

ATS gives you the ability to keep track of the Rehab sessions. Rehabs can be entered individually or through pre made protocols. To learn more about editing the Rehab list click [here](#), to learn more about creating Rehab Protocols click [here](#). Please note you must be an admin or have admin privileges to edit the list and create protocols.

In the Core, Rehabs can be added from several areas:

- 1) From the dropdown menu → Rehab→ Add a Rehab
- 2) From the injury profile itself → Click on the Rehab tab→ “New” button
- 3) From the Daily Information Entry Screen→ Click the Rehab Tab

Rehabs	Limitations	Meds
Add a Rehab Session		
Search Rehab Session ▶		
Copy ▶		
Quick Rehab		
Bulk Rehab		
Rehab Attendance		

The screenshot shows the 'Injury - Adidas, Sally' profile. The 'Rehab' tab is selected in the top navigation bar. In the main content area, the 'Rehab' sub-tab is also selected, and the 'New' button in the right-hand sidebar is circled in red. The 'New' button is located below the 'Copy', 'Copy+', 'Copy to...', 'Remove', 'Details', and 'Print' buttons.

The screenshot shows the 'Daily Information Entry' screen. On the left, there is a table of athletes with columns for days of the week (N, M, R, L, D, S, E, F). The 'Athlete' column lists names like Adidas, Sally, Barnes, Jessica, etc. On the right, the 'Injury' details panel is open for '07/01/2020 - Blisters - Left - Foot/Toes'. The 'Rehab' tab is selected in this panel, and the 'New' button in the bottom right corner of the injury details is circled in red.

ATS - Rehabs in the Core

If you are picking from the drop down menu be sure that the correct name and injury have been selected/entered in the appropriate boxes. Required fields are: Athlete Name, Date, Injury, Reason and Athletic Trainer. Optional fields are: Attended check box, Time Spent and Treatment Location.

Begin by entering your Rehab entry in the top blank line. You are able to track the order the rehab exercises were completed, the rehab exercise itself, sets, reps/time, and any comments you wish to add.

Rehab - Adidas, Sally

Name: Adidas, Sally Date: 10/14/2020 11:15:47 AM Now Attended

Injury: 07/01/2020 - Blisters - Left - Foot/Toes Add Default Time Spent: Min

Reason: Treatment Location:

Athletic Trainer: Ashley Sham

Exercises Rehab Notes Note/SOAP Note

Or...	Exercise +	Sets	Reps/Time	Comments	Pick
					Protocol
					Copy
					Remove
					Print
					Report
					Link

Actions: Copy to... + Protocol New Save Remove Search Close

You can select your rehab from the drop down that appears in the box or from the "Pick" button. If you are going to utilize a protocol, click the "protocol" button and make the appropriate choice. You may copy or remove individual rehab entries using the designate buttons on the right.

If you wish to copy this rehab session over to another injury record use the "copy to" button. You may also save or remove the entire session utilizing the appropriate buttons along the bottom of the screen.

ATS - Rehabs in the Core

Or...	Exercise	Sets	Reps/Time	Comments
	ABC ROM			
	ABC rom			
	achilles towel stretch			
	ankle pumps			
	back ext			
	Balance Pad			
	ball curls			

Pick



Choose the Modality (Ctl-Click or Shift-Click for multiples)

Choose the Modality (Ctl-Click or Shift-Click for multiples)

- ABC ROM
- ABC rom
- achilles towel stretch
- ankle pumps
- back ext
- Balance Pad
- ball curls
- Ball Squeeze
- Ball Wall Squats
- BAPS Board
- bicep curl
- bike
- BOSU Trainer
- Butterfly stretch
- calf raises
- can roll
- crunches
- Doorway ER stretch
- double knee to chest
- Elliptical
- empty can
- Exercise bike
- Finger Putty
- Foam Roll Stretch
- front raise
- hc curl standing

All Selections OK Cancel

Protocol



Choose the Protocol

Choose the Protocol (Ctl-Click or Shift-Click for multiples)

- ashleyankle
- ashleyankle2
- ashleyknee
- ashleyshoulder
- Dr Who ACL protocol week 1
- Dr Who ACL protocol week 12-16
- Dr Who ACL protocol week 16-24
- Dr Who ACL protocol week 2-4
- Dr Who ACL protocol week 4-6
- Dr Who ACL protocol week 6-8
- Dr Who ACL protocol week 8-12
- new
- new protocol
- newprotocol
- postop knee
- Shoulder
- testing
- testing1

OK Cancel