one. At the bottom of the interface are three blue buttons: 'PRINT SELECTED', 'EMAIL SELECTED', and 'SAVE', followed by a 'CANCEL' button.

### Print Selected or Email Selected

With one simple click or tap you will be able print or email all of the prescribed exercises

## Prescribing Rehabilitation Programs (cont'd)...

Your patient will receive a copy of all of the exercises you have prescribed as part of their rehabilitation program – either in their email inbox as a PDF or in a printed hard copy.

### Abdominal Bracing - Prone Hip Extension (Swissball)

---

Type: Exercise

Description: Begin face down with your abdomen & pelvis supported on a swissball, with the hands & feet on the floor. Find a "neutral spine" posture, perform abdominal bracing and squeeze the gluts (buttocks). Slowly raise 1 leg until the leg is inline with the body, without arching or rotating the spine.

Special Instructions:

- Do not hold the breath, lose "neutral spine" posture, shrug the shoulders, rotate the trunk, or lift the head

Instructions:

Reps: 10

Sets: 3

Per day: 2

Start position



Begin face down with your abdomen & pelvis supported on a swissball, with the hands & feet on the floor. Find a "neutral spine" posture, perform abdominal bracing and squeeze the gluts (buttocks).

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Finish position



Slowly raise 1 leg until the leg is inline with the body, without arching or rotating the spine.

### Example PDF

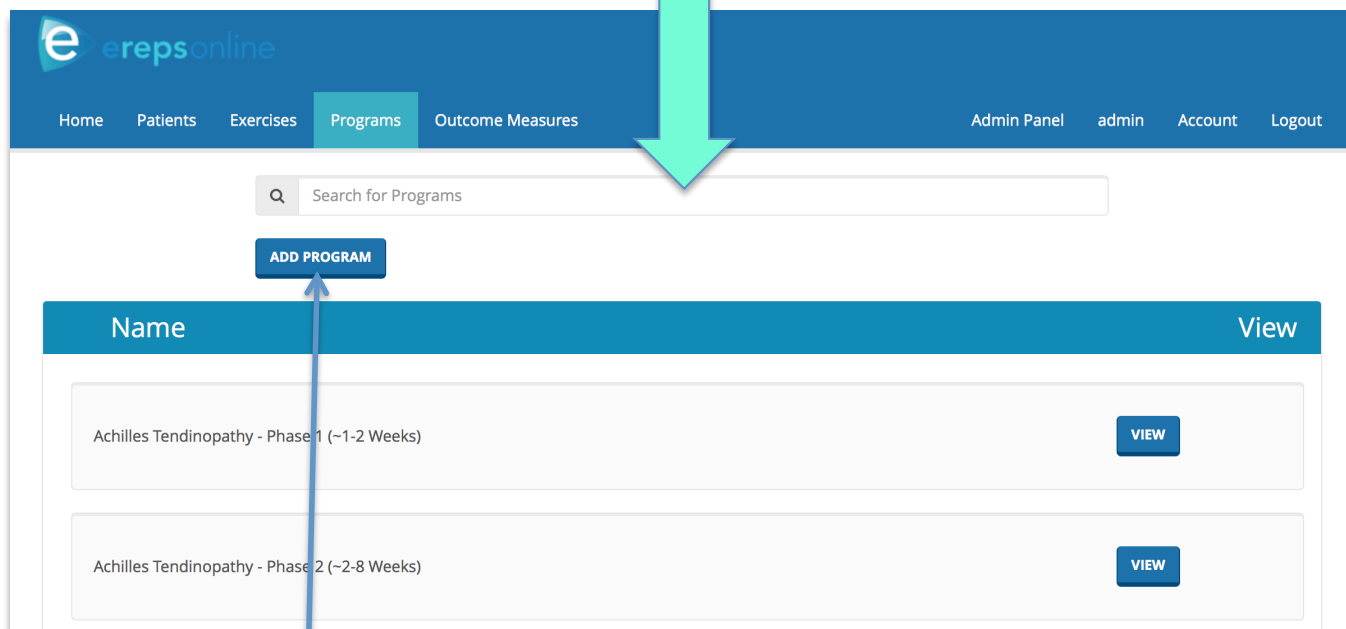
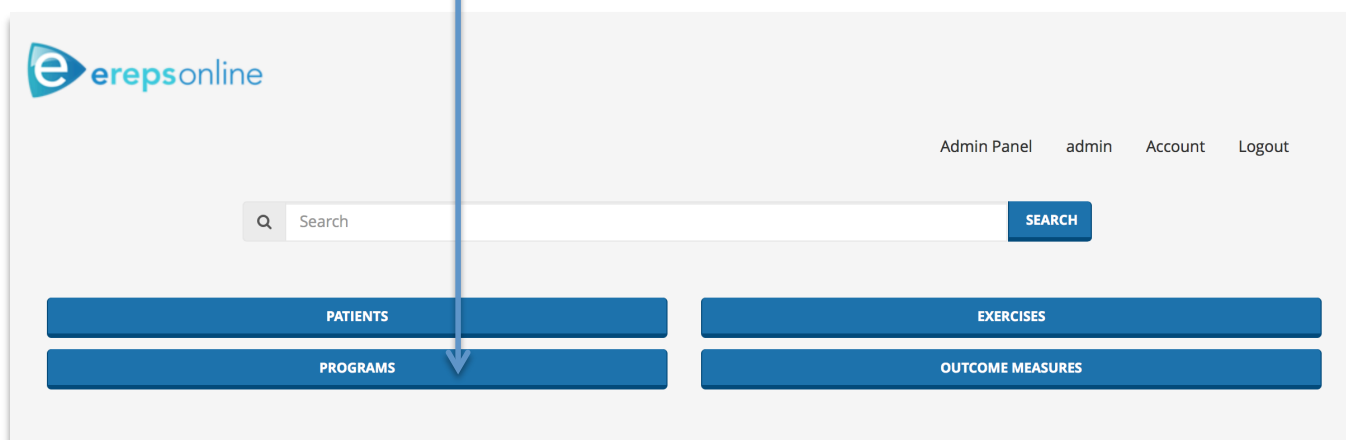
Each PDF will include the exercise description, instructions on the number of reps, sets and frequency, any special instructions and pictures

## Create your own Custom Programs\*

From the erepsonline Index page, click or tap the Programs button. You will be taken to the Search for Programs page – then simply click or tap Add Program.

### Programs button

Click or tap the Programs button to create a rehabilitation or exercise program



### Add Program

Click or tap the Add Program button

\*N.B.: Only the user will be able to view their custom program (i.e. no other subscriber to erepsonline will be able to view your custom programs)



## Create your own Custom Programs\* (cont'd)...

Create your new custom rehabilitation or exercise program by entering the title of the program, typing the goals of the program, and input the criteria to progress to the next phase of the program.

### Title

Enter the title of your custom rehabilitation or exercise program

erepsonline

Home Patients Exercises Programs Outcome Measures Admin Panel admin Account Logout

### Add a Program

Title

Goals

Criteria to Progress

SAVE

### Goals and Criteria to Progress

Insert the goals of your program, then enter the criteria to progress to the next phase of your custom program

### Save exercise

Once you entered all of your program details, click or tap SAVE

\*N.B.: Only the user will be able to view their custom program (i.e. no other subscriber to erepsonline will be able to view your custom programs)

## Create your own Custom Programs\* (cont'd)...

Once you have saved your program details, simply click or tap in the search field and look for the exercises you want to add to your custom program – erepsonline allows you to search by exercise name, keywords or tags. You can even organize the order of your custom program by simply dragging and dropping your selected exercises.

Your custom program will be available to prescribe to your patients from the Patient view page.

Title  
Lumbar Intervertebral Disc Lesion - Phase 1

Goals  
• Minimize inflammation  
• Reduce mechanical stresses on the disc

Active Care / Rehabilitation  
• Cryotherapy

Criteria to Progress  
Criteria for progression to Phase 2  
• Patient demonstrates understanding of proper sitting posture, body mechanics during transfers, and pain relieving positions  
• Patient demonstrates basic principles of abdominal hollowing in an unloaded position

SAVE

Linked Exercises  
Add: [Search] SEARCH

**Add exercises to your program**  
Enter an exercise name, keyword or tag in the search field

Linked Exercises  
Add: [Search]

Exercises

- Anterior Hip Capsule Mobilization (Resistance Band-Assisted)
- Lumbopelvic Mobilization - Hook-Lying (Seated)
- Lumbopelvic Mobilization - Supine Knee-to-Chest (Single Knee - Advanced)
- Lumbopelvic Mobilization - Supine Lower Trunk Rotations (Single Leg)
- Neural Mobilization - Neural Tension / Flossing (Median Nerve)
- Neural Mobilization - Neural Tension / Flossing (Radial Nerve)
- Neural Mobilization - Neural Tension / Flossing (Seated Double Leg)
- Neural Mobilization - Neural Tension / Flossing (Seated Single Leg)
- Neural Mobilization - Neural Tension / Flossing (Supine with Lower Trunk Rotation)
- Neural Mobilization - Neural Tension / Flossing (Supine)

**Select your exercises**  
Click or tap the exercises to add them to your program

Criteria to Progress  
Criteria for progression to Phase 2  
• Patient demonstrates understanding of proper sitting posture, body mechanics during transfers, and pain relieving positions  
• Patient demonstrates basic principles of abdominal hollowing in an unloaded position

SAVE

Linked Exercises  
Add: [Search]

Exercises

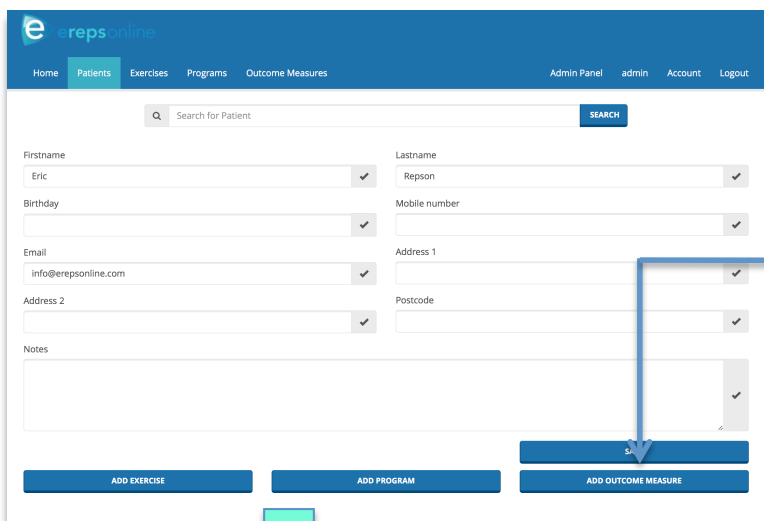
- Lumbopelvic Mobilization - Cat Mobilisation
- Lumbopelvic Mobilization - Hook-Lying (Supine)
- Lumbopelvic Mobilization - Hook-Lying (4-point Stance)

**Organize your exercises**  
Simply drag and drop to re-order your selected exercises

\*N.B.: Only the user will be able to view their custom program (i.e. no other subscriber to erepsonline will be able to view your custom programs)

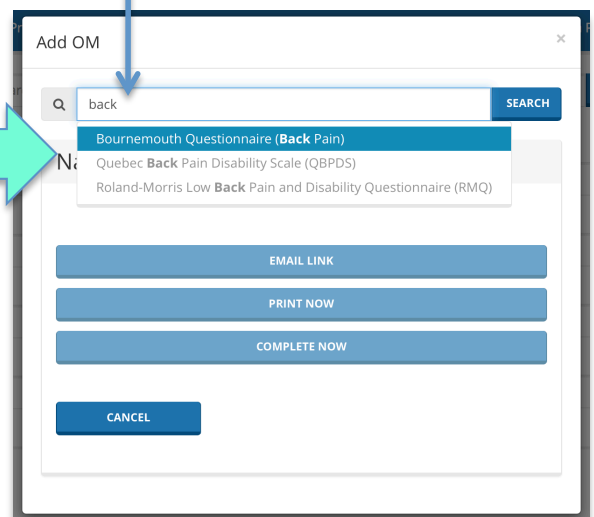
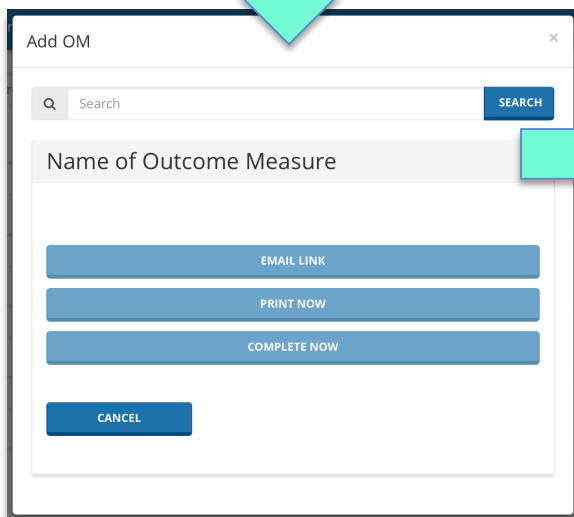
## Selecting Outcome Measures

From your Patient view page, select Add Outcome Measure – a popup floating screen will appear. Click or tap in the search field and look for the outcome measure you want to choose – erepsonline allows you to search by the outcome measure name, keywords or tags.



**Add Outcome Measure**  
Click or tap the Add Outcome Measure button

**Search for outcome measures**  
Enter an outcome measure name, keyword or tag in the search field



## Selecting Outcome Measures (cont'd)...

Once you have selected your outcome measure, a new screen will appear with a brief description of the measurement tool, its scoring and interpretation.

Simply choose from the buttons – Email Link, Print Now, Complete Now – to allow your patient to complete the outcome measure.

Add OM

q search SEARCH

### Roland-Morris Low Back Pain and Disability Questionnaire (RMQ)

The Roland-Morris Questionnaire (RMQ) is a self-administered disability measure in which greater levels of disability are reflected by higher numbers on a 24-point scale. The RMQ has been shown to yield reliable measurements, which are valid for inferring the level of disability, and to be sensitive to change over time for groups of patients with low back pain.

**Scoring:**  
Add up the total number of statements selected as TRUE to get a patient's score.

**Interpretation:**  
Roland and Morris did not provide descriptions of the varying degrees of disability (eg, 40%-60% is severe disability). Clinical improvement over time can be graded based on the analysis of serial questionnaire scores. If, for example, at the beginning of treatment, a patient's score was 12 and, at the conclusion of treatment, their score was 2 (10 points of improvement), we would calculate an 83%  $(10/12 \times 100)$  improvement.

EMAIL LINK

PRINT NOW

COMPLETE NOW

CANCEL

### Email, Print, Complete Now

Click or tap the appropriate button to have your patient complete the outcome measure.

If you select email link, the patient will be able to complete the outcome measure on their own computer, tablet or smart phone – eresponse will score and graph the results for you.

### Completing the Outcome Measure

The patient simply clicks or taps the most appropriate answer to each question and eresponse will do the rest.

#### Roland-Morris Low Back Pain and Disability Questionnaire (RMQ)

When your back hurts, you may find it difficult to do some of the things you normally do. This list contains sentences that people have used to describe themselves when they have back pain. When you read them, you may find that some stand out because they describe you today. As you read the list, think of yourself today. When you read a sentence that describes you today, select TRUE. If the sentence does not describe you, then select FALSE and go on to the next one. Remember, only select TRUE if you are sure it describes you today.

Question: I stay at home most of the time because of my back.

- True  
 False

Question: I change position frequently to try to get my back comfortable.

- True  
 False

Question: I walk more slowly than usual because of my back.

- True  
 False

Question: Because of my back, I am not doing any jobs that I usually do around the house.

- True  
 False

## Viewing Outcome Measures

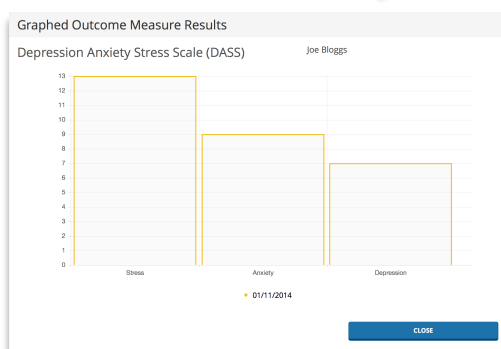
The results of completed outcome measures are visible on the bottom of the Patient view page. The date the outcome measures were taken and the overall score can be easily seen from this page.

For a more detailed analysis of the completed outcome measures, you can see graphed results by clicking or tapping the link under OM Name. Additionally, you can see the actual patient response to the questions by clicking or tapping the View button.

OM Name	Date Taken	Score		
<a href="#">Neck Disability Index (NDI)</a>	01/11/2014	24%	<a href="#">VIEW</a>	<a href="#">DELETE</a>
<a href="#">ADD</a>				
OM Name	Date Taken	Score		
<a href="#">Depression Anxiety Stress Scale (DASS)</a>	01/11/2014	29	<a href="#">VIEW</a>	<a href="#">DELETE</a>
<a href="#">ADD</a>				
OM Name	Date Taken	Score		
<a href="#">Activities-Specific Balance Confidence (ABC) Scale</a>	31/10/2014	97%	<a href="#">VIEW</a>	<a href="#">DELETE</a>
<a href="#">ADD</a>				

**OM Name link**  
Click or tap the link to view graphed results

**View button**  
Click or tap the View button to see patient responses



Stress score: 13  
Anxiety score: 9  
Depression score: 7  
Question: I found myself getting upset by quite trivial things  
1  
Question: I was aware of dryness of my mouth  
0  
Question: I couldn't seem to experience any positive feeling at all  
1  
Question: I experienced breathing difficulty (eg, excessively rapid breathing, breathlessness in the absence of physical exertion)  
1  
Question: I just couldn't seem to get going  
1

## Add further Outcome Measures to monitor progress

You can easily monitor treatment progress by having your patient complete additional outcome measures throughout their management. Simply click or tap the Add button under the previously completed outcome measure link. A new screen will appear with buttons – Email Link, Print Now, Complete Now – to allow your patient to complete the outcome measure.

erepsonline will be able to score and graph the results for comparison.

OM Name	Date Taken	Score		
<a href="#">Neck Disability Index (NDI)</a>	01/11/2014	24%	<a href="#">VIEW</a>	<a href="#">DELETE</a>
<a href="#">ADD</a>				
OM Name	Date Taken	Score		
<a href="#">Depression Anxiety Stress Scale (DASS)</a>	01/11/2014	29	<a href="#">VIEW</a>	<a href="#">DELETE</a>
<a href="#">ADD</a>				
OM Name	Date Taken	Score		
<a href="#">Activities-Specific Balance Confidence (ABC) Scale</a>	31/10/2014	97%	<a href="#">VIEW</a>	<a href="#">DELETE</a>
<a href="#">ADD</a>				

### Add outcome measure

Click or tap the Add button. Then simply click or tap the appropriate button to have your patient complete the outcome measure.

Add OM ×

Depression Anxiety Stress Scale (DASS)

[EMAIL LINK](#)

[PRINT NOW](#)

[COMPLETE NOW](#)

[CANCEL](#)

**An important note**

Please read this document before you start using erepsonline.

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