ATS allows you the ability to add or videos to rehab exercises. This allows you the ability to create the rehab in ATS, the athlete to view their prescribed session from their Athlete Portal or Athlete Phone and view the pictures showing how to execute the exercise if there is confusion on how to complete. ATS does not provide images, this will have to be supplied by your organization.

The first step is to edit your rehab drop down list.

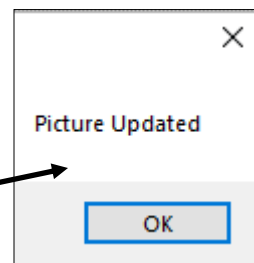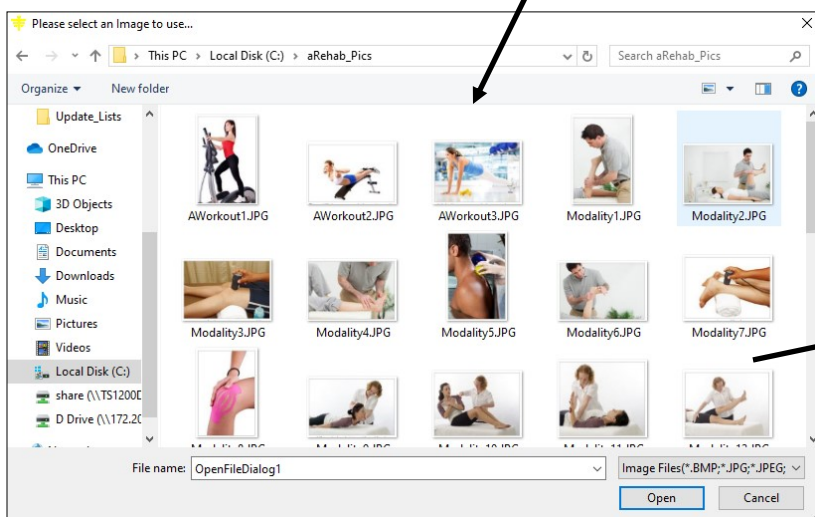Go to admin—> maintenance—> Dropdown/popup lists—> Update Modality/Rehab/Strength Lists.
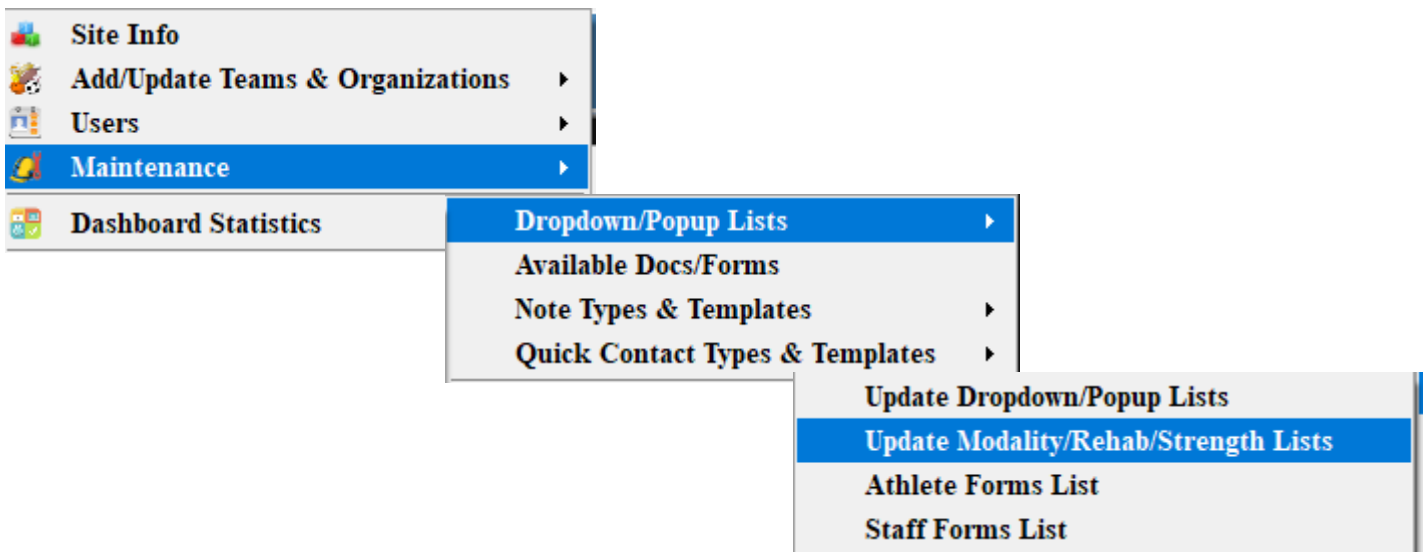
Select Rehabs from the three options at the top of the screen. The current list of rehabs in your system will load. From this screen you can link pictures/videos to rehabs that already exist as well as add in new rehab exercises and linking pictures/videos to those as well.
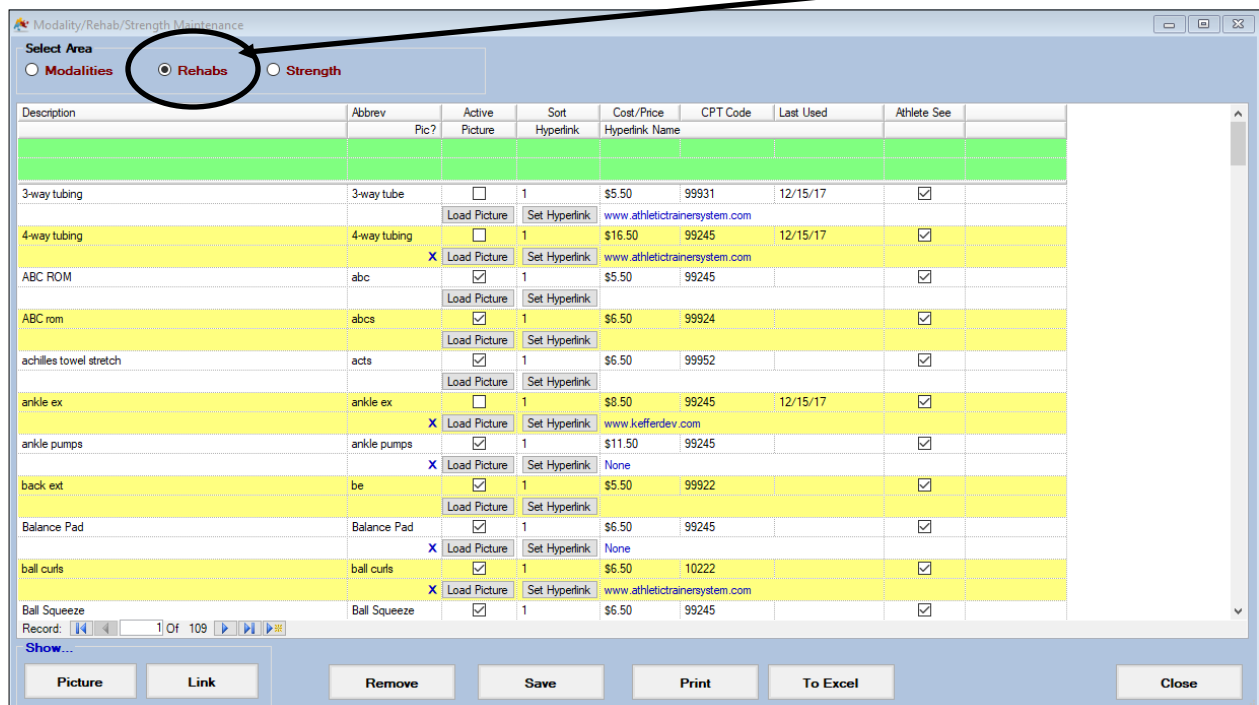
Select the desired rehab exercise and click the Load Picture button. Then select the desired picture from your computer. *You need to have pictures to upload these are not provided by ATS*. Once the picture has been saved to this exercise you will receive a "Picture Update" prompt.

If a rehab exercise has a picture associated with it there will be an "X" in the Pic? box

BE SURE TO SAVE YOUR WORK WHEN FINISHED

Create your rehab routines for your athletes as you normally would. Once that is done you can then print the athletes rehab including the pictures using an option in the reports menu.

Go to Reports—> #5 Rehab Reports—> #6 Daily Rehab w/Pictures—> and then your desired option.
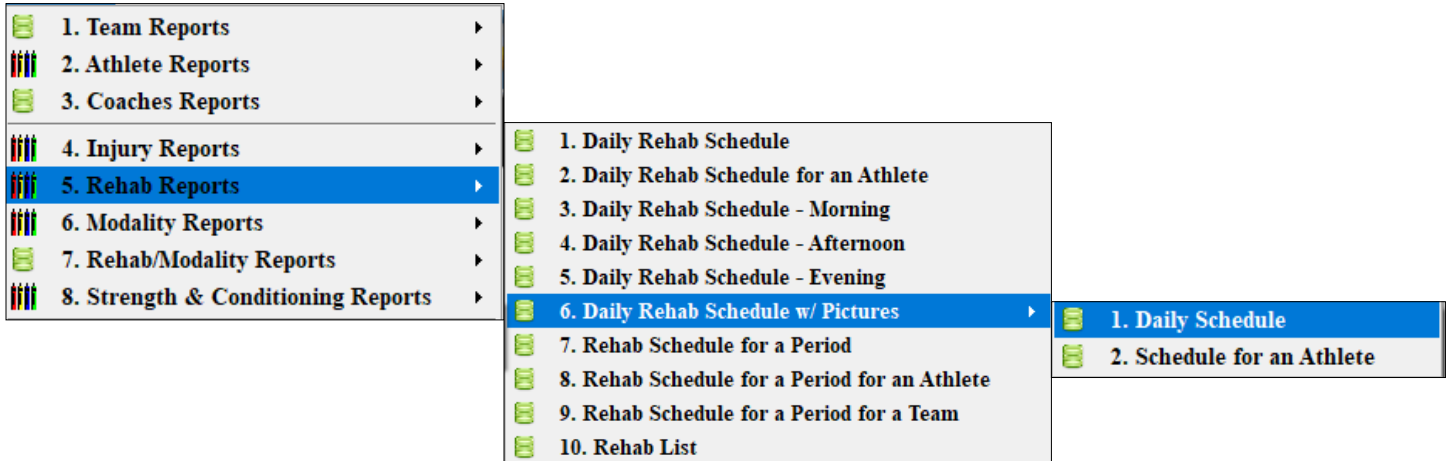

Once the report has loaded you can export it out into another format (such as a pdf) or print directly from this screen.
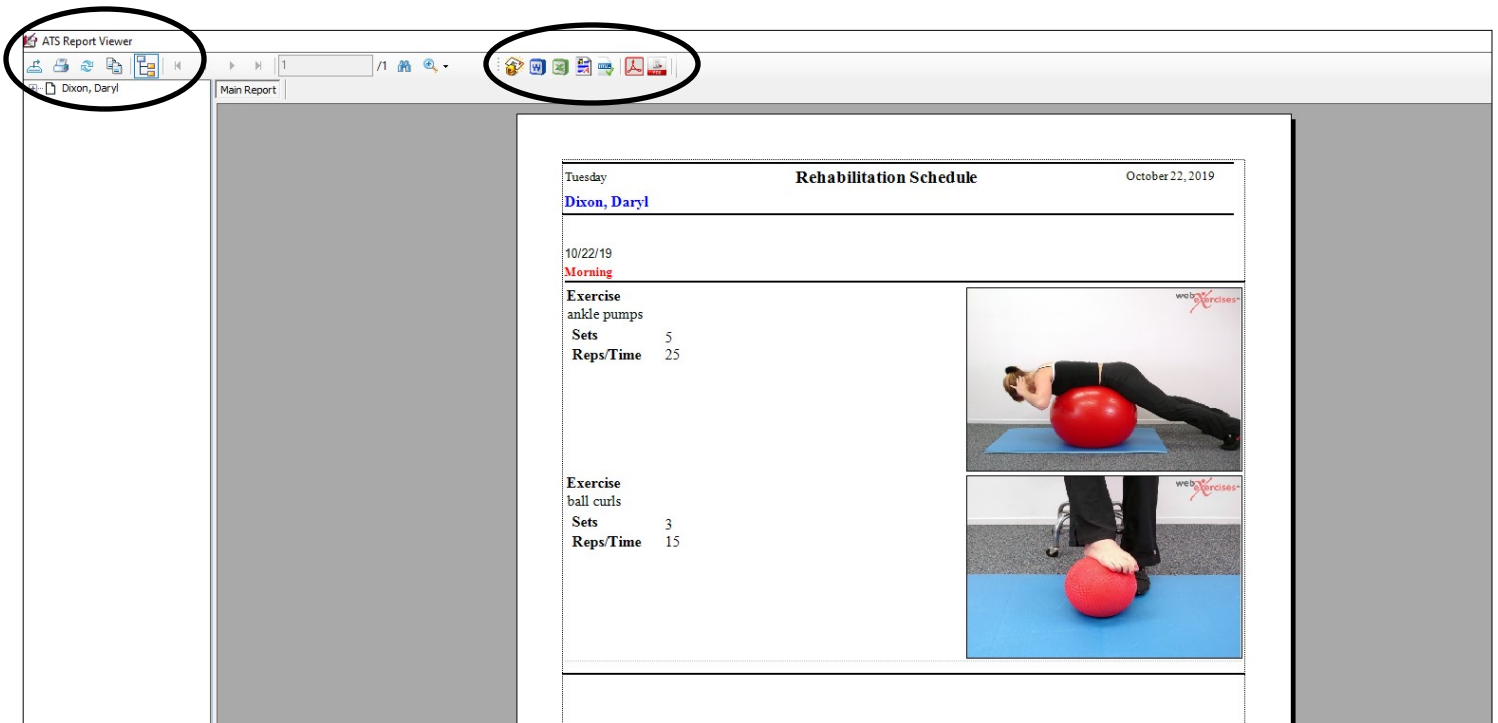
The athlete can view their rehab including any pictures or videos linked to the exercises from the Athlete Portal. Once they sign in the athlete should click on the Rehabs icon.

The rehab session scheduled for that day will load and the athlete can click on the "Show video" link for a video (if you have one available) or click "view" to see the picture associated with this exercise.
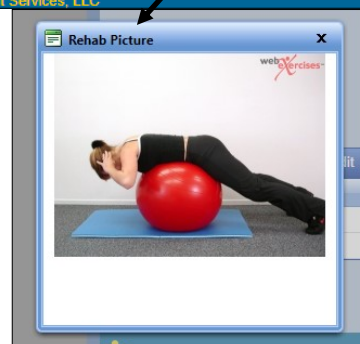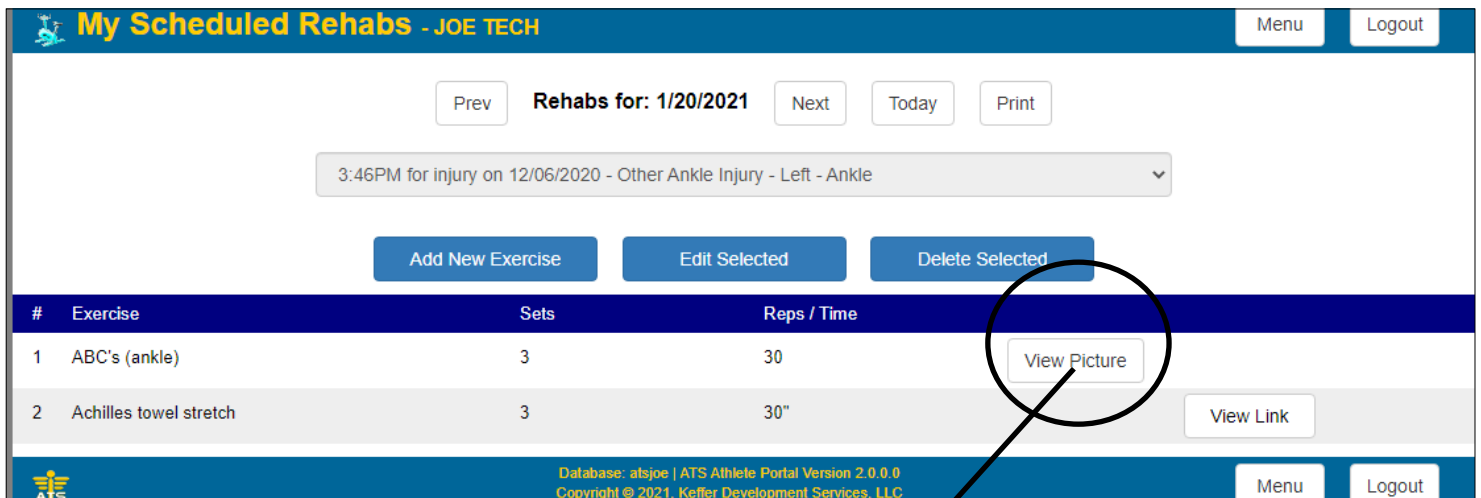
The athlete can also view their rehab routine including the pictures from the athlete smartphone. Once they have logged into the smartphone they are to select the Rehab Icon (same icon used in the Athlete Portal).
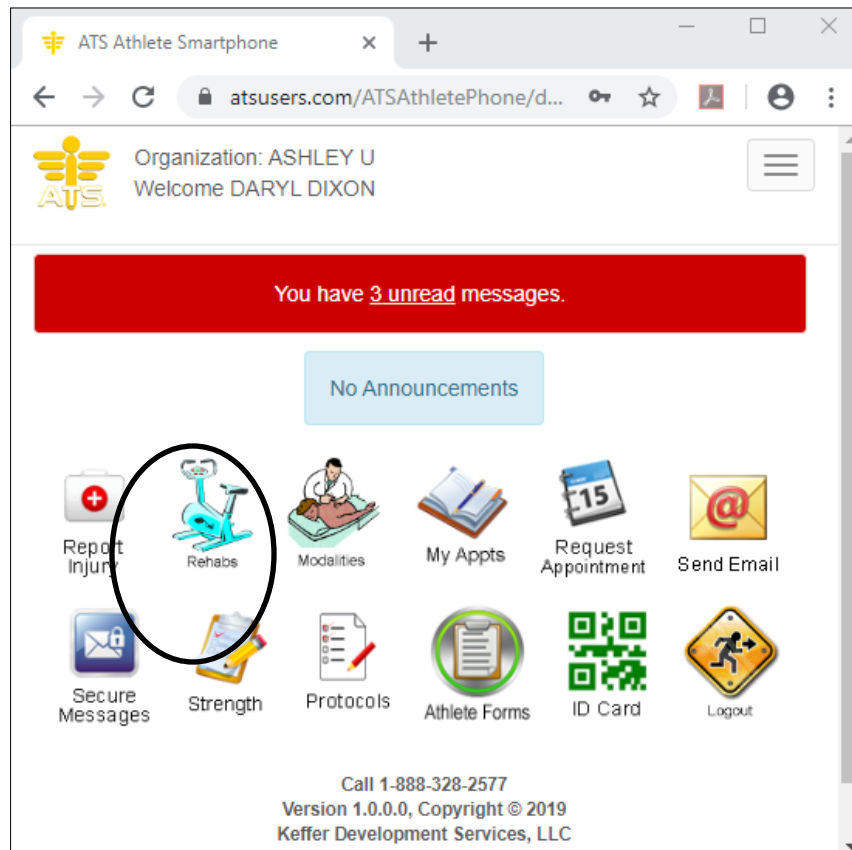
The rehab routine assigned for the day will load, with options for the athlete to see a picture of the exercise by clicking the "Show Picture" button.