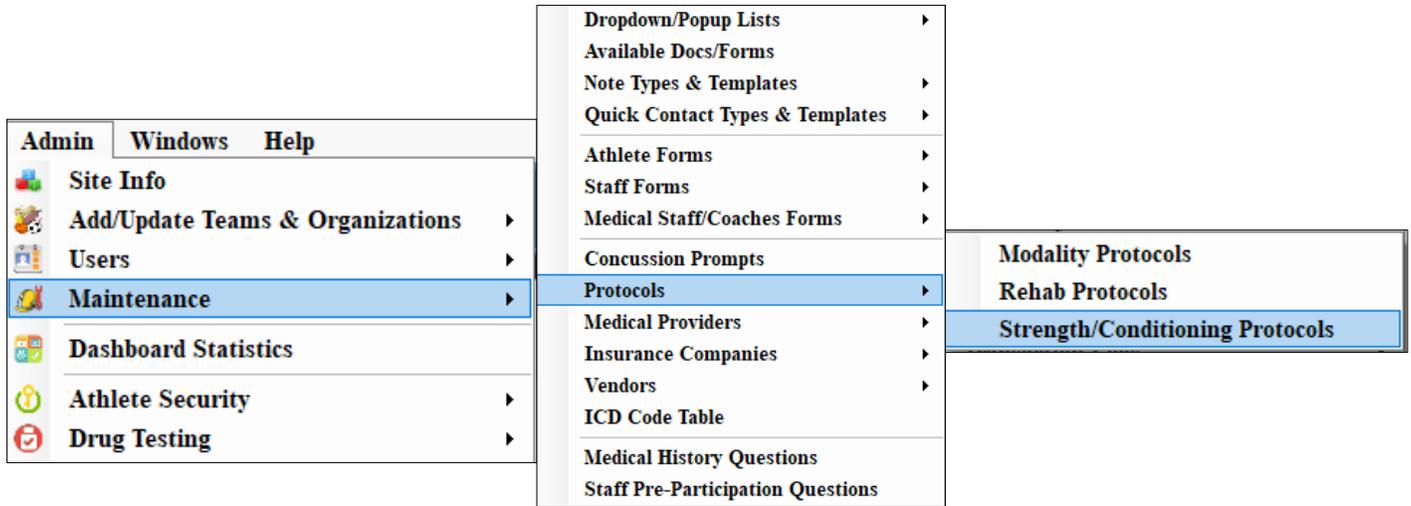


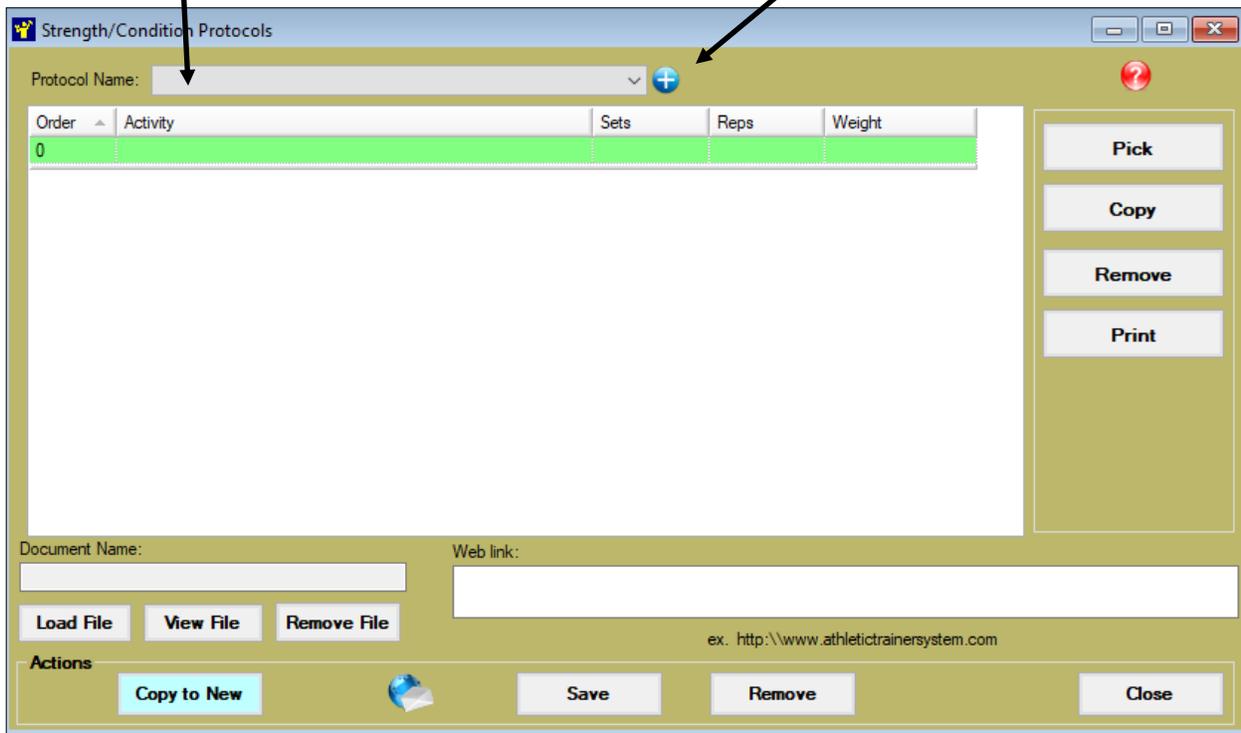
## ATS: Strength and Conditioning Protocols

You are able to set/define protocols for Strength and Conditioning sessions to make tracking and data entry easier. These protocols may be selected by the Athletic Trainer/Strength Coach when documenting or by the Athlete through the ATS Kiosk and Athlete Smartphone.

To begin go to admin—> maintenance—>Protocols—> Strength/Conditioning Protocols.

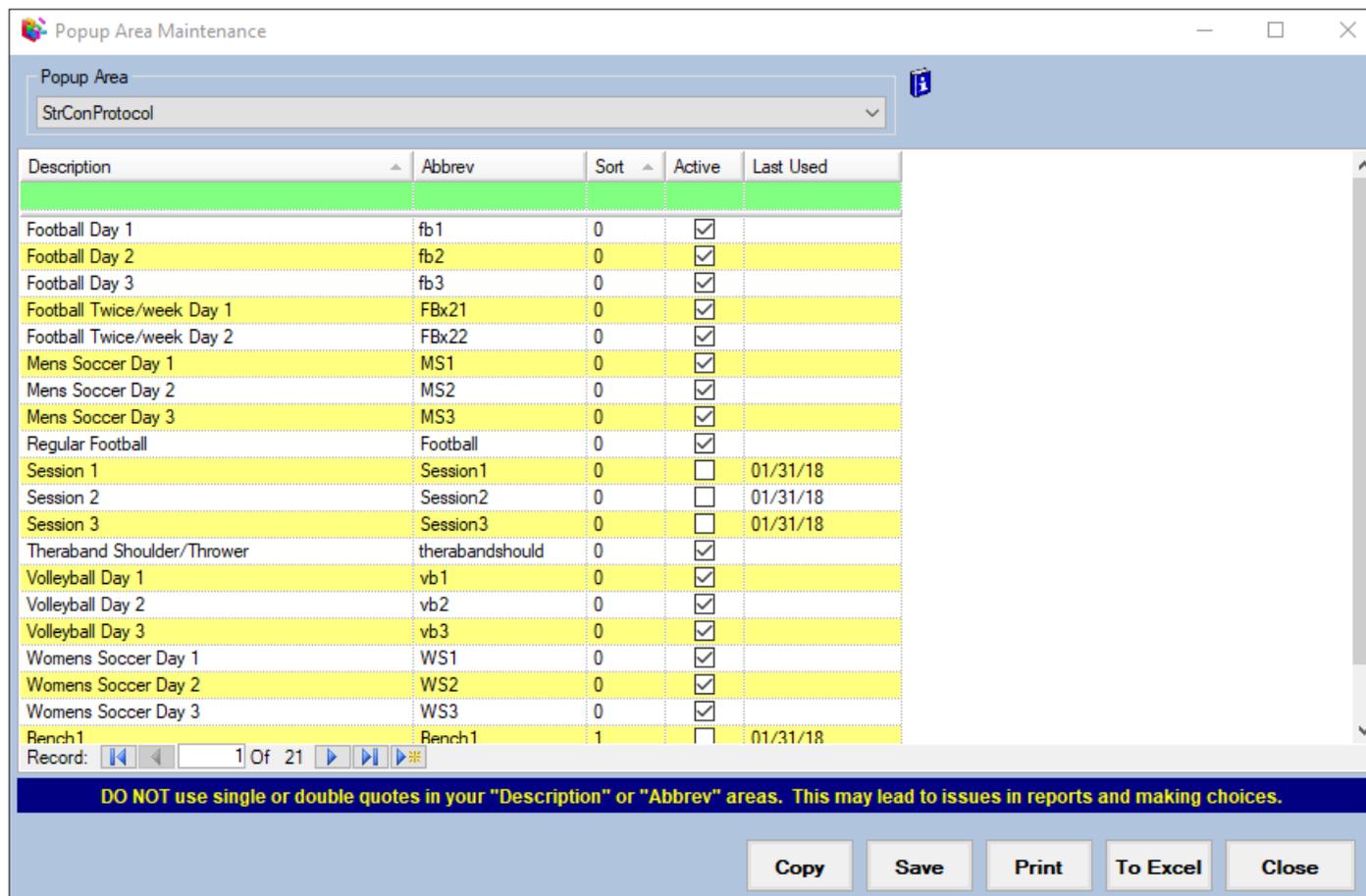


The screen below should open up. The first step is to select the name of your protocol from the Protocol Name dropdown menu. If you have not yet created a name for this protocol click on the blue (+) button to open up the appropriate drop down list and add the new protocol name.



## ATS: Strength and Conditioning Protocols

After you have clicked the blue (+) button on the previous screen StrConProtocol drop down/pop up menu should appear. Using the blank space at the top of the list fill in the name of your protocol in the describing, give it a unique abbreviation, a sort number and make sure it is marked as active. Be sure to click save when you are finished.



The screenshot shows a software window titled "Popup Area Maintenance". At the top, there is a search bar labeled "Popup Area" with a dropdown menu currently showing "StrConProtocol". Below this is a table with the following columns: "Description", "Abbrev", "Sort", "Active", and "Last Used". The table contains 21 rows of data, including various sports and training sessions. At the bottom of the window, there is a status bar with navigation controls and a "Record: 1 Of 21" indicator. A blue banner at the bottom contains the warning: "DO NOT use single or double quotes in your 'Description' or 'Abbrev' areas. This may lead to issues in reports and making choices." Below the banner are five buttons: "Copy", "Save", "Print", "To Excel", and "Close".

Description	Abbrev	Sort	Active	Last Used
Football Day 1	fb1	0	<input checked="" type="checkbox"/>	
Football Day 2	fb2	0	<input checked="" type="checkbox"/>	
Football Day 3	fb3	0	<input checked="" type="checkbox"/>	
Football Twice/week Day 1	FBx21	0	<input checked="" type="checkbox"/>	
Football Twice/week Day 2	FBx22	0	<input checked="" type="checkbox"/>	
Mens Soccer Day 1	MS1	0	<input checked="" type="checkbox"/>	
Mens Soccer Day 2	MS2	0	<input checked="" type="checkbox"/>	
Mens Soccer Day 3	MS3	0	<input checked="" type="checkbox"/>	
Regular Football	Football	0	<input checked="" type="checkbox"/>	
Session 1	Session1	0	<input type="checkbox"/>	01/31/18
Session 2	Session2	0	<input type="checkbox"/>	01/31/18
Session 3	Session3	0	<input type="checkbox"/>	01/31/18
Theraband Shoulder/Thrower	therabandshould	0	<input checked="" type="checkbox"/>	
Volleyball Day 1	vb1	0	<input checked="" type="checkbox"/>	
Volleyball Day 2	vb2	0	<input checked="" type="checkbox"/>	
Volleyball Day 3	vb3	0	<input checked="" type="checkbox"/>	
Womens Soccer Day 1	WS1	0	<input checked="" type="checkbox"/>	
Womens Soccer Day 2	WS2	0	<input checked="" type="checkbox"/>	
Womens Soccer Day 3	WS3	0	<input checked="" type="checkbox"/>	
Bench1	Bench1	1	<input type="checkbox"/>	01/31/18

## ATS: Strength and Conditioning Protocols

Once you have created the Protocol name, select it from the drop down menu. You can now build your session. Be sure to number/order your exercises! Select an exercise from the drop down menu, this list is also customizable, to learn more about customizing the exercise drop down click [here](#). Then fill in your sets/reps/weight.

Strength/Condition Protocols

Protocol Name: General strength

Order	Activity	Sets	Reps	Weight
1	Active Abduction Resisted Side Step			

Document Name:

Web link:

ex. <http://www.athletictrainersystem.com>

Actions:

If you have a specific file (could be instructions, pictures, etc) you would like to load with the protocol link that document in the Document Name area. If you want this protocol to refer to specific website you will type in the web address in the web link box. Be sure to click save when you are finished.

# ATS: Strength and Conditioning Protocols

Strength/Condition -

Name: Balboa, Rocky Date: 07/23/19 3:04:59 PM Attributed

Reason: Increase Strength Staff Member: Ashley Sham

Injury: Add Default

Exercises General Instructions Note/SOAP Note eFiles

Ord	Exercise/Activity	Sets	Reps	Weight	Comments/Specific Instructions	Act Sets	Act Reps

Create Set Pick Protocol Copy

Choose the Protocol (Ctrl-Click or Shift-Click for)

Search

- Football Day 1
- Football Day 2
- Football Day 3
- Football Twice/week Day 1
- Football Twice/week Day 2
- General strength
- Mens Soccer Day 1
- Mens Soccer Day 2
- Mens Soccer Day 3
- Regular Football
- Theraband Shoulder/Thrower
- Volleyball Day 1
- Volleyball Day 2
- Volleyball Day 3
- Womens Soccer Day 1
- Womens Soccer Day 2
- Womens Soccer Day 3

Now when you go to create a strength session if you click the Protocol button a list of available protocols that have been created will appear. Select the name of the protocol you want.

The desired protocol will then automatically load.

Strength/Condition -

Name: Balboa, Rocky Date: 07/23/19 3:04:59 PM Attributed

Reason: Increase Strength Staff Member: Ashley Sham

Injury: Add Default

Exercises General Instructions Note/SOAP Note eFiles

Ord	Exercise/Activity	Sets	Reps	Weight	Comments/Specific Instructions	Act Sets	Act Reps
1.00	Pull Ups	4	8			0	0
2.00	Bar Curl	4	8			0	0
3.00	One Arm Row	4	8			0	0
4.00	Chin Ups	4	8			0	0
5.00	Back Ext	4	8			0	0
6.00	Hammer Curls	4	8			0	0
7.00	Reverse Bar Curl	4	8			0	0
8.00	Wrist Curls	4	8			0	0
9.00	Wrist Ext	4	8			0	0
10.00	Planks	5	45s			0	0

Create Set Pick Protocol Copy Remove Print Report

Actions Copy to Athlete Copy to Team + Protocol New Save Remove Search Close

# ATS: Strength and Conditioning Protocols

These protocols can now also be made available for the athlete to choose from via the ATS Kiosk or Athlete Smartphone.

