Creating Rehab Protocols:

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ATS— Rehab Protocols

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

To begin go to Admin—> Maintenance—>Protocols—> Rehab Protocols.

Creating Protocols:

Admin	Windows Help				
👗 Site	Info				
🧞 🛛 👬	/Update Teams & Organizations	•			
📃 User	rs	•			
🍠 Maiı	ntenance	•	Dropdown/Popup Lists	•	and the second
> Imp	oort Cross-Walk	•	Available Docs/Forms		
🔡 Dasl	hboard Statistics>	•	Note Types & Templates	•	
🖉 Data	a Miner		Quick Contact Types & Templates	•	Athlatia Tra
🍥 Inju	ury Analytics Reporting		Athlete Forms	•	Athletic Tra
👰 ROI	I Report	•	Staff Forms	•	
(?) Athl	lete Security	•	Medical Staff/Coaches Forms	•	and the second
-	g Testing	•	Protocols	•	Modality Protocols
Athl	lete Utilities	•	Concussion Prompts		Rehab Protocols
	ury Utilities		Medical Providers	•	Strength/Conditioning Protocols

The Rehab Protocol Screen will open after selecting Rehab Protocols. If you have not created list of protocols you want to make in the Dropdown/Popup lists, you are able to use the Blue + sign to go that list. Once you have your protocol names created you are ready to select them and add your exercises.

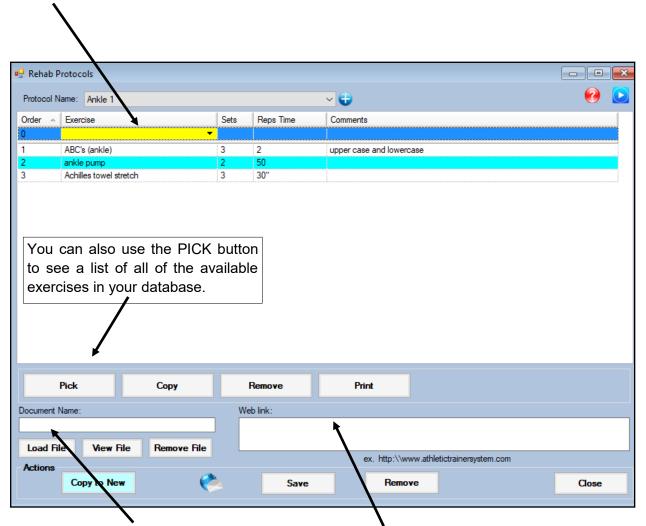
To Add new protocol names, give a unique description, a unique abbreviation, sort it how you would like, and make sure it is marked active.

🖳 Rehab Protocols								. • ×
Protocol Name: Shoulder Maintenance 1			- 🕀					📀 💽
Order 🔺 Exercise	Sets	Reps Time	Comments					
0								
💱 Popup Area Maintenance								
Popup Area								
RehabProtocol							\sim	
Description		Abbrev		Sort 🔺	Active	Last Used	1	
Ankle 1		Ank 1		1				
Ankle 2		Ank 2		2				
Shoulder Maintenance 1		Shld1		3				
Shoulder Maintenance 2		Shld2		4				

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 a rehab exercise from the drop down menu, this list is also customizable, to learn more about customizing the <u>rehab dropdown list</u>. Then fill in your sets, reps and any comment needed.

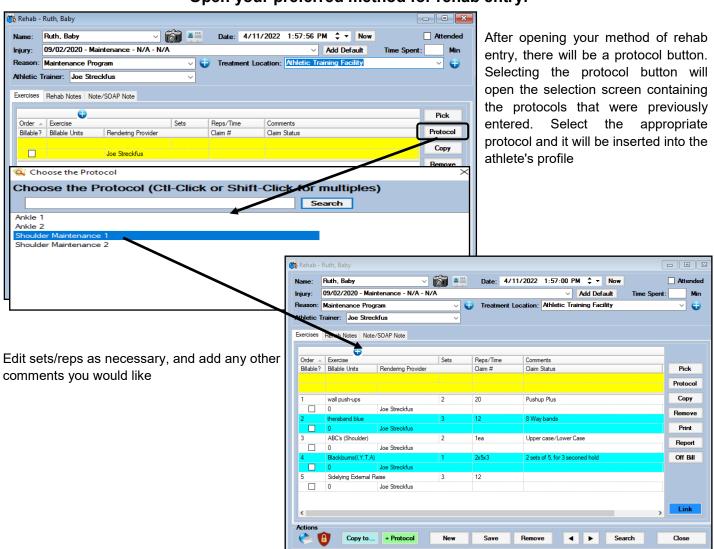
🖳 Rehab Protocols	
Protocol Name:	
Order Arkle 1 Shoulder Maintenance 1	omments
0 Shoulder Maintenance 2 Ankle 2	

To build the protocol, you can use the dropdown menu selection, pick the exercise and set the set/reps/time for the exercise.



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.

After you have created the protocols for your database, you are able to utilize them to simplify your data entry.



Open your preferred method for rehab entry:

Any screen you see the Protocol button, will allow you to enter one of the created protocols.

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Other Staff Rehab Protocol Entry:

From the Quick Med Check:

From the Quick Med Check, you are able to use the set protocols that have been configured, Green Buttons. Or you can use the Pick Protocols button.

ATS Quick Med Check	c .					-	
Search A	thietes	\land by Tea	m	Crash D	avis		
Modalities	Gopy Last Modality	👵 Rehabs	Copy Last Rehab	Strength	Copy Last Strength		
	🛃 Equip	Note Note	Med Dist	Staff Form	Soncuss		
Med Service	Referral	Quick	lnjury Dlus	IAL Single			Email
🍋 Menu					IAL Team		User(s) Bulk Modality
Modalities Reh	abs Strength	Pick Modalities	Pick Rehabs	Pick Strength	Pick Protocols	6	Kiosk
ABC	TowelStretch	Pumps	BOSU	LAQ	SAQ		Logins
ТКЕ	Scaption	SLR	Toe Taps	TBandGre	TBandBLK		Add Appt
							My Appt
Ankle1	Ankle2	Shid1	Shid2				Add Athlete
	Aikiez	Shiut		J		Ć	
Carl Save Re	əhab for INJURY		Fave Re	hab for BODY P	ART	S	Logout

From the Staff Portal:

Staff is also able to utilize protocol functions from the Staff Portal. Example is the daily information screen

	Admin > Utilities > Athletes >	Non dawn Ipsyr Ipsyr	Image: Provide and Prov
	Injuries > COVID-19 > Screening > Notes > Modalities > Rehabs > Limitations > Evaluations > Medical > Services > Medication > Distribution > Distribution > Scheduling > Scheduling > Strength & > Home >	Entries for Date 4/11/2022 03:05 PIM Athletic Trainer Joe Streckfus Athletes Scroll Down Scroll Up N M R L D S T E F Michaelis, Shawin Scroll Up N M R L D S T E F Michaelis, Shawin Scroll Up O'Riley, Heather O'S	Daily Information Entry Injured Athletes to Load Injured Athletes to Load Injured Load Records Injury 09/02/2020 - Maintenance - N/A - N/A Load Info + Def Injury 09/02/2020 - Maintenance - N/A - N/A Load Info + Def Injury 09/02/2020 - Maintenance - N/A - N/A Load Info + Def Injury 09/02/2020 - Maintenance - N/A - N/A Load Info + Def Injury 09/02/2020 - Maintenance - N/A - N/A Load Info + Def Injury 09/02/2020 - Maintenance - N/A - N/A Load Info + Def Injury 09/02/2020 - Maintenance - N/A - N/A Load Info + Def Injury Notes Modailty Reason Maintenance Program Date 4/11/2022 1:57:00 PM Time Spent Attended Save Top Info Copy Last for Selected Injury Exercises Notes
Rehab Protocol L	ist	Smith, Joe	Add Exercise Edit Selected Delete Selected Pick Protocol Refresh
Renab Protocol L		e Rehab Protocol	
	choose u	e iteliab i fotocol	Add Exercise Edit Selected Delete Selected Pick Protocol Refresh
		Ť	Order Exercise Sets Reps/ Comment Time
Ankle 1 Ankle 2			1 wall push-ups 2 20 Pushup Plus
Shoulder Maintena Shoulder Maintena			2 theraband blue 3 12 8 Way bands
			3 ABC's (Shoulder) 2 1ea Upper case/Lower Case
			4 Blackburns(I,Y,T,A) 1 2x5x3 2 sets of 5, for 3 seconed hold
			5 Sidahina External Paisa 3 12

TOP

Protocol use from the Staff Phone:

Staff can also use their phone link to add rehab protocols to sessions. This could be useful for a return to play rehab, or any maintenance being done if they are injured.

Ruth, Baby	~
Or start typing part of the athlete's name	
Start typing part of name	
Select	
Injury	
04/13/2022 - Lateral Ligament Complex (ATF, CF, PTF) Tear -Partial or Complete	e-Le 🗸
Body Part	
Ankle	~
Side	
Left	*
Date	
4/13/2022 03:40 PM Now	
Time of Day Late Afternoon	~
	~
Time Spent	
Treat Location	
Game Field	~
Modality	
Modality	~
Protocol	
Ankle Sprain Days 1-7 🗸 Load	
Duration:	
Comment:	
Add New Modality Detail	
Pick Copy Delete	
No Madalitias Added	~

Athlete's using protocols:

From the Athlete Kiosk:

From the Quick Med Check, you are able to use the set protocols that have been configured, Green Buttons. Or you can use the Pick Protocols button. These are the same as the QMC. If you choose to not want the athletes to see the protocol buttons, you can turn them off in Site Info. The Kiosk allows the athlete to choose an injury or a body part to add the protocol for.

두 ATS Kiosk (III)					-		×		
	Crash Davis								
AŢS.				Logout					
Modalities	Copy Last Modality	Rehabs	Copy Last Rehab	Strength	Ð	Copy Stren			
My Schedule	둸 Req Appt	Report Injury		Pick Pick ehabs Streng	-	Pic Protoc	-		
Modalities Reh	abs Strength			Password		thlata ll			
lce	PreMod	IFC	GameReady	MHP		Wax			
Mobe	Foam Roll	US-Cont	Pulsed	WWP		CWP			
Ice Cup	Combo	Contrast	Int. Compres	Russian		HV			
Release	Slush	ACE	Stretch	Trigger	m	assage			
Ankle 1	Ankle 2								
	л <u></u>	J							
Sav	ve Modality for IN	JURY	Save Me	odality for BODY	PART	ſ			

Protocol on the Athlete Portal:

The athlete portal allows the athletes to see what you have assigned to them via the rehab buttons, or the Protocol button.

📷 Athletic Trainer System ® Main Menu	Logout
Organization: JOE TECH Welcome CRASH DAVIS Using the links below, you are able to enter, view or update your personal information.	
Announcements	
If you are experiencing difficulties in life, please visit the webpage link below to view the resources that are available to you. http://www.athletictrainersystem.com/	Scroll Down
End of Announcements	Scioli op
You have <u>6 unread</u> messages. <u>Cilick An Option Below</u>	
Athlete Report My Request Secure	
Screening Rehabs Modalities Strength Senal Protocols Protocols	
If you have ANY questions or problems contact your medical staff.	

Protocol on the Athlete Phone:

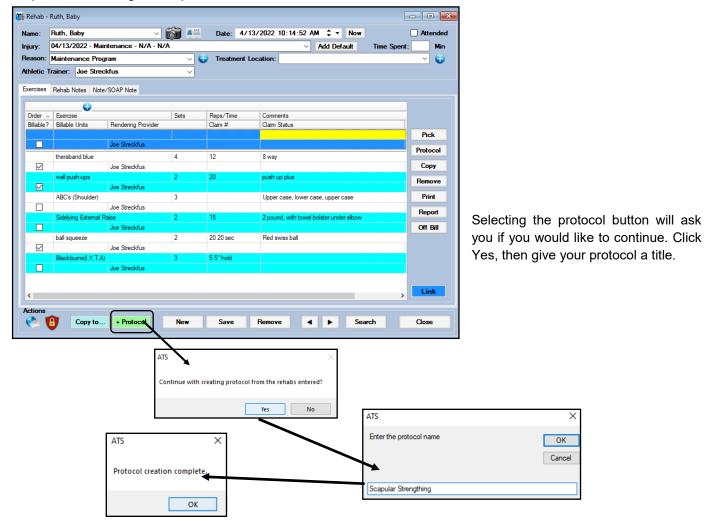
The athlete phone allows them to view what has been assigned or view a protocol. They can utilize their phone to replace a paper copy of the rehab flow, so they are able to execute what has been assigned.

Organization: JOE TECH AUS Welcome CRASH DAVIS
You have <u>6 unread</u> messages.
View Announcements
Report Injury Refaces Modulities My Appts Request Appointment
Send Email Secure Strengt Protocols
Screening Screen / Screen / Lagout
If you have ANY questions or problems contact your medical staff.
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Add protocol on the fly:

If you have entered a rehab set as part of an athletes profile, and you would like to save it as a protocol you are able to take the parameters you have entered and do that.

After either selecting the injury or the maintenance injury, and you have created the rehab, save your entry. You are now able to save it as a new protocol by using the **Protocol**. Follow the prompts after selecting to complete the adding of the protocol.



After you have completed those steps, you will then be able to select the protocol to add to another athlete as you need.

ame:	Ruth, B	aby		- K 🕯 🛓	Date: 4/1	3/2022 10:29:00) AM 🗘 🔻	Now	Atten	
njury:	04/13/2	2022 - Mair	ntenance - N/A				Add Defau	ult Time Spe	nt: N	
leason:	Mainten	ance Prog	ram	~	😭 Treatment Lo	cation:			~ (
thletic 1	rainer:	Joe Stree	kfus	~	Ĩ					
xercises			/SOAP Note							
xercises	Renab r	iotes Note.	/SUAP Note							
_		0							Pick	
Order 🔺	Exercis			Sets	Reps/Time	Comments				
Billable?	Billable	Units	Rendering Provid	der	Claim #	Claim Status			Protoc	
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			Joe Streckfus						Copy	
									Remov	
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				01.10					Print	
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					Search					
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capular 5	trengtning	J								
166.2	aintenand								Link	

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