

## WebPT Home Exercise Program Step-by-Step User Guide

### Benefits of utilizing the Home Exercise Program:

- Allow therapists to set up customized or standard exercise programs for patients
- Use our pre loaded WebPT peer reviewed exercise protocols
- Access to Thousands of exercises
- Allows patients to access easy to use images, videos and printed examples for Home Exercise Program
- Choose to print or to email the Home Exercise Program to your patients
- Encourages Home Exercise Program compliance

### Steps:

- 1) You can find the Home Exercise Program within a patient record, below the patient's name. [Fig. 1]
- 2) You can search for exercises based on Keyword, filter the results by module or load a template. If you choose a module, you can narrow down your search by choosing the checkboxes that apply. WebPT will filter out options that are not relevant. [Fig. 2]
- 3) Enter the Weights, Sets, Reps, and Hold Time for your exercise. Once you feel comfortable, click the 'Add to Program' button. [Fig. 3]
- 4) Once your program is complete, it will appear on the left hand side of the page. You can re-order the exercises by dragging and dropping them in the desired position. You can print, email, edit, or preview the completed HEP. [Fig. 4]
- 5) The email link appears above your selected exercises as an envelope icon. WebPT will automatically use the email address on file. If you do not have an email address on file for the patient, you will have the ability to add one on this screen. [Fig. 5]
- 6) The patient will receive an email with a link to their Home Exercise program. They can view their exercises through this link or they may choose to print them out at home. [Fig. 6 & Fig. 7]
- 7) If you wish to edit your patient's Home Exercise Program, you will click on the clipboard icon above your saved program. Here you can delete or inactivate certain exercises from the Home Exercise Program. Inactivating an exercise will remove it from the patient view. [Fig. 8]
- 8) From the edit screen you may also save a created program as a profile for future use with other patients. The edit screen will also allow you to load previously saved profiles. The save button will save all changes made to the program. The Add button will take you back to the search screen to add new exercises. The undo button will undo all your changes and reset your program. [Fig. 9]

You can access a video walkthrough of this training guide at [www.vimeo.com/webpt/hep](http://www.vimeo.com/webpt/hep)  
The password is : webpthep



**Fig. 1**

**Patient: Manheimer, Mike A**

- Patient Info**
- Records**
- Flowsheet**
- Home Exercise Program** ←
- eDoc**
- Chart Notes**

Fig. 2

Search
Results

Name:

Module: Orthopedics

Profile:

Custom
  Global

Body Parts	Objectives	Positions	Specifications	Others
<input type="checkbox"/> Abdominals	<input type="checkbox"/> AAROM	<input type="checkbox"/> High Sitting	<input type="checkbox"/> ADLs(Activities of Daily Living)	<input type="checkbox"/> Balance Board
<input type="checkbox"/> Ankle	<input type="checkbox"/> Activity Specific	<input type="checkbox"/> Hook Lying	<input type="checkbox"/> Advanced	<input type="checkbox"/> Ball
<input type="checkbox"/> Ankle/foot	<input type="checkbox"/> Ambulation	<input type="checkbox"/> Kneeling	<input type="checkbox"/> Amputee	<input type="checkbox"/> Belt
<input type="checkbox"/> Body General	<input type="checkbox"/> Ambulation/stairs	<input type="checkbox"/> Long Sitting	<input type="checkbox"/> Beginner	<input type="checkbox"/> BOSU®
<input type="checkbox"/> Cervical	<input type="checkbox"/> AROM	<input type="checkbox"/> Plank	<input type="checkbox"/> Core Stabilization	<input type="checkbox"/> Chair
<input type="checkbox"/> Chest	<input type="checkbox"/> Balance	<input type="checkbox"/> Prone	<input type="checkbox"/> Do's And Dont's	<input type="checkbox"/> Crutches
<input type="checkbox"/> Elbow	<input type="checkbox"/> Body Mechanics	<input type="checkbox"/> Quadraped	<input type="checkbox"/> Equipment - Home	<input type="checkbox"/> Floor
<input type="checkbox"/> Face	<input type="checkbox"/> Breathing	<input type="checkbox"/> Rotation	<input type="checkbox"/> Household Chores	<input type="checkbox"/> Foam Roller
<input type="checkbox"/> Foot	<input type="checkbox"/> Coordination	<input type="checkbox"/> Seated	<input type="checkbox"/> Intermediate	<input type="checkbox"/> Jump Rope
<input type="checkbox"/> Hand	<input type="checkbox"/> Eccentric	<input type="checkbox"/> Semi-supine (crook)	<input type="checkbox"/> Miscellaneous	<input type="checkbox"/> Overhead Pulley
<input type="checkbox"/> Hip	<input type="checkbox"/> Gait	<input type="checkbox"/> Side Lying		<input type="checkbox"/> Pillow
<input type="checkbox"/> Jaw	<input type="checkbox"/> Gaze Stability (VOR)	<input type="checkbox"/> Single Leg Stance		<input type="checkbox"/> Resistance Band
<input type="checkbox"/> Knee	<input type="checkbox"/> Habituation	<input type="checkbox"/> Standing		<input type="checkbox"/> Step/stair
<input type="checkbox"/> Lower Extremity	(Dizziness)	<input type="checkbox"/> Supine		<input type="checkbox"/> Stick/cane
<input type="checkbox"/> Lumbar	<input type="checkbox"/> Habituation (Vertigo)			<input type="checkbox"/> Table
<input type="checkbox"/> Pelvis	<input type="checkbox"/> Inhibition			<input type="checkbox"/> Towel
<input type="checkbox"/> Scapula	<input type="checkbox"/> Isometric			<input type="checkbox"/> Walker
<input type="checkbox"/> Shoulder	<input type="checkbox"/> Motor Control			<input type="checkbox"/> Wall
<input type="checkbox"/> Thoracic	<input type="checkbox"/> Neural Mobility			<input type="checkbox"/> Weight
<input type="checkbox"/> Trunk	<input type="checkbox"/> Plyometric			
<input type="checkbox"/> Upper Extremity	<input type="checkbox"/> Positioning			
<input type="checkbox"/> Wrist	<input type="checkbox"/> Postural Control			
<input type="checkbox"/> Wrist/hand	<input type="checkbox"/> Posture			
	<input type="checkbox"/> PROM			
	<input type="checkbox"/> Proprioception			
	<input type="checkbox"/> Stabilization			
	<input type="checkbox"/> Strength			
	<input type="checkbox"/> Stretch			
	<input type="checkbox"/> Transfers/mobility			
	<input type="checkbox"/> Transfers/positioning			

Fig. 3


Search	Results
<b>Ankle active circumduction mobility</b> <a href="#">Add to Program</a>	
	Weight: <input type="text" value="5"/>
	Sets: <input type="text" value="10"/>
	Reps: <input type="text" value="10"/>
	Hold: <input type="text" value="10"/>
<p>Make circles with your ankle.</p>	

Fig. 4

Current Program

Ankle: Active Circumduction

Ankle: Seated Plantar Flexion with Resistance

Ankle: Seated Inversion/Eversion Towel Slides (w/ or w/o weight)

Ankle: Long sitting, Active Ankle Dorsiflexion

Ankle: Supine AROM Circumduction (circles) with Elevation


Fig. 5

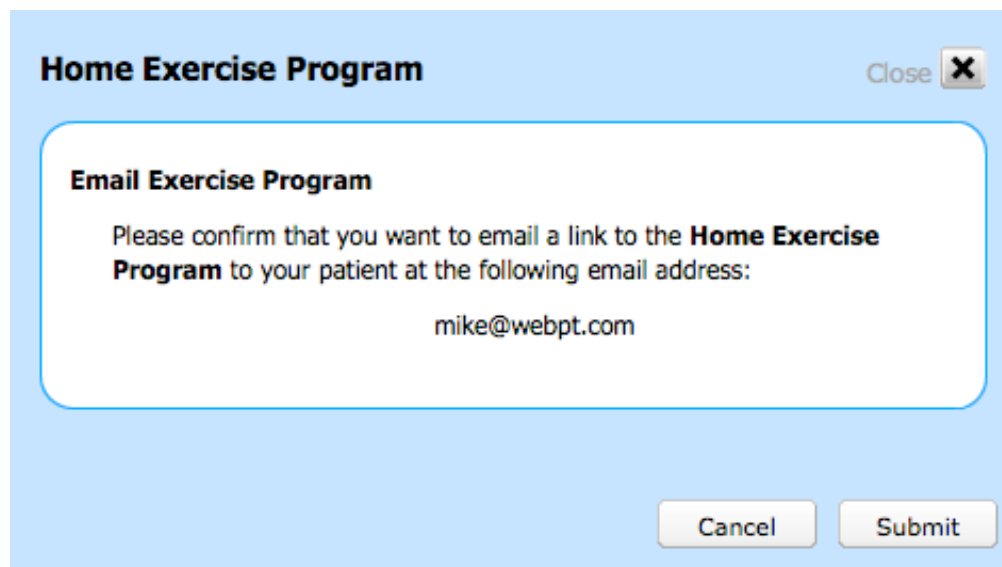
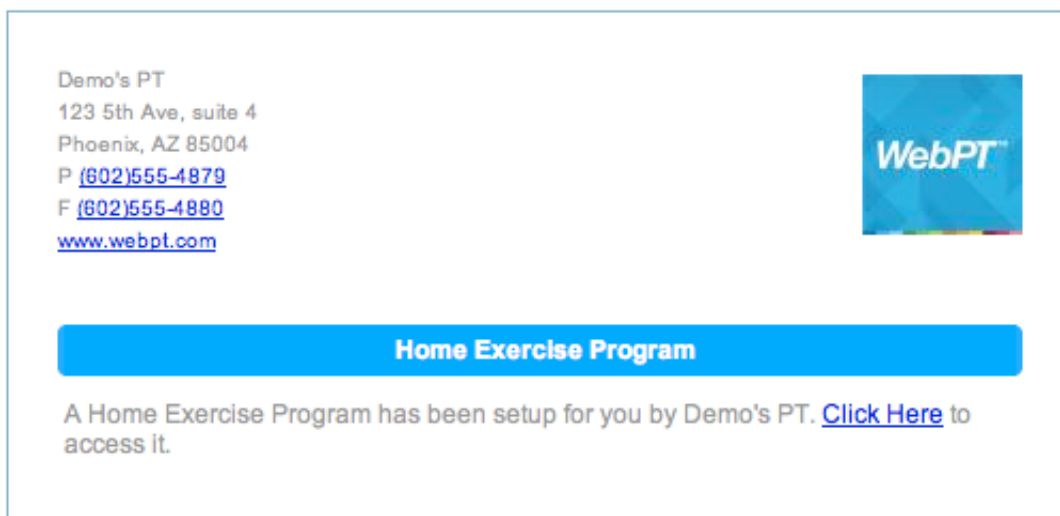


Fig. 6




**Fig. 7**

**Demo's Physical Therapy**

123 Test St , Bld #3  
 Demo, CA 85024  
 P: (111)111-1111  
 F: (602)555-4880  
 www.demo-pt.com



Photos Drawings Video

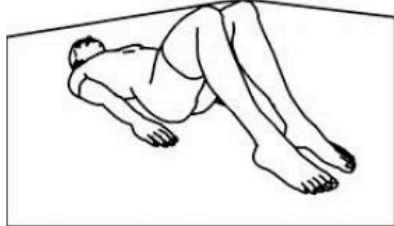


Weight: 5 lbs  
 Sets: 3  
 Reps: 10  
 Hold: 3 seconds

**Knee: Seated Knee Extension with Weight**

- Sit tall in a chair with your feet flat on the floor and a weight around one ankle.
- Contract your quadriceps and lift your foot off of the floor making your leg as straight as possible.
- Slowly return your foot to the floor and repeat.
- Switch weight to other leg and repeat.

Photos Drawings Video




Weight: N/A  
 Sets: 3  
 Reps: 10  
 Hold: 5

**Trunk: Bridging with Hip Abduction**

- Begin with knees bent and feet flat on the floor.
- Draw-in abdominals.
- Lift hips toward ceiling, hold and bring knees apart.
- Return knees to neutral position.
- Slowly lower hips to starting position.

Photos Drawings Video



Weight: N/A  
 Sets: 3  
 Reps: 10  
 Hold: 3 Seconds

**Hip: Single Leg Bridging with Leg Crossed**

- Lie on your back with your knees bent and feet flat on the table or floor with right leg crossed over the left.
- Contract your abdominal muscles and your left buttocks while lifting your buttocks off the ground until your trunk is level with your supporting leg.
- Keep both hips equal height above the table or floor.
- Slowly return to initial position and repeat.
- Switch legs and repeat.

Fig. 8

**Edit Program**





<p>Ankle active circumduction mobility</p>  <p>Weight: <input type="text" value="10"/></p> <p>Sets: <input type="text" value="10"/></p> <p>Reps: <input type="text" value="10"/></p> <p>Hold: <input type="text" value="10"/></p> <p>Make circles with your ankle.</p>	<p>Inactivate Delete</p>	<p>Passive dorsiflexion mobility on one knee</p>  <p>Weight: <input type="text" value="0"/></p> <p>Sets: <input type="text" value="10"/></p> <p>Reps: <input type="text" value="10"/></p> <p>Hold: <input type="text" value="10"/></p> <p>Bring your knee forward as far as you can without lifting your heel.</p>	<p>Inactivate Delete</p>
---	--------------------------	--	--------------------------

Fig. 9

<p>Abdominals: Ball Sit-Ups</p>  <p>Weight: <input type="text"/></p> <p>Sets: <input type="text" value="3"/></p> <p>Reps: <input type="text" value="10"/></p> <p>Hold: <input type="text" value="3 seconds"/></p> <p>- Lie on your back on a ball with your arms crossed over your chest and your chin tucked-in. - Tighten your lower abdominals by</p>	<p>Inactivate Delete</p>	<p>Hip: Iliopsoas Stretch Half Kneel</p>  <p>Weight: <input type="text" value="5"/></p> <p>Sets: <input type="text" value="5"/></p> <p>Reps: <input type="text" value="5"/></p> <p>Hold: <input type="text" value="5"/></p> <p>- Start position: Half kneel with 1 knee on the floor and the other leg's foot on the floor. Arms down by your side. Make sure the planted foot is right under the knee.</p>	<p>Inactivate Delete</p>
---	--------------------------	--	--------------------------