

ATS: Adding a Rehab in the Quick Med Check

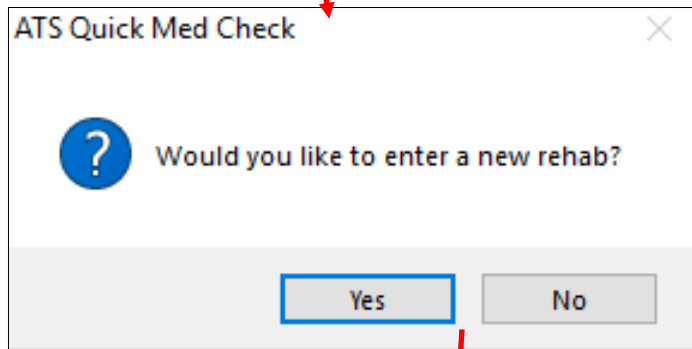
There are several ways you can add rehab activities using the Quick Med Check (QMC). The QMC is available in both the desktop and web versions and their functionality is the same. This document will go over the ways you can add a rehab for your athletes.

The screenshot displays the 'Athletic Trainer System® Quick Med Check Web Menu' for 'Organization: ASHLEY U - Wilma Brady'. The interface is organized into a grid of functional buttons. A window titled 'ATS Quick Med Check' is open, showing a search for 'Wilma Brady' and a detailed grid of rehab options for 'Ankle 1', 'Ankle 2', 'Knee 1', 'post op knee', 'shoulder', and 'shoulder2'. The window also includes buttons for 'Save Rehab for INJURY' and 'Save Rehab for BODY PART', and a 'Logout' button.

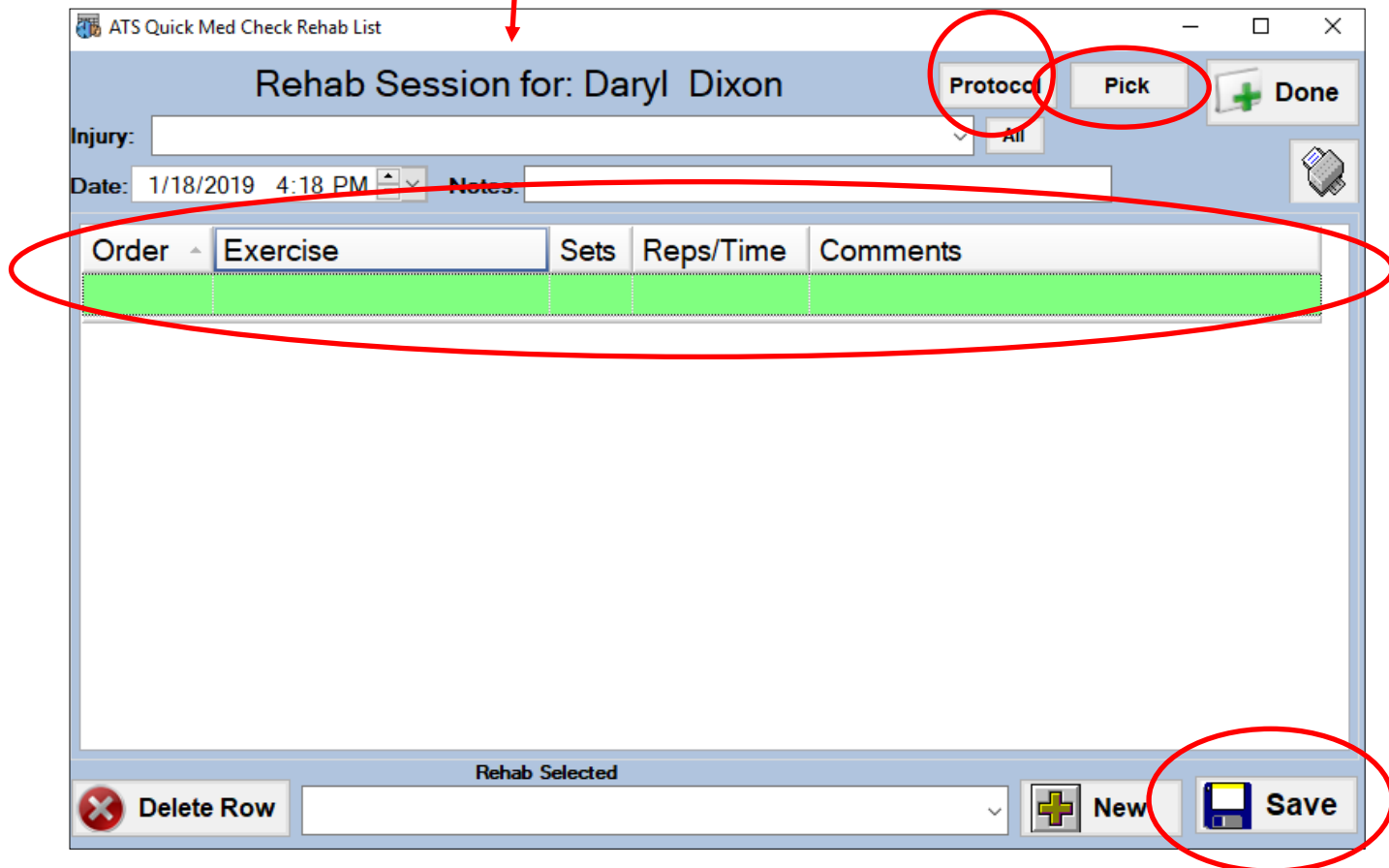
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The first way to add a rehab is to choose either the Rehabs or Copy Last Rehab buttons. Once you have selected one of these, the box below will appear. If you chose copy last rehab they rows will already be populated, but you can edit them.



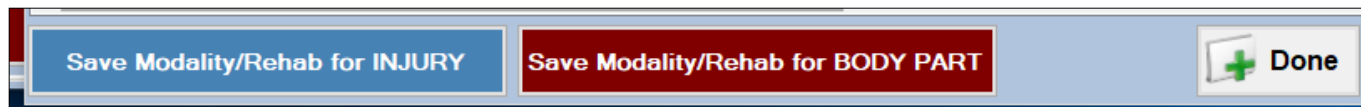
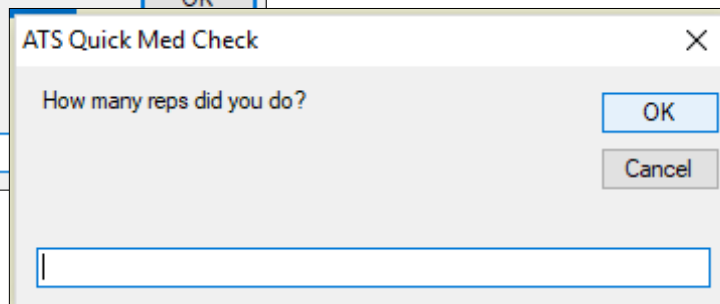
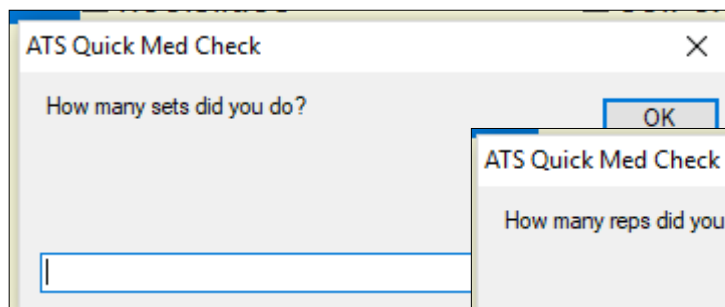
You can now add any rehab exercises using the drop down box, pick list or protocol list. You can also print the list if desired. Be sure to click save when you are finished.



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You can choose rehabs by clicking on the Pick Rehabs button. This will load a screen containing all the exercises available. You can simply select the desired exercises. It will ask you how many sets were done and how many reps were done.

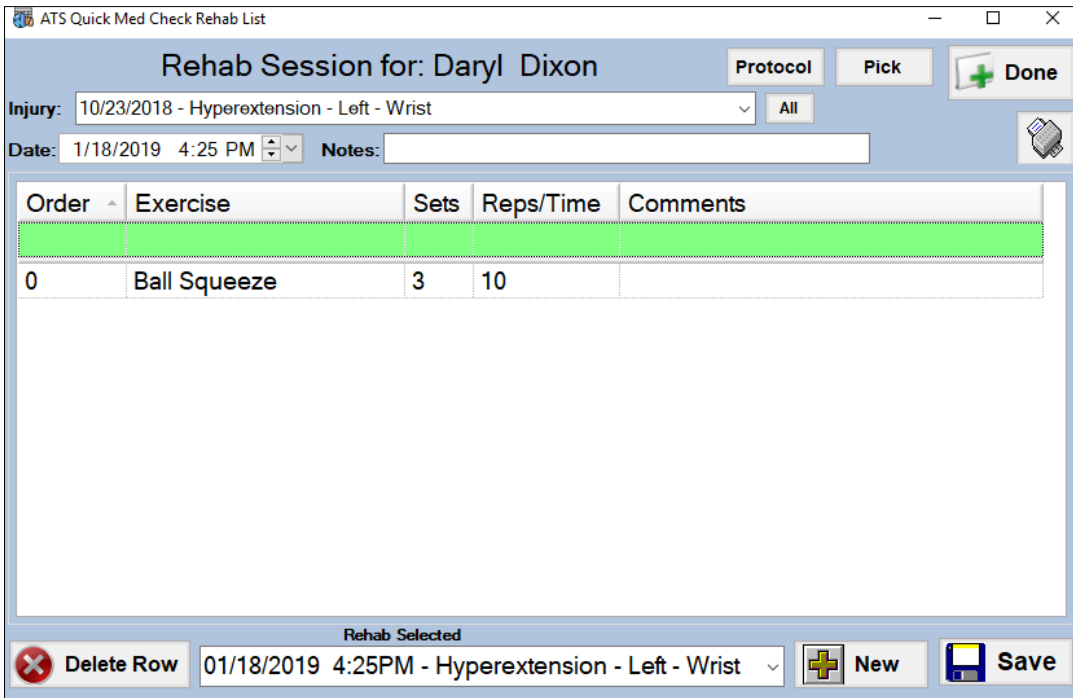
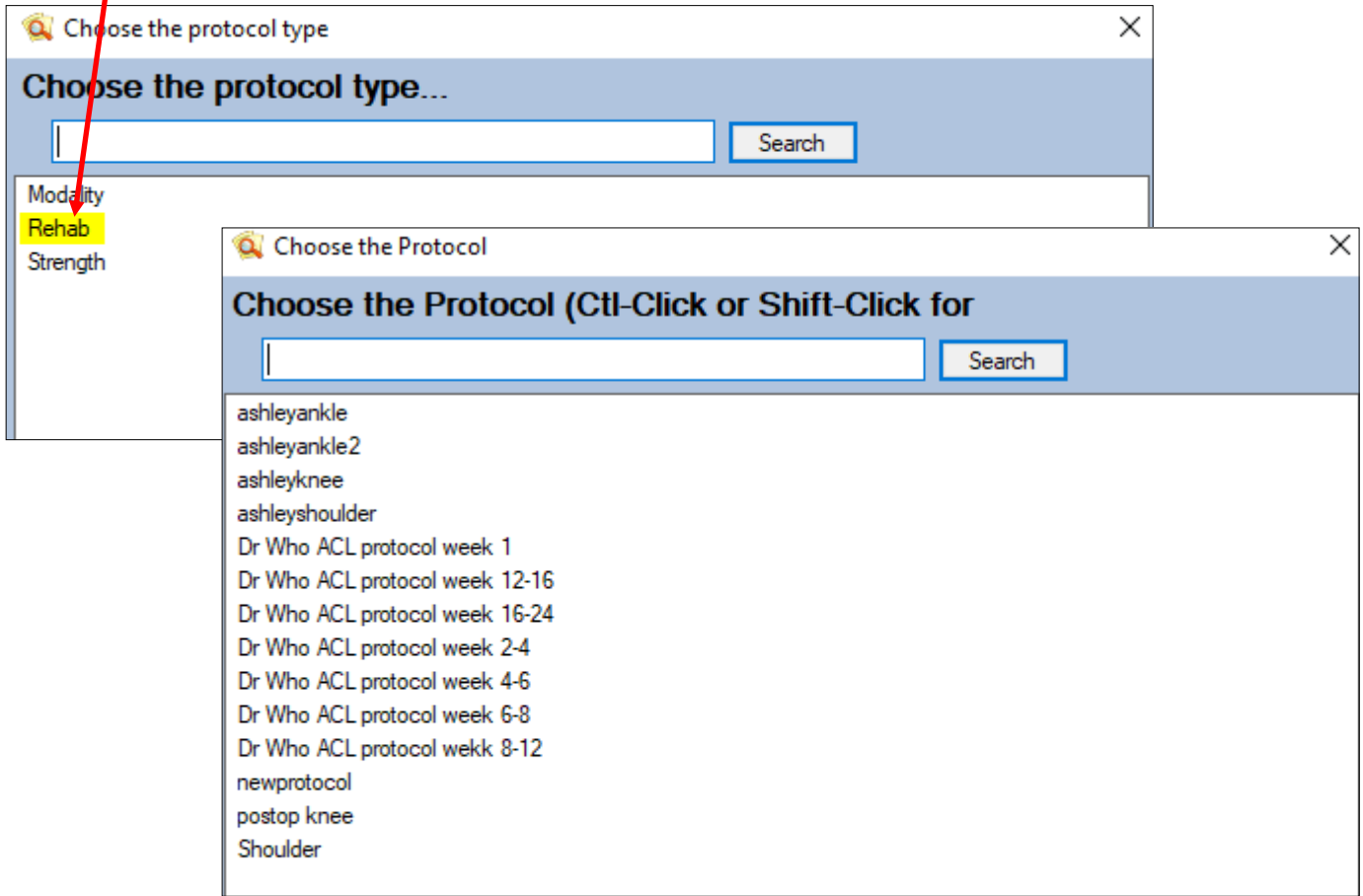


Be sure to save your exercises to either the athlete's current injury or for the body part in question.

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The Pick Protocols button allows you to choose from any predesigned rehab routines that you or your admin have designed in the system



Once you have chose a protocol the exercise routine will load in the rehab session box shown here. You can edit the order of exercises, the sets, reps and add comments once the protocol is loaded. You can also add or delete specific exercises from the session.

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The QMC also allows you customize the bottom half of the screen to allow you a fast and easy way to document your athlete's rehabs. Simply click and save.

The Blue Buttons are for individual rehab exercises, You can pick up to 24 of your most commonly used rehab exercises for these buttons.



The Green Buttons are for quick access to predesigned rehab protocols. You can choose up to 12 protocols to have accessible on this page.

You can save the rehab session for a specific injury or for the body part in question.