

## What's included?

- Over 3000 individual exercises\* that can be individually searched for, selected, and prescribed manually.
- Evidence-based rehabilitation programs\* for specific and general conditions.
  - The rehabilitation programs have been created based on the best current available evidence
  - The rehabilitation programs include some of the most common pathophysiological conditions, surgeries and corrective exercise approaches for each region.
- The most reliable, valid and utilized outcome assessment tools\*

*\* The database will continue to grow as we add more evidence-based rehabilitation programs, individual exercises and outcome assessment tools into the system*

## Rehabilitation Programs

- Lumbopelvic corrective exercise program
- Lumbopelvic pain disorders
- Lumbar microdiscectomy
- Lumbar spinal fusion and laminectomy
- Lumbar intervertebral disc lesion
- Lumbar spondylolithesis
- Lumbar spinal stenosis
- Hip corrective exercise program
- Hip arthroscopy
- Total hip arthroplasty
- Hamstring strain
- Femoroacetabular impingement (nonoperative)
- Greater trochanteric pain syndrome
- Adductor strain
- Knee corrective exercise program
- Patellofemoral pain syndrome
- Quadriceps contusion / strain
- Patellar dislocation
- Patellar tendinopathy
- Partial meniscectomy
- Meniscus repair
- Anterior cruciate ligament reconstruction
- Medial collateral ligament sprain (grades 1 sprain)
- Medial collateral ligament sprain (grades 2 and 3 sprains)
- Posterior cruciate ligament injuries (nonoperative)
- Posterior cruciate ligament reconstruction
- Total knee arthroplasty
- Ankle and foot corrective exercise program
- Lateral ankle sprain

- Calf Strain
- Medial tibial stress syndrome
- Achilles tendinopathy
- Plantar fasciitis
- Lateral ligament reconstruction
- Achilles tendon repair
- Thoracic spine corrective exercise program
- Spinal fusion in adolescent idiopathic scoliosis
- Cervical spine corrective exercise program
- Neck pain syndromes
- Whiplash-associated disorders
- Cervical disc lesion / radiculopathy
- Cervical discectomy and spinal fusion
- Shoulder girdle corrective exercise program
- Scapular Dyskinesis
- Rotator cuff tendinopathy
- Adhesive capsulitis (frozen shoulder)
- Anterior shoulder instability (nonoperative)
- Anterior shoulder stabilization
- Superior labrum anterior to posterior repair (SLAP repair)
- Rotator cuff repair
- Elbow corrective exercise program
- Lateral elbow tendinopathy
- Flexor / pronator tendinopathy
- Extensor brevis release and lateral epicondylectomy
- Ulnar nerve transposition
- Medial (ulnar) collateral ligament reconstruction
- Wrist and hand corrective exercise program
- Osteoarthritis of the first carpometacarpal joint
- Scaphoid fracture (nonoperative)
- Distal radius fracture (nonoperative)
- Carpal tunnel release
- Dupuytren's fasciectomy
- Hip surgery prehabilitation program
- Knee surgery prehabilitation program
- Spine surgery prehabilitation program
- Return to Running – Hamstring Program
- Return to Running – Medial tibial stress syndrome program
- Return to Running – absence from training > 4 weeks
- Dynamic warm-up – Golf
- Dynamic warm-up – Tennis
- Dynamic warm-up – Sprinting & Jumping Sports
- Dynamic warm-up – Throwing sports
- FMS protocols
- SFMA protocols
- Balance exercise program
- Gaze stabilization / Vestibular rehabilitation training progressions (Gaze fixation; Pursuits; Micro-saccades; Saccades; OPK)
- POTS exercise programs
- FNOR protocols\*\*

*Continued on next page...*

Where there is evidence available, each rehabilitation program has been phased (e.g. 1,2,3 etc) with goals and criteria to progress through each phase.

*\*\* Erepsonline is a strategic partner of FNOR (Functional Neuro-Orthopedic Rehabilitation)*

## Outcome Measures

- 8-item Unified Parkinson's Disease Rating Scale (UPDRS-8)
- Activities-Specific Balance Confidence (ABC) Scale
- Anterior Cruciate Ligament Return to Sport After Injury (ACL-RSI) scale – Short Version
- Bournemouth Questionnaire (Back Pain)
- Bournemouth Questionnaire (Neck Pain)
- Convergence Insufficiency Symptom Survey (CISS)
- Croft Disability Questionnaire (Shoulder)
- Cuestionario FAB (Spanish version of the FABQ)
- Cumberland Ankle Instability Tool (CAIT)
- Depression Anxiety Stress Scale (DASS)
- Depressie Angst Stress Schaal (Dutch Translation of DASS)
- Depression Anxiety Stress Scale (DASS) – Spanish Translation
- Dizziness Handicap Inventory (DHI)
- Falls Efficacy Scale – International (FES-I)
- Fatigue Severity Scale (FSS)
- Fear Avoidance Beliefs Questionnaire (FABQ)
- Fear Avoidance Beliefs Questionnaire Dutch Version (FABQ-DV)
- Five Facet Mindfulness Questionnaire (FFMQ)
- Foot and Ankle Disability Index (FADI)
- Foot and Ankle Outcome Score (FAOS)
- Freiburg Mindfulness Inventory (FMI)
- Generalised Anxiety Disorder Assessment (GAD-7)
- Headache Disability Index (HDI)
- Hip dysfunction and Osteoarthritis Outcome Score (HOOS)
- Injury-Psychological Readiness to Return to Sport (I-PRRS) scale
- The Keele STarT Back Screening Tool (SBST)
- Kessler Psychological Distress Scale (K10)
- Kessler Psychological Distress Scale (K10) - Spanish Translation
- Knee Injury and Osteoarthritis Outcome Score (KOOS)
- Low Back Disability Questionnaire (Revised Oswestry)
- Lower Extremity Functional Scale (LEFS)
- The Migraine Disability Assessment Questionnaire (MIDAS)
- Modified Somatic Perceptions Questionnaire (MSPQ)
- Morningness-Eveningness Questionnaire (MEQ)
- Neck Disability Index (NDI)
- Nijmegen Questionnaire (NQ)
- Örebro Musculoskeletal Pain Screening Questionnaire Short-form (OMPSQ-10)
- Oswestry Disability Index (ODI)
- Pain Attitudes Questionnaire revised (PAQ-R)
- Pain Catastrophizing Scale (PCS)
- Pain Catastrophizing Scale (PCS) – Spanish Translation
- Pain Coping Inventory (PCI)
- Pain Self-Efficacy Questionnaire (PSEQ)
- Patient Health Questionnaire (PHQ-9)

- Patient-Rated Wrist Evaluation (PRWE)
- Perceived Stress Scale (PSS)
- Post-Concussion Symptom Scale (PCSS)
- Professional Quality of Life Scale (ProQOL)
- Quadruple Numerical Rating Scale (QNRS)
- Quebec Back Pain Disability Scale (QBPDS)
- RAND 36-Item Health Survey (SF-36)
- Rivermead Post-Concussion Symptoms Questionnaire (RPQ)
- Roland-Morris Low Back Pain and Disability Questionnaire (RMQ)
- Short-Form 12 Health Survey (SF-12)
- Shoulder Pain and Disability Index (SPADI)
- Sleep Disorder Screening Questionnaire
- Somatic Symptom Scale - 8 (SSS-8)
- Subjective Units of Distress Scale (SUDS)
- Tampa Scale for Kinesiophobia (TSK)
- The Positive and Negative Affect Schedule (PANAS)
- Upper Extremity Functional Index (UEFI)
- Vertigo Symptom Scale – Short Form (VSS-SF)
- Victorian Institute of Sport Assessment – Achilles Questionnaire (VISA-A)
- Whiplash Disability Questionnaire (WDI)

If you would like any further information regarding Erepsonline | evidence-based rehabilitation and exercise therapy prescription software with in-built outcome measures, please email [info@erepsonline.com](mailto:info@erepsonline.com)

Kind regards,

-Team Erepsonline  
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Erepsonline is a strategic partner of:

- FNOR (Functional Neuro-Orthopedic Rehabilitation)
- FAKTR (Functional and Kinetic Treatment with Rehabilitation)

