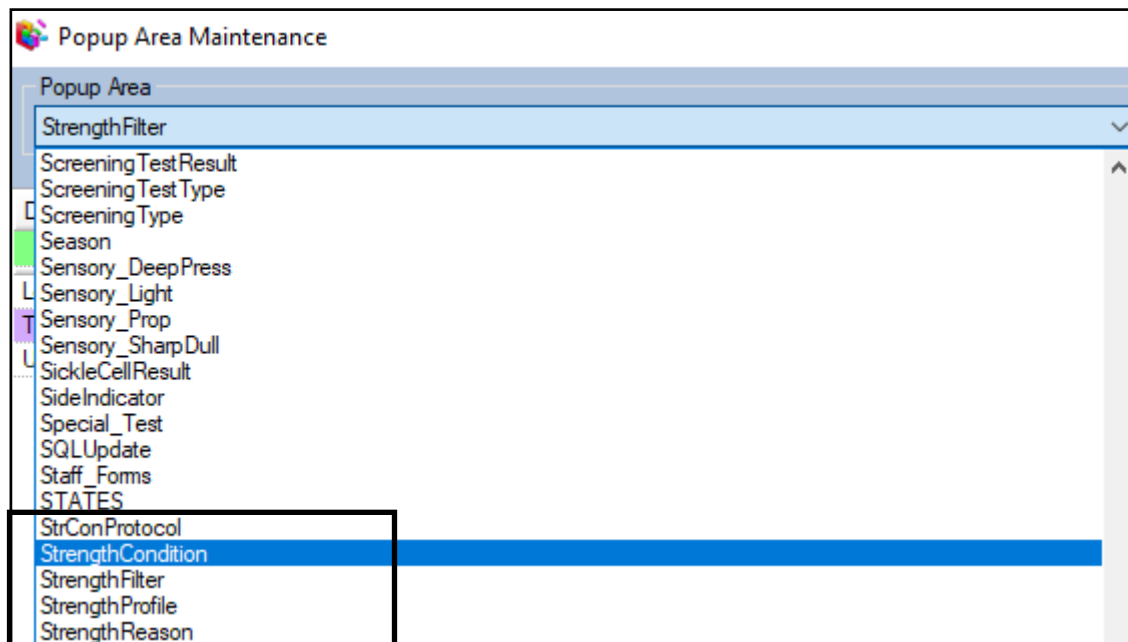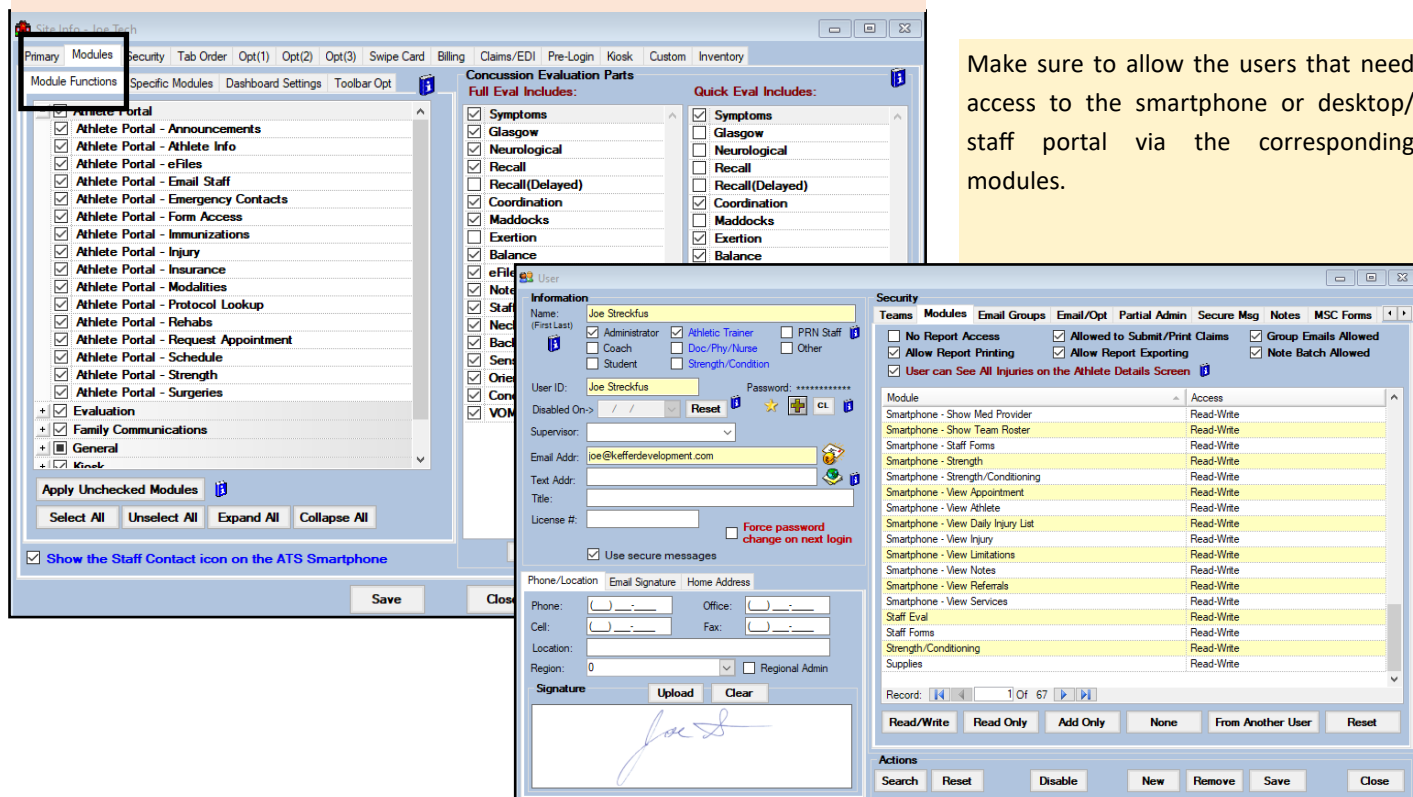# ATS: Strength & Conditioning Overview

ATS has a fully functional Strength and Conditioning module. Your Strength & Conditioning coach can document the workouts, track results, and examine information all while sharing it with the medical staff.

Before beginning to assign Strength and Conditioning sessions, like any other area of ATS, need to customize the area to fit your specific needs.

—Begin by customizing the strength menu items, by editing the five associated drop down lists. These list allow you to build protocols, edit the menu, the filter (body region), profile (goals), and reason for the sessions (rehab, strength training).

Verify the Modules are turned on, if you want the Patients/Athletes to see the S&C info, and to allow staff members to see the option.

Make sure to allow the users that need access to the smartphone or desktop/staff portal via the corresponding modules.

Strength	Meds	Med Services
Add a New S&C Session		
Search S&C Sessions		▶
Copy		▶
Bulk Strength		

To access or add a S&C session you can choose from the Strength menu or click on the Strength tab in the Athlete Profile or the Daily Information Entry screen.

ATS: Strength & Conditioning Overview

To add a new session select add a session from the menu or select the New button from the profile area.

You will need to document a reason for the visit. You can link it to an existing injury or the default injury (to be used when there is no documented injury) if you want but this is not required. The reason list is customizable

Track attendance using the Attending check off. You can then create your session, pick from the available protocols, or copy over from a previous session.

Strength/Condition - Balboa, Rocky

| Name: | Balboa, Rocky | | | Date: | 07/18/19 10:00:55 AM | | ☑ Attended |

Reason: Increase Strength | Staff Member: Ashley Sham

Injury: 05/01/2019 - Maintenance - Left - N/A | Add Default

**Exercises** | General Instructions | Note/SOAP Note | eFiles

Ord ▲	Exercise/Activity	Sets	Reps	Weight	Comments/Specific Instructions	Act Sets	Act Reps
1.00	Dead Lift Regular	4	8	150			
2.00	Squats	4	8	225			
3.00	Calf Raise	4	15	n/a			
4.00	Lunge	4	8	50			
5.00	Clean & Press	4	8	125			
6.00	Seated Calf Raise	4	8	135			
7.00	Hamstring Curl	4	8	100			
8.00	Leg Ext	4	8	145			
9.00	Leg Press	4	8	200			

Create Set | Pick | Protocol | Copy | Remove | Print | Report

Actions

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

You also have the option of copying over this S&C session to another athlete, an entire team or make this particular session a protocol. Be sure to save when you are finished with your data entry.

When building/creating a session choose from the exercises available in the drop down menu. This list is customizable, to learn more about customizing the exercises available in the drop down click here. *You must be the system administrator or have been given administrative privileges to edit the drop down lists.*
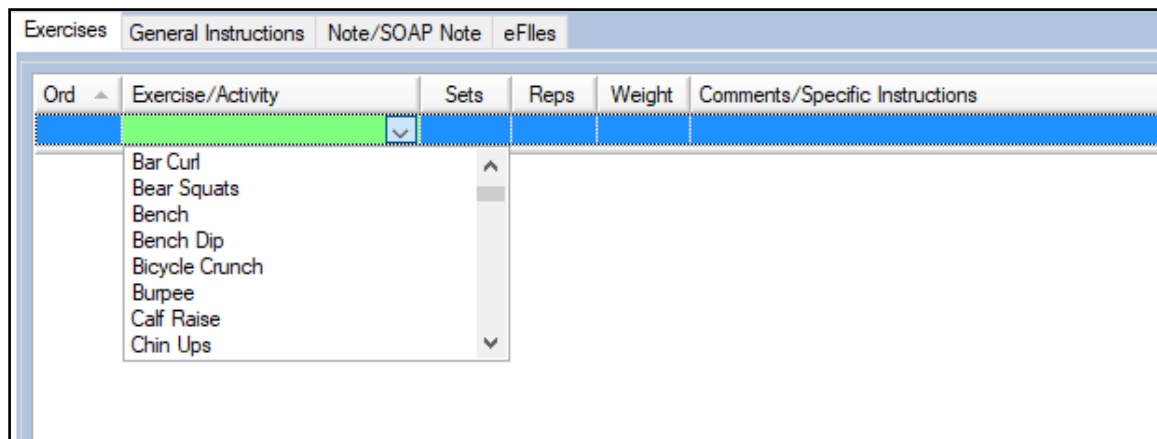
You can also select from predesigned protocols. Click on the protocol button and then choose from the options available.

To learn more about creating Strength and Conditioning Protocols click here.

CTRL-Click will allow you to select different protocols, SHFT-Click allows you to select a range
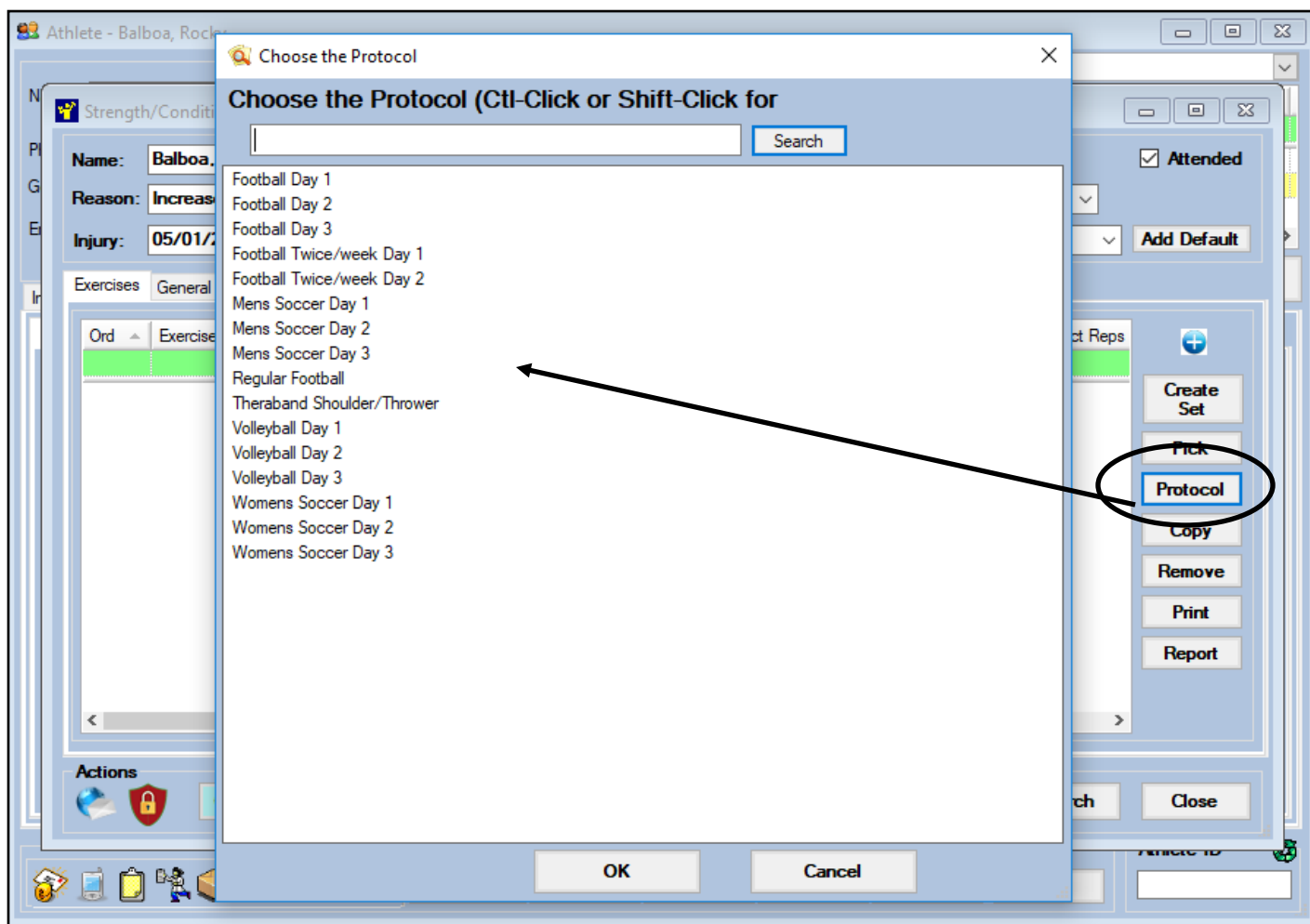
The strength tab will show/track several areas of information. It will show you a list of sessions and whether they were attended or not (this is documented by the S&C coach). To view the individual workout out session double click on the one you wish to view

Main | Strength Profile

Sessions

	Session Date ▼	Reason	Attended
New	07/18/19	Increase Strength	☑
Copy	07/16/19	Increase Strength	☑
Copy+	07/15/19	Increase Strength	☑
Copy to Athlete			
Copy to Team			
Remove			
Details			
Print			

Record: |◄ ◄ 1 Of 3 ► ►|

The documented max weight for each available exercise can be found in the Max Weight area.

Max Weight

Exercise/Activity	Max Weight
Bench	185.00
Dead Lift Regular	275.00
Leg Press	200.00
Squats	245.00

Record: |◄ ◄ 1 Of 4 ► ►| ►※

Remove | Print

The Strength Profile tab allows you to make specific comments, state goals, document overall results for several areas including Upper Extremities, Lower Extremities, Overall Fitness and Posture.

Main | **Strength Profile**

Profile Area	Notes/Results
Lower Extremities	In good condition - work on quad/hs muscl imbalance
Upper Extremities	needs to focus on all around upper body strength
Posture	forward shoulders, slightly muscle bound forward head.
Overall Fitness	good

Record: |◄ ◄ 1 Of 4 ► ►| ►※

ATS: Strength & Conditioning Overview

From the Daily Information Entry screen, you have options of how to view athletes. From injuries, to kiosk/portal log ins, appointments or from teams.

Set the order, pick the exercise, define set, reps and weight. Any comments you need for the specific activity.

Any general session notes that you would like to include when the patient/athlete views their session

Pick= Choose from a the list of exercises you have customized.

Protocol= Choose from the pre-established protocols.

Copy= copy the previous session

Remove= Delete the entry

The patient/athlete can also view their strength sessions, whether it be to look back at previous ones, to see one assigned for that day as well as document exercises done. They can access the S&C area through the Kiosk and the Patient Portal/Phone depending on the module settings your program has decided on. *To enable the S&C module for one or all of the above see your system administrator.*

ATS Kiosk

The kiosk has a strength tab that can be utilized in the weight room. You have the option of making individual exercises available (blue buttons), specific protocols (green buttons), they can pick individual exercises from all available within the system with the Pick Strengths button or they can see a session assigned to them for the day but clicking the Strength button.

See the Kiosk Configuration help doc for more information on setting the buttons.

Patient/Athlete Smartphone

If your Organization has made it available the athlete can look up assigned and previous Strength and Conditioning session through the Athlete Smartphone.

Click on the Strength Icon to begin.
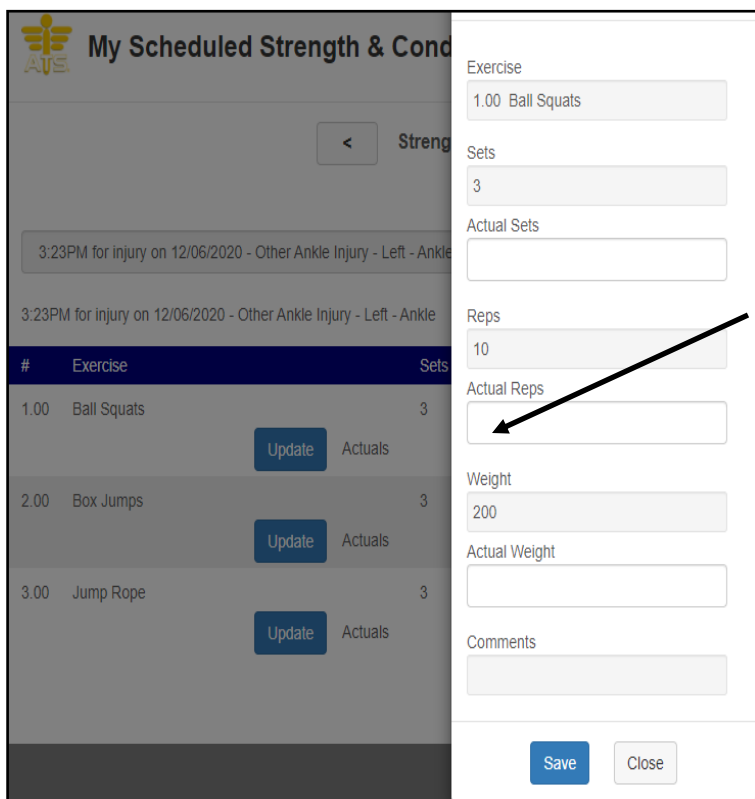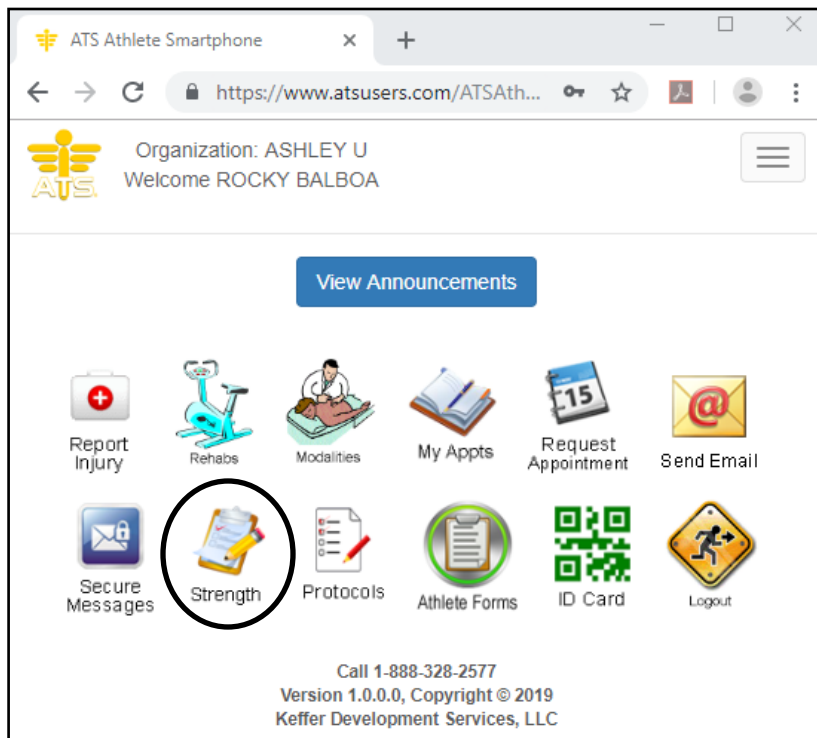
The patient/athlete can now see the Strength session that has been assigned, along with the assigned sets/reps/weight amounts. He or she will then log the actual sets/reps/weight used for each exercise. If there has been more than one session assigned use the < and > arrows to move between days. Be sure the athlete e clicks the "Save" button when they are finished. They will see a notification when the save is complete.
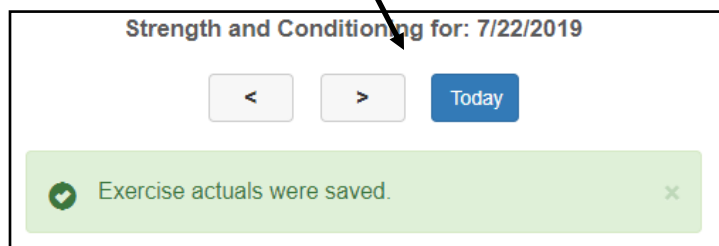
ATS: Strength & Conditioning Overview

The Athletic Trainer or Strength Coach can then log in and see if the workout has been accessed and if the athlete reported his/her actual activity.   This can be found in the Act Sets/Act reps/Act Weight area to the right of the session screen.

You can print out the exercises or click on the report button to load the session into the report format. From the report you can export it out into another form (word, pdf, excel) if you wish.

There are several Strength & Conditioning reports available in the Reports Section. Go to Reports—> #8 Strength & Conditioning Reports—> select desired option.

Reports	Admin	Windows	Help
1. Team Reports			▶
2. Athlete Reports			▶
3. Coaches Reports			▶
4. Injury Reports			▶
5. Rehab Reports			▶
6. Modality Reports			▶
7. Rehab/Modality Reports			▶
8. Strength & Conditioning Reports			▶

1. Daily S&C Schedule
2. Daily S&C Schedule for an Athlete
3. Daily S&C Schedule - Morning
4. Daily S&C Schedule - Afternoon
5. Daily S&C Schedule - Evening
6. S&C Schedule for a Period
7. S&C Schedule for a Period for an Athlete
8. S&C Schedule for a Period for a Team
9. S&C Attendance Reports ▶
10. Daily Modality Schedule w/ Pictures ▶

The report will generate, once the report has been generated you can email this reports directly to someone or export it out into another format (word, excel, pdf, etc.).

Monday	Strength & Conditioning Schedule				July 15, 2019
Balboa, Rocky					
Morning		Sets	Reps	Weight	Comments/Specific Instructions
1	Bench	4	8	175	
2	Flat fly	4	8	45	
3	Incline Bench	4	8	150	
4	Decline Bench	4	8	125	
5	DB Bench Press	4	8	50	
6	Close Grip Bench	4	8	125	
7	Bench Dip	4	8	n/a	
8	Overhead Tricep Ext	4	8	35	
9	Skull Crusher	4	8	60	
##	Tricep Rope Pulldown	4	8	75	
	Instructions:				