



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



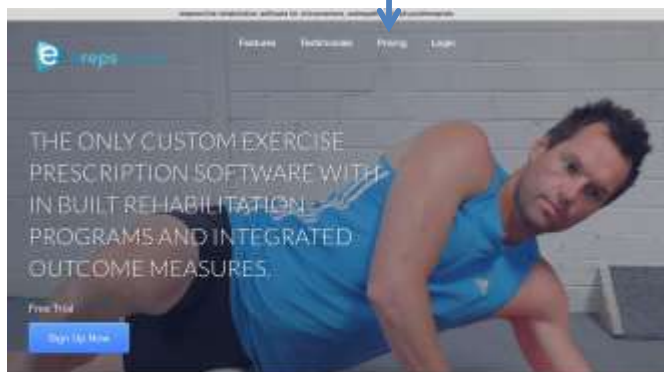
Google
Australia

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

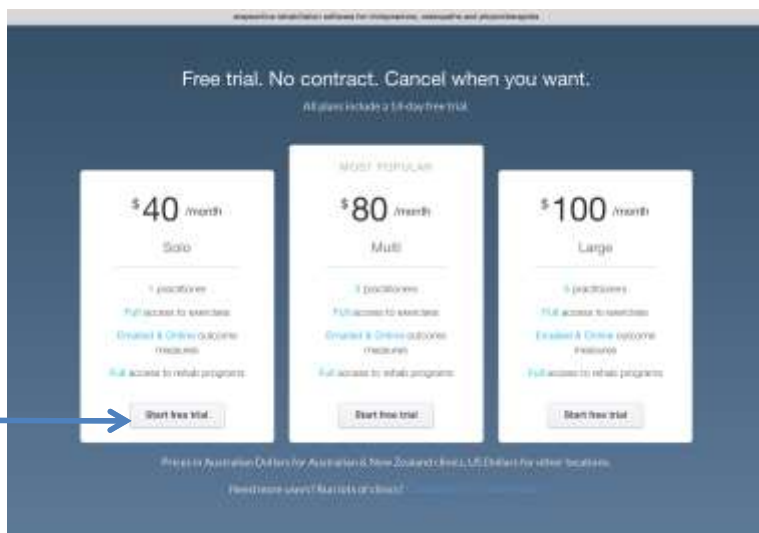
Click or tap the Pricing link



Integrate the latest clinical research into your rehabilitation programs.
And know we are updating it all the time.

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

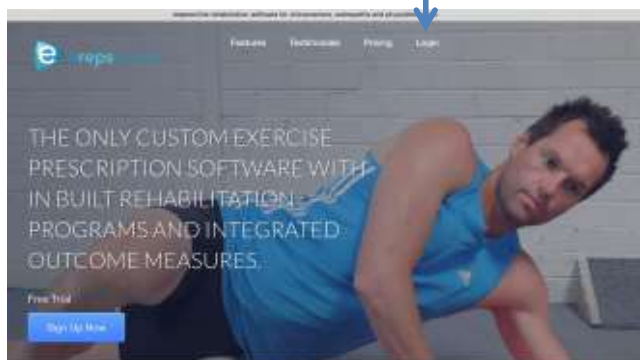
Simply enter the required information by following the onscreen instructions

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

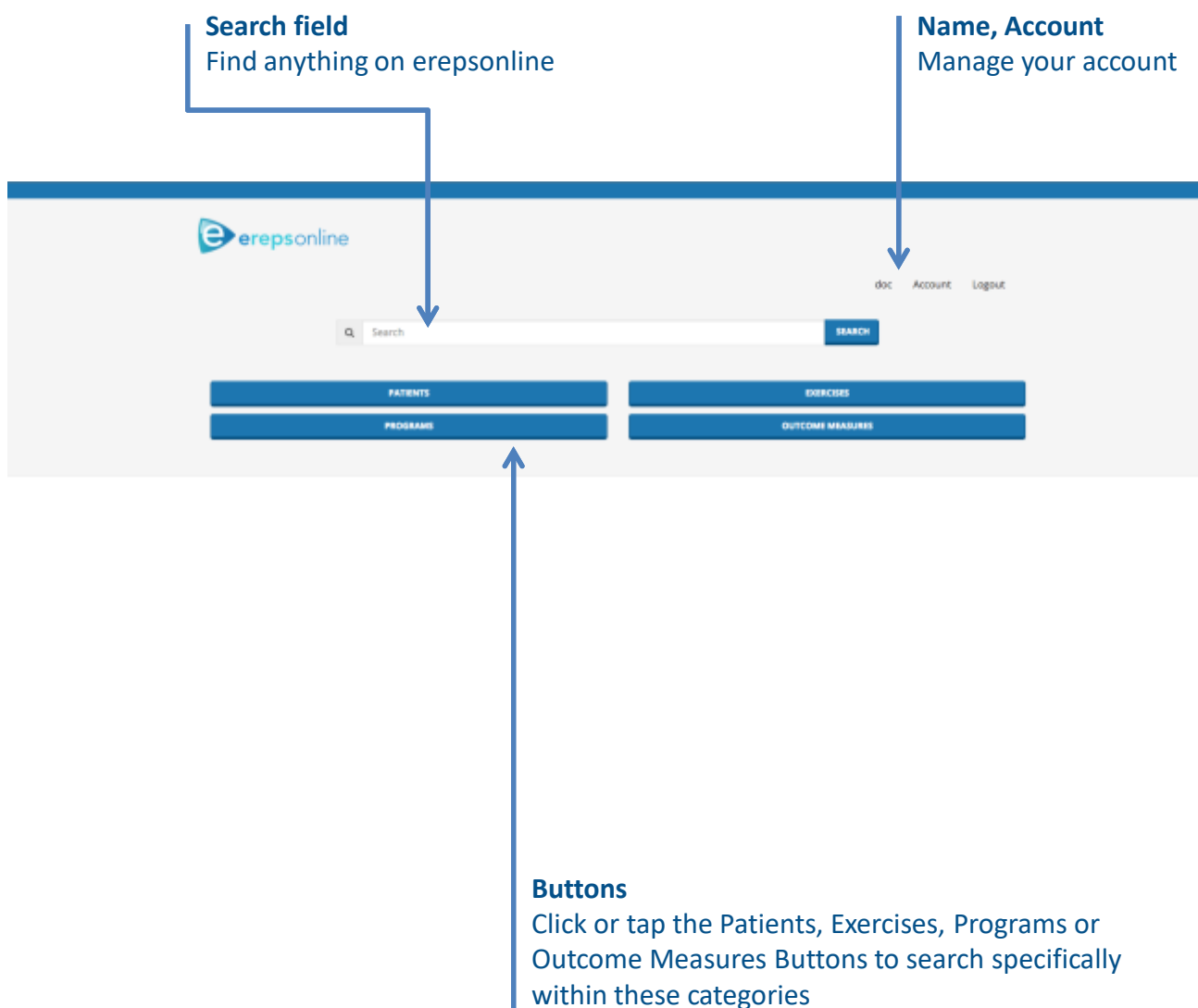
Forgot your password?

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.

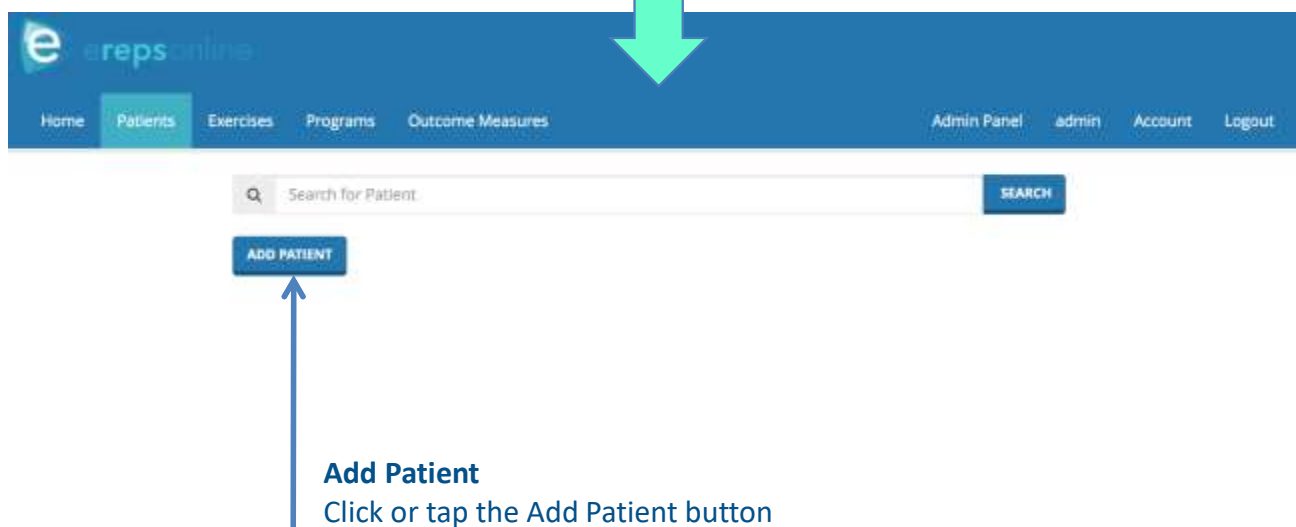
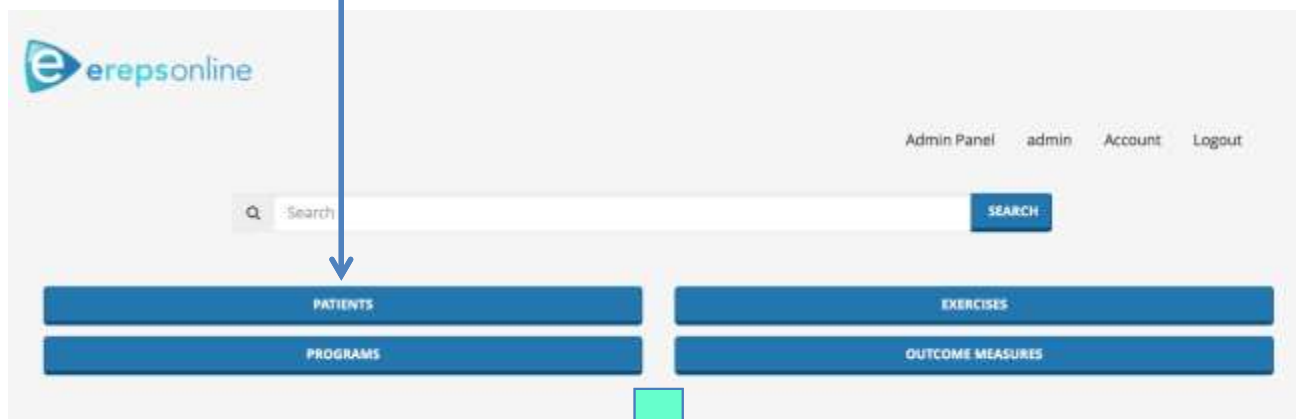


Create a Patient

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



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 'e-reps online' interface for creating a new patient. The top navigation bar includes 'Home', 'Patients', 'Exercises', 'Programs', and 'Outcome Measures'. On the right, there are links for '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:

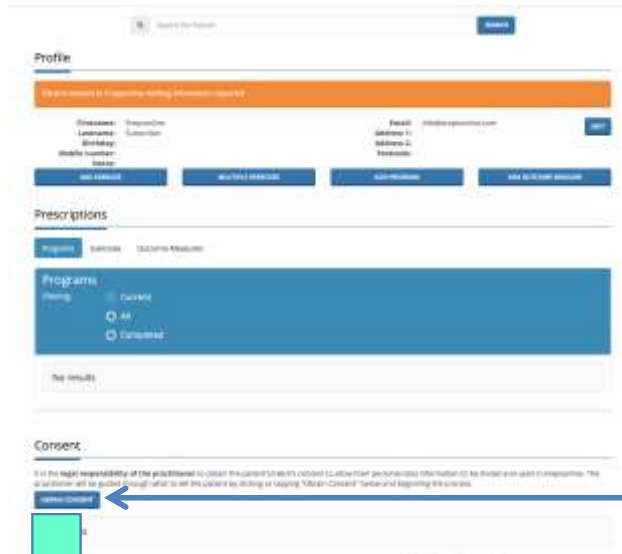
Each input field has a small checkmark icon on the right side. At the bottom right of the form is a blue 'SAVE' button.

Save patient

Once you entered your patients details, click or tap SAVE

Obtain Patient Consent

From your Patient profile page an orange consent required banner may appear. Click or tap the Obtain Consent button on the bottom of the page – a popup floating screen will appear. Obtain your patient’s consent for Erepsonline to store and use their information.



Obtain Consent
Click or tap the Obtain Consent button

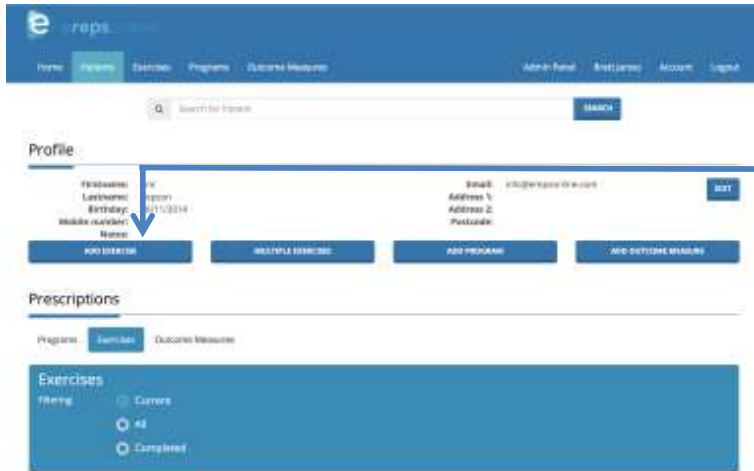


Consent Provided
Status of the patient consent – Accepted, Date and whether consent is Current



Prescribing Exercises

From your Patient profile 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.



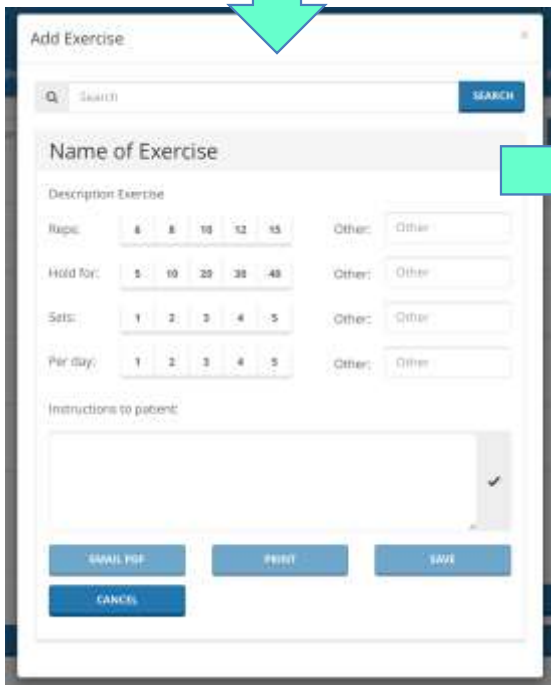
The screenshot shows the 'Patient Profile' page in the e-reps system. At the top, there is a navigation bar with 'Home', 'Patients', 'Diagnosis', 'Programs', and 'External Resources'. Below this is a search bar with the text 'Search for Patient' and a 'SEARCH' button. The profile information includes fields for 'First Name', 'Last Name', 'Birthday', 'Mobile Number', 'Email', 'Address 1', 'Address 2', and 'Postcode'. A blue arrow points to the 'ADD EXERCISE' button located below the profile information. Below the profile is a 'Prescriptions' section with tabs for 'Programs', 'Exercises', and 'External Resources'. Under the 'Exercises' tab, there are radio buttons for 'Filtering', 'All', and 'Completed'.

Add Exercise

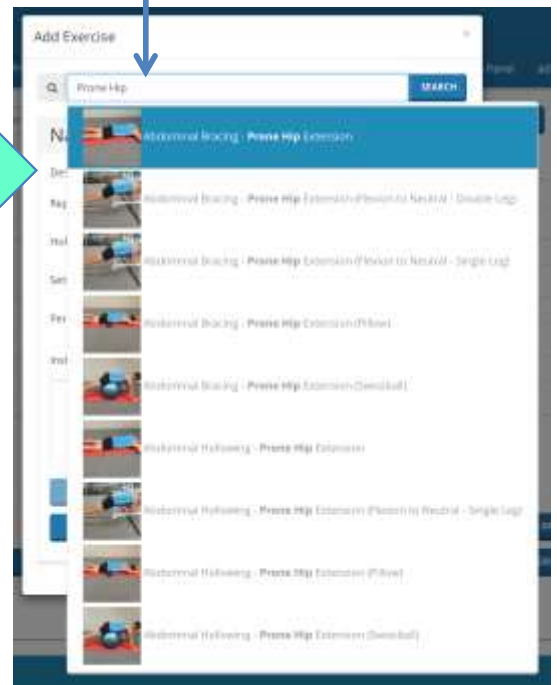
Click or tap the Add Exercise button

Search for exercises

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



The screenshot shows the 'Add Exercise' popup form. It has a search bar at the top with the text 'Search' and a 'SEARCH' button. Below the search bar is a section titled 'Name of Exercise' with a text input field. Underneath, there are several rows of radio buttons for 'Reps', 'Hold for', 'Sets', and 'Per day', each with options 1 through 5. There are also 'Other: Other' input fields for each row. At the bottom, there is a text area for 'Instructions to patient' and three buttons: 'VIEW PDF', 'PRINT', and 'SAVE'. A blue arrow points to the 'Name of Exercise' search field.



The screenshot shows the 'Add Exercise' popup form with search results. The search bar contains the text 'Prone Hip' and a 'SEARCH' button. Below the search bar, there is a list of search results. The first result is highlighted with a blue arrow. The results list includes columns for 'Name', 'Description', 'Reps', 'Hold for', 'Sets', and 'Per day'. The first result is 'Abdominal Bracing - Prone Hip Extension'.

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

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: 4 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.

Single Leg Stance Training - Wall Isometric (Hip and Shoulder)

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Type: Exercise

Prescribed: 30/08/2018

Description: Stand beside a wall with the feet hip-width-apart, with head, shoulders and pelvis in alignment. Find and maintain a "neutral spine" posture - making sure the low back muscles are relaxed. Raise the right foot off the floor by flexing the hip, weight bearing on the left leg (keeping the left knee extended) focusing on gluteal activation. Raise the right arm by flexing the shoulder so that the forearm is vertical on the wall. Slowly and smoothly push the right knee and right forearm out into the wall, while maintaining the single leg stance on the left leg for the prescribed duration, or stop if you lose steadiness anywhere along the weight bearing kinetic chain. Repeat the exercise weight bearing on the right leg.

Special Instructions:

- Focus on maintaining gluteal activation
- If you lose steadiness anywhere along the weight bearing kinetic chain, stop the exercise
- Perform diaphragmatic breathing throughout

Instructions:

Hold For: 60 seconds

Sets: 5

Per day: 3

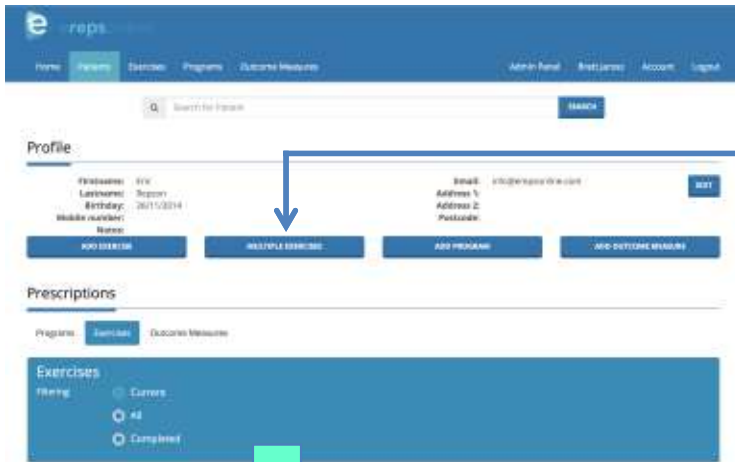
Single leg stance - hip and shoulder wall isometric: Slowly and smoothly push the right knee and right forearm out into the wall, while maintaining the single leg stance on the left leg for the prescribed duration, or stop if you lose steadiness anywhere along the weight bearing kinetic chain. Repeat the exercise weight bearing on the right leg.

Example PDF

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

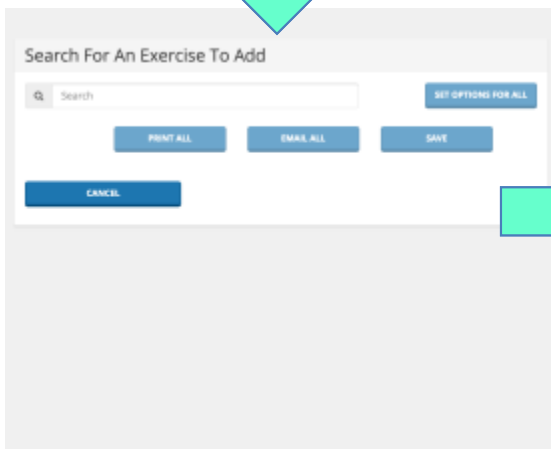
Prescribing Multiple Exercises

From your Patient profile 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.



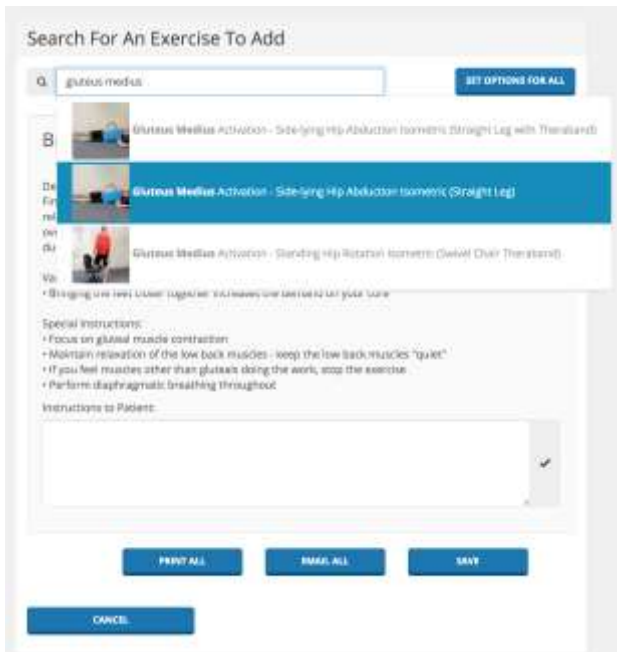
Multiple Exercises
Click or tap the Multiple Exercises button

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



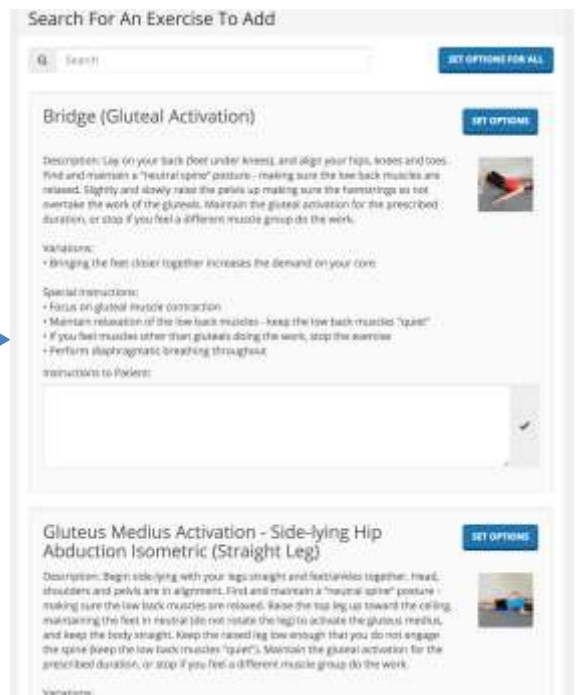
Prescribing Multiple Exercises (cont'd)...

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.



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

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 foot 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: 8 9 10 11 12 13 14 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.

Bridge (Gluteal Activation)

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Gluteal activation isometric

Type: Exercise **Prescribed:** 30/05/2018

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:

Hold For: 60 seconds
Sets: 5
Per day: 2

Gluteal activation isometric: 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.


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 with Theraband)

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Side-lying Abduction isometric

Type: Exercise **Prescribed:** 30/05/2018

Description: Begin side-lying with a theraband tied around your thighs, and 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" and do not side bend the low back). Maintain the gluteal activation for the prescribed duration, or stop if you feel a different muscle group do the work.

Variations:

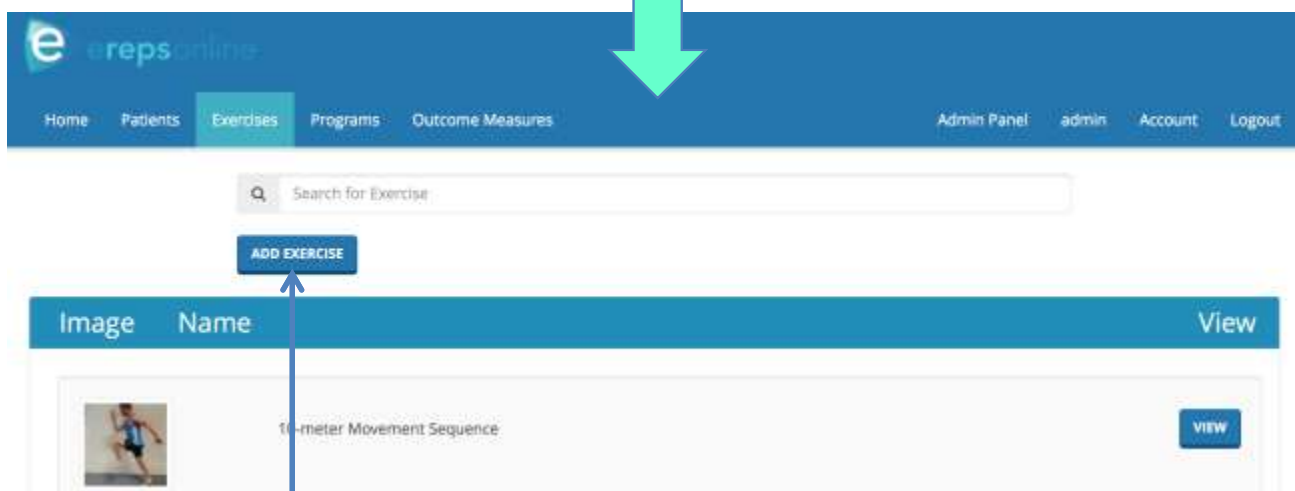
- Support the spine with a pillow or a decompression belt to help maintain a "neutral spine" posture - making sure the spine is not engaged.
- Lay with your spine against a wall to help with stability

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 ereps online system. The form is titled 'Add an Exercise' and is located under the 'Exercises' menu. The form has four main input fields: 'Title', 'Type', 'Description', and 'Tags'. The 'Type' field is a dropdown menu with the text 'Please Select an Exercise'. The 'Description' and 'Tags' fields are text areas. A blue 'SAVE' button is located at the bottom right of the form. A blue arrow points from the 'Create a custom exercise' text to the 'Title' field. Another blue arrow points from the 'Description and Tags' text to the 'Description' and 'Tags' fields. A third blue arrow points from the 'Save exercise' text 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 profile page.

Edit an Exercise

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

Type: Exercise

Description: Lie on your side with your legs straight and resting on the bottom leg and upper body supported on your forearm. Find and maintain a neutral posture (avoid excessive rounding and a 'long' neutral cervical spine position). Slowly raise the top upward and into extension so that the shoulders, spine and pelvis are aligned in a neutral plane. Lift the top leg up toward the ceiling, hip abducted to extend the gluteals. Hold this position for the prescribed duration, while continuing to breath normally. Repeat on the opposite side.

Tags: Y2D5, core stability, core stability, deep abdominal activation training, gluteal activation

Images: **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

New Image

Title:

Description: This exercise is recommended... (text partially obscured)

SAVE **CANCEL**

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

Edit an Exercise

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

Type: Exercise

Description: Lie on your side with your legs straight and resting on the bottom leg and upper body supported on your forearm. Find and maintain a neutral posture (avoid excessive rounding and a 'long' neutral cervical spine position). Slowly raise the top upward and into extension so that the shoulders, spine and pelvis are aligned in a neutral plane. Lift the top leg up toward the ceiling, hip abducted to extend the gluteals. Hold this position for the prescribed duration, while continuing to breath normally. Repeat on the opposite side.

Tags: Y2D5, core stability, core stability, deep abdominal activation training, gluteal activation

Images: **SELECT FILE** **UPLOAD**

Start position:
Find and maintain a neutral posture - shoulders

Finish position:
Lift the top 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 ereponline will be able to view your custom exercises)

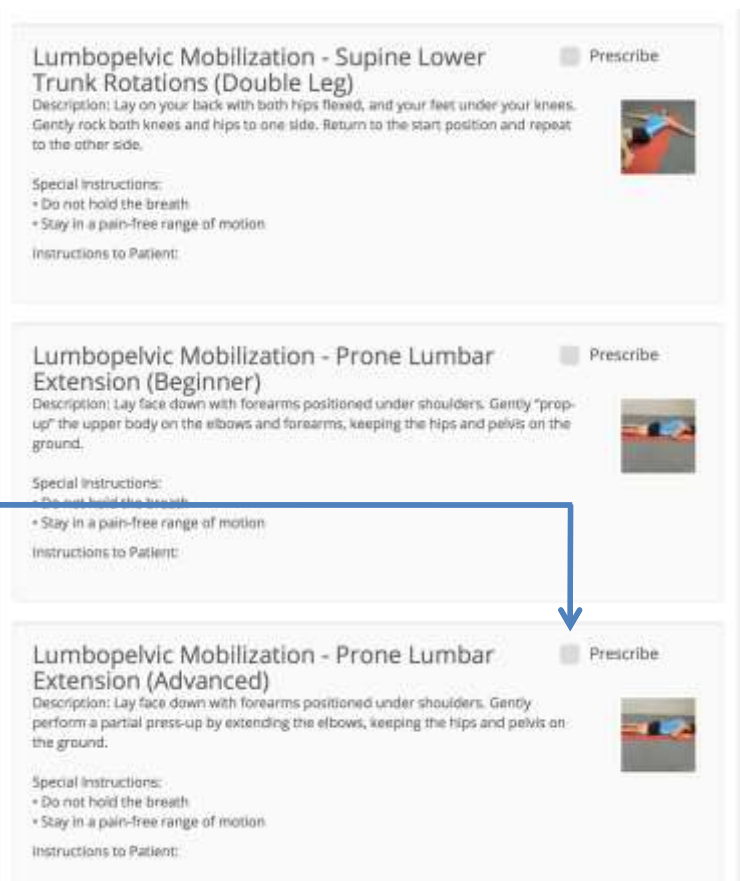
Prescribing Rehabilitation Programs (cont'd)...

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



The screenshot displays three exercise cards for Lumbopelvic Mobilization. Each card includes a title, a description, special instructions, and a 'Prescribe' button. A blue arrow points from the 'Prescribe' button on the first card to the 'Prescribe' button on the third card.

- Card 1:** Lumbopelvic Mobilization - Supine Lower Trunk Rotations (Double Leg). Description: Lay on your back with both hips flexed, and your feet under your knees. Gently rock both knees and hips to one side. Return to the start position and repeat to the other side. Special Instructions: Do not hold the breath; Stay in a pain-free range of motion.
- Card 2:** Lumbopelvic Mobilization - Prone Lumbar Extension (Beginner). Description: Lay face down with forearms positioned under shoulders. Gently "prop-up" the upper body on the elbows and forearms, keeping the hips and pelvis on the ground. Special Instructions: Do not hold the breath; Stay in a pain-free range of motion.
- Card 3:** Lumbopelvic Mobilization - Prone Lumbar Extension (Advanced). Description: Lay face down with forearms positioned under shoulders. Gently perform a partial press-up by extending the elbows, keeping the hips and pelvis on the ground. Special Instructions: Do not hold the breath; Stay in a pain-free range of motion.

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 software interface for prescribing rehabilitation exercises. It features two main exercise cards. The top card is partially visible, showing 'Special Instructions' and 'Instructions to Patient' for an exercise. The bottom card is titled 'Hip Abduction Isometrics (Supine)' and includes a 'Prescribe' checkbox, a description, 'Special Instructions', and 'Instructions to Patient'. Below the exercise cards are three buttons: 'PRINT SELECTED', 'EMAIL SELECTED', and 'SAVE'. At the very bottom is a 'CANCEL' button. Blue arrows from the text on the left point to the 'PRINT' and 'EMAIL' buttons on the second exercise card, and to the 'PRINT SELECTED' button at the bottom of the interface.

Special Instructions:

- Focus on glut squeeze
- Maintain abdominal hollowing
- Do not hold the breath, lose "neutral spine" posture, hyperextend the lower back or rotate the pelvis

Instructions to Patient:

Reps: 10
Hold For: 30 seconds
Per day: 3

PRINT **EMAIL**

Hip Abduction Isometrics (Supine) Prescribe

Description: Lay on your back beside a wall, with your legs extended. Find "neutral spine" posture, perform abdominal bracing & squeeze gluts. Gently push the leg out into the wall

Special Instructions:

- Focus on glut squeeze
- Maintain abdominal bracing
- Do not hold the breath, lose "neutral spine" posture, hyperextend the lower back or rotate the pelvis

Instructions to Patient:

Hold For: 60 seconds
Sets: 5
Per day: 3

PRINT **EMAIL**

PRINT SELECTED **EMAIL SELECTED** **SAVE**



CANCEL



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.

Lumbopelvic Mobilization - Prone Lumbar Extension (Beginner)	
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 <p>Start position</p>	<p>Type: Exercise Prescribed: 01/09/2018</p> <p>Description: Lay face down with forearms positioned under shoulders. Gently "prop-up" the upper body on the elbows and forearms, keeping the hips and pelvis on the ground.</p> <p>Special Instructions:</p> <ul style="list-style-type: none">• Do not hold the breath• Stay in a pain-free range of motion <p>Instructions:</p> <p>Hold For: 30 seconds Sets: 10 Per day: 3</p> <div style="border: 1px solid gray; padding: 5px;"><p>Start position: Lay face down with forearms positioned under shoulders.</p><p>Finish position: Gently "prop-up" the upper body on the elbows and forearms, keeping the hips and pelvis on the ground.</p></div>
 <p>Finish position</p>	

Gluteal Isometrics	
erepsonline evidence-based rehabilitation and exercise therapy prescription software Copyright © 2015. All rights reserved	
 <p>Prone</p>	<p>Type: Exercise Prescribed: 01/09/2018</p> <p>Description: Prone: Lay face down with hands under forehead. Find "neutral spine" posture & perform abdominal hollowing. Squeeze gluts while continuing to breath normally.</p> <p>Supine: Lay on your back, with your arms by your side, find "neutral spine" posture & perform abdominal hollowing. Squeeze gluts while continuing to breath normally.</p> <p>Special Instructions:</p> <ul style="list-style-type: none">• Focus on glut squeeze• Maintain abdominal hollowing• Do not hold the breath, lose "neutral spine" posture, hyperextend the lower back or rotate the pelvis <p>Instructions:</p> <p>Reps: 10 Hold For: 30 seconds Per day: 3</p> <div style="border: 1px solid gray; padding: 5px;"><p>Prone: Lay face down with hands under forehead. Find "neutral spine" posture & perform abdominal hollowing. Squeeze gluts while continuing to breath normally.</p><p>Supine: Lay on your back, with your arms by your side, find "neutral spine" posture & perform abdominal hollowing. Squeeze gluts while continuing to breath normally.</p></div>
 <p>Supine</p>	

Example PDF

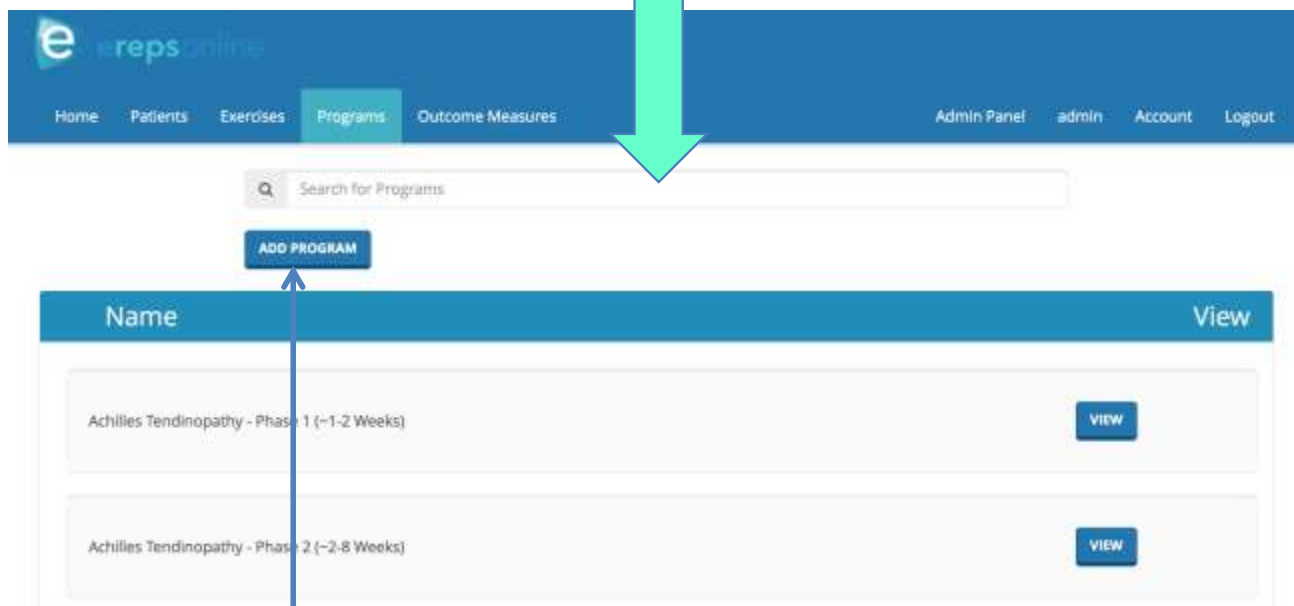
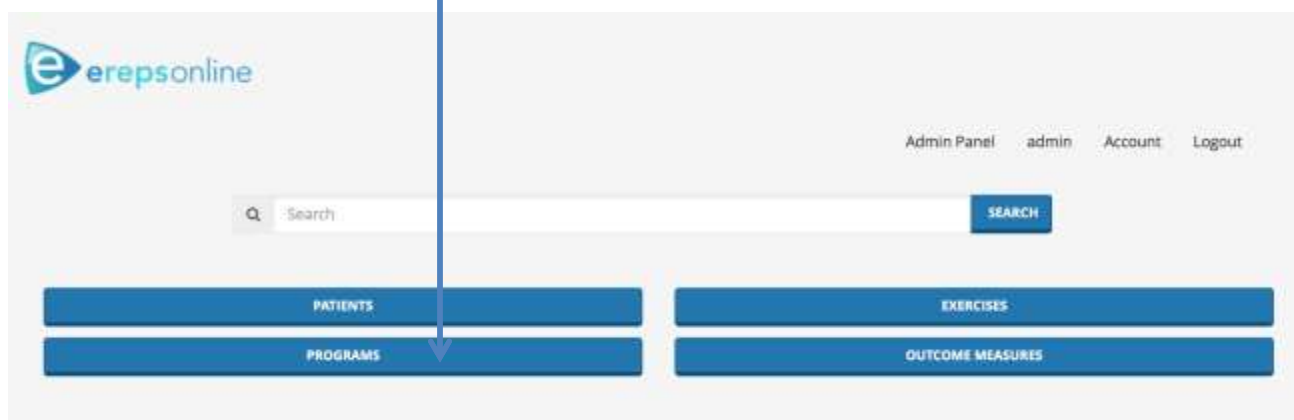
Each PDF will include the exercise description, instructions on the number of reps, sets and frequency, any special instructions and pictures

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

The screenshot shows the 'Add a Program' form in the ereps online interface. The form consists of three text input fields: 'Title', 'Goals', and 'Criteria to progress'. A blue arrow points from the 'Title' label to the 'Title' input field. Another blue arrow points from the 'Goals and Criteria to Progress' label to the 'Goals' and 'Criteria to progress' input fields. A third blue arrow points from the 'Save exercise' label to a blue 'SAVE' button at the bottom right of the form. The top navigation bar includes 'Home', 'Patients', 'Exercises', 'Programs', and 'Outcome Measures', along with 'Admin Panel', 'admin', 'Account', and 'Logout'.

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

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 profile page.

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

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

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 profile 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

The image shows a sequence of three screenshots illustrating the process of adding an outcome measure. The first screenshot is the Patient profile page with the 'ADD OUTCOME MEASURE' button highlighted. The second screenshot shows the 'Add OM' popup with the search field empty. The third screenshot shows the 'Add OM' popup with the search field containing the text ':back|' and a list of outcome measures displayed below it.

Outcome Measure Name
Bournemouth Questionnaire (Back Pain)
Roland-Morris Low Back Pain and Disability Questionnaire (RMQ)
Quebec Back Pain Disability Scale (QBPD)
Low Back Disability Questionnaire (Revised Oswestry)
Oswestry Disability Index (ODI)
Fear Avoidance Beliefs Questionnaire Dutch Version (FABQ-DV)
Fear Avoidance Beliefs Questionnaire Spanish Version (FABQ - Cuestionario FAB)
Fear Avoidance Beliefs Questionnaire (FABQ)

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 CM

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 x 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 sound true 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

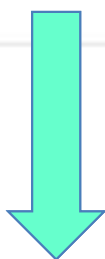
The results of completed outcome measures are visible on the bottom of the Patient profile page.

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

Outcome Measures	
➤ Neck Disability Index (NDI) (1 results)	Graph Results
➤ Headache Disability Index (HDI) (1 results)	Graph Results
➤ Orebro Musculoskeletal Pain Screening Questionnaire Short-Form (OMPSQ-10) (1 results)	Graph Results
➤ Disability Handicap Inventory (DHI) (1 results)	Graph Results
➤ Rivermead Post-Concussion Symptoms Questionnaire (RPQ) (2 results)	Graph Results
➤ Tampa Scale for Kinesiophobia (TSK) (2 results)	Graph Results
➤ RAND 36-Item Health Survey (SF-36) (1 results)	Graph Results
➤ Roland-Morris Low Back Pain and Disability Questionnaire (RMQ) (1 results)	Graph Results

[PRINT SUMMARY](#)

OM Name link
Click or tap the link to view results



Prescriptions

Programs Devices **Outcome Measures**

Outcome Measures

➤ Low Back Disability Questionnaire (Revised Oswestry) (1 results)	Graph Results
➤ Pain Efficacy Scale - International (PES-I) (1 results)	Graph Results
➤ Post-Concussion Symptom Scale (PCSS) (1 results)	Graph Results

View

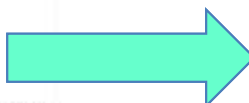
2/16/2019
State: IL
View

PCSS: The higher the total score on the PCSS, the greater chance of a prolonged recovery time. It should be pointed out that because of the multifaceted nature of concussions, the PCSS alone is not sufficient to provide a clear picture for return-to-play decision. Rather, this should be part of a comprehensive approach to diagnosis. *The generally accepted threshold for return to play is 7. *Athletes with pre-injury depression, sleep disturbances, ADHD and/or other symptoms prior to their concussion, should not be expected to have a total score of 7 on the PCSS before they are medically cleared for a return-to-play because of their elevated baseline.

View

➤ Quebec Back Pain Disability Scale (QBPCS) (1 results)	Graph Results
➤ Central Sensitization Inventory (CSI) (1 results)	Graph Results

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



Scoring:
The higher the total score on the PCSS, the greater chance of a prolonged recovery time. It should be pointed out that because of the multifaceted nature of concussions, the PCSS alone is not sufficient to provide a clear picture for return-to-play decision. Rather, this should be part of a comprehensive approach to diagnosis. *The generally accepted threshold for return to play is 7. *Athletes with pre-injury depression, sleep disturbances, ADHD and/or other symptoms prior to their concussion, should not be expected to have a total score of 7 on the PCSS before they are medically cleared for a return-to-play because of their elevated baseline.

Level: MS, Dallas, TX. Neurophysiological assessment of the college football player: Head Trauma Rehabilitation, 1998, 1, 323-35.

Physical score: 2
Sleep (hours/night): 1
Anatomical score: 7
Cognitive / Thinking score: 8
Question: Headache: 5
Question: Nausea: 1
Question: vomiting: 0
Question: Balance problems: 0

Viewing Outcome Measures (cont'd)...

You can also see graphed results of completed outcome measures by clicking or tapping the Graph Results link

For further analysis of all the completed outcome measures, you can view and print the Outcome Measures Summary. Simply click or tap the Print Summaries button and you will be able to view all the completed outcome measures – date completed, scores and interpretations.

Outcome Measures	
➤ Neck Disability Index (NDI) (7 results)	Graph Results
➤ Headache Disability Index (HDI) (1 result)	Graph Results
➤ Örebro Musculoskeletal Pain Screening Questionnaire Short-Form (OMPSQ-10) (1 result)	Graph Results
➤ Business Handicap Inventory (BHI) (1 result)	Graph Results
➤ Rivermead Post-Concussion Symptoms Questionnaire (RPQ) (2 results)	Graph Results
➤ Tampa Scale for Kinesiophobia (TSK) (2 results)	Graph Results
➤ RAND 36-Item Health Survey (SF-36) (1 result)	Graph Results
➤ Roland-Morris Low Back Pain and Disability Questionnaire (RMQ) (1 result)	Graph Results
Print Summaries	

Graph Results

Click or tap the link to view graphed results



OUTCOME MEASURES SUMMARY	PRACTITIONER:
PATIENT: ERIC REPSON (DOB: 26/11/2014)	

LOW BACK DISABILITY QUESTIONNAIRE (RIVOLDI DIMASTRY)	14/06/2018
Score	20%

* 0%-20%: minimal disability. The patient can cope with most living activities. Usually no treatment needed, apart from advice on lifting, sitting, posture, physical fitness and diet. In this group, some patients have particular difficulty with sitting and this may be important if their occupation is sedentary (typist, driver, etc). * 21%-40%: moderate disability. The patient experiences discomfort and difficulty with sitting, lifting and standing. Travel and social life are more difficult and they may be disabled from work. Personal care, sex and activity and sleeping are not grossly affected and the patient can usually be managed by conservative means. * 41%-60%: severe disability. Pain remains the main problem in this group of patients by travel, personal care, social life, sexual activity and sleep are also affected. These patients require detailed investigation. * 61%-80%: crippled. Back pain impinges on all aspects of these patients' lives both at home and at work. Radical intervention is required. * 81%-100%: These patients are either bed bound or exaggerating their symptoms. This can be evaluated by careful observation of the patient during the medical examination.

FALLS EFFICACY SCALE - INTERNATIONAL (FES-I)	25/03/2018
Score	18

FES-I: 16-33 = Low concern about falling; 34-37 = Moderate concern about falling; 38-64 = High concern about falling

POST-CONCUSSION SYMPTOM SCALE (PCSS)	25/03/2018
Score	22

PCSS: The higher the total score on the PCSS, the greater the risk of a prolonged recovery time. It should be pointed out that because of the multifaceted nature of concussive injury, the PCSS alone is not sufficient to provide criteria for return to play decision. Rather, they should be part of a comprehensive approach to this injury. * The generally accepted threshold for return to play is 7. * Athletes with pre-injury depression, sleep disturbances, ADHD and/or other symptoms prior to their concussion, should not be expected to have a total score of 0 on the PCSS before they are medically cleared for a return to play because of their elevated baselines.

Print Summaries

Click or tap the Print Summaries button to see the outcome measures summary

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.

The screenshot shows the 'Outcome Measures' section of a software interface. At the top, there is a blue header with the text 'Outcome Measures'. Below this, a dropdown menu is expanded to show 'Depression Anxiety Stress Scale (DASS) [1 results]' with a 'Graph Results' link to its right. Underneath, there is a 'VIEW' button and a date '05/11/2016'. A table displays the following data:

Depression	7%
Anxiety	4%
Stress	18%

Below the table is a red 'RESULTS' button. At the bottom left of this section is a blue 'Add' button. Below the 'Add' button, there are three more outcome measure entries, each with a 'Graph Results' link:

- > Neck Disability Index (NDI) [1 results]
- > Headache Disability Index (HDI) [1 results]
- > Örebro Musculoskeletal Pain Screening Questionnaire Short-Form (OMPSQ-10) [1 results]

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

The 'Add OM' dialog box is shown with a close button (X) in the top right corner. The title of the dialog is 'Depression Anxiety Stress Scale (DASS)'. Inside the dialog, there are four blue buttons stacked vertically:

- EMAIL LINK
- PRINT NOW
- COMPLETE NOW
- CANCEL

An important note

Please read this document before you start using erepsonline.

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