ATS— Rehab Protocols

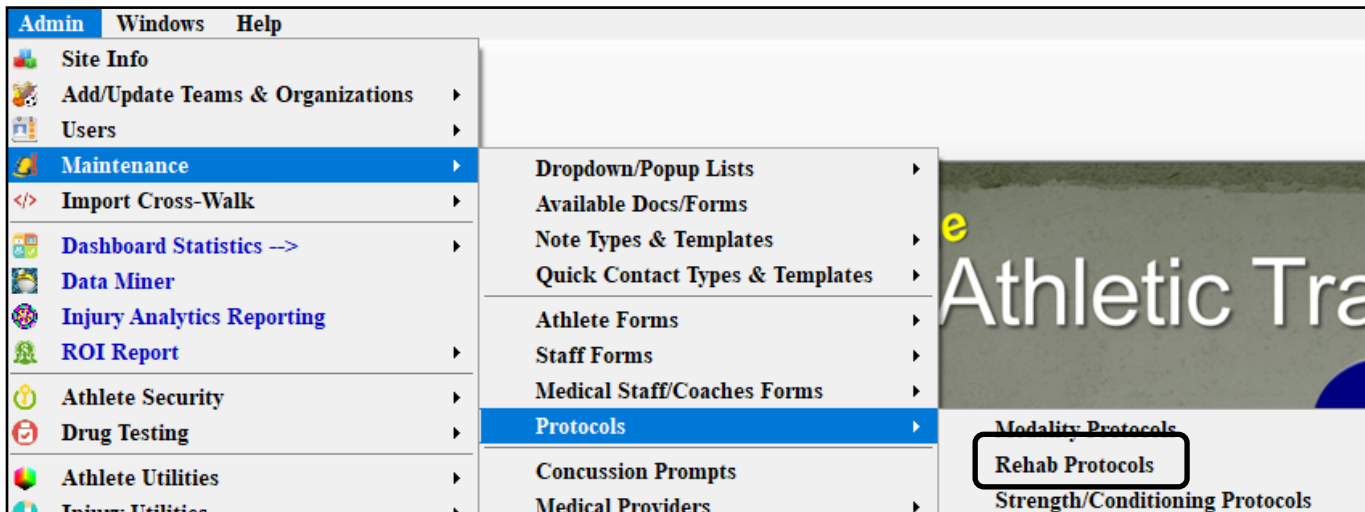## Creating Rehab Protocols:

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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:

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.

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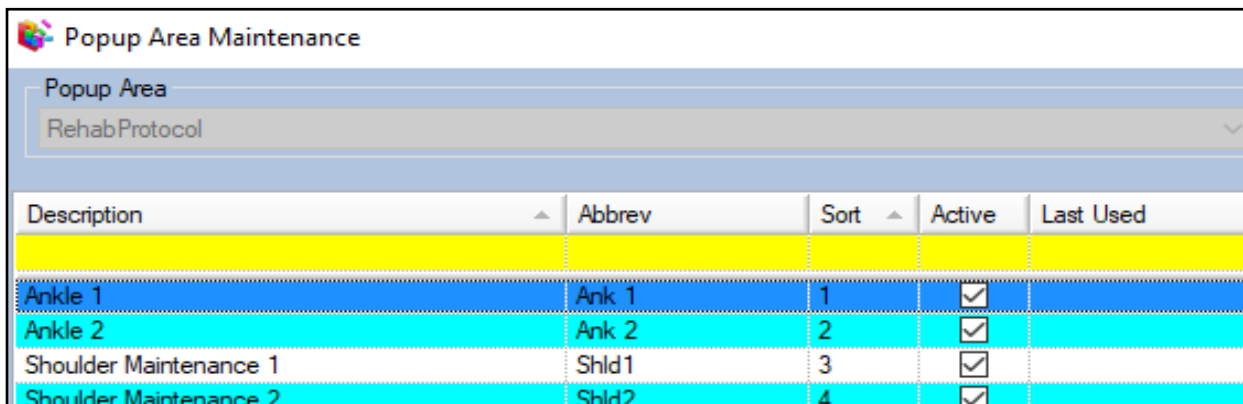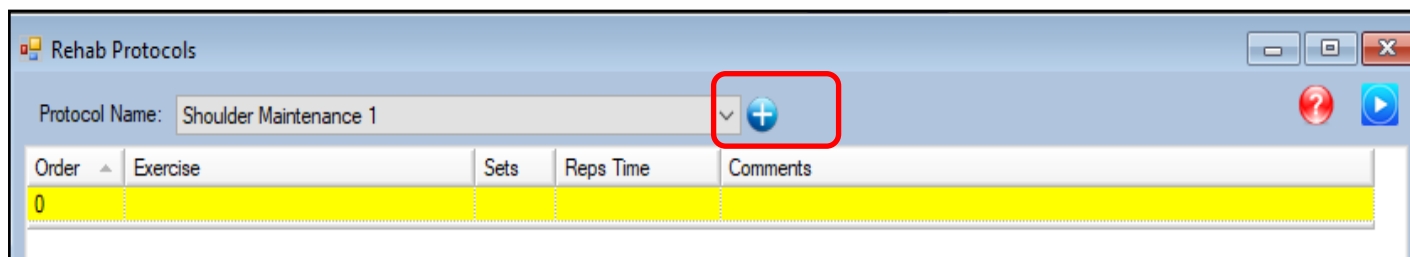
Once you have created the Protocol name, select it from the drop down menu. You can now build your session. Be sure to number/order your exercises! Select a rehab exercise from the drop down menu, this list is also customizable, to learn more about customizing the rehab dropdown list. Then fill in your sets, reps and any comment needed.
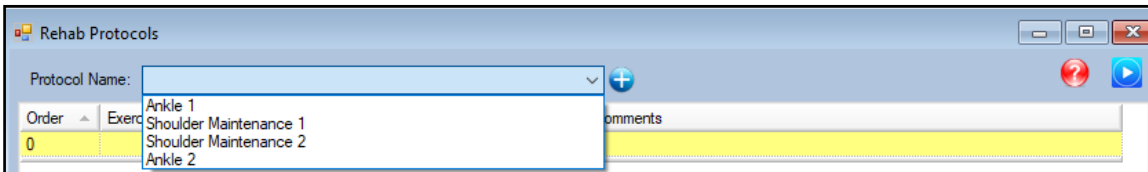
To build the protocol, you can use the dropdown menu selection, pick the exercise and set the set/reps/time for the exercise.

You can also use the PICK button to see a list of all of the available exercises in your database.
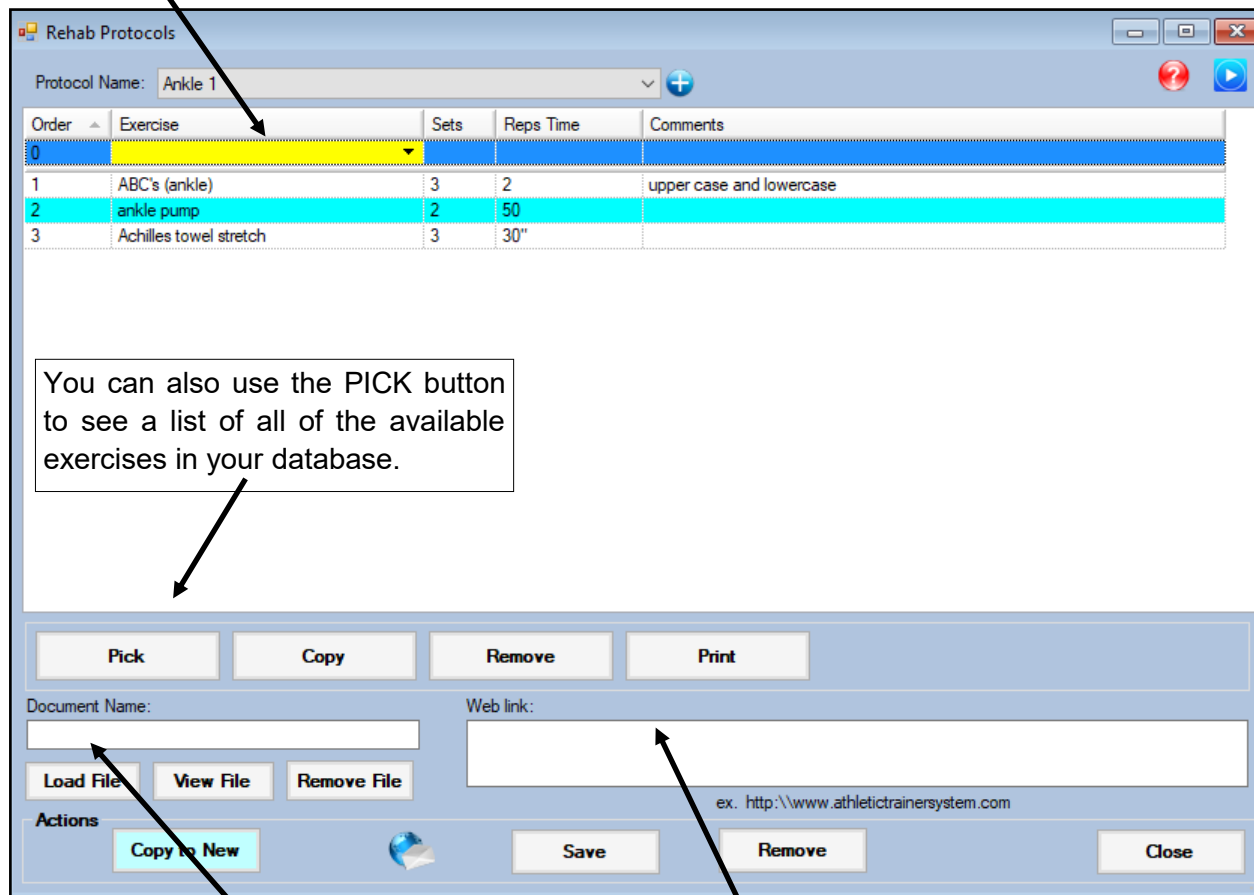
If you have a specific file (could be instructions, pictures, etc) you would like to load with the protocol link that document in the Document Name area. If you want this protocol to refer to specific website you will type in the web address in the web link box. Be sure to click save when you are finished.

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Protocol Usage:

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:
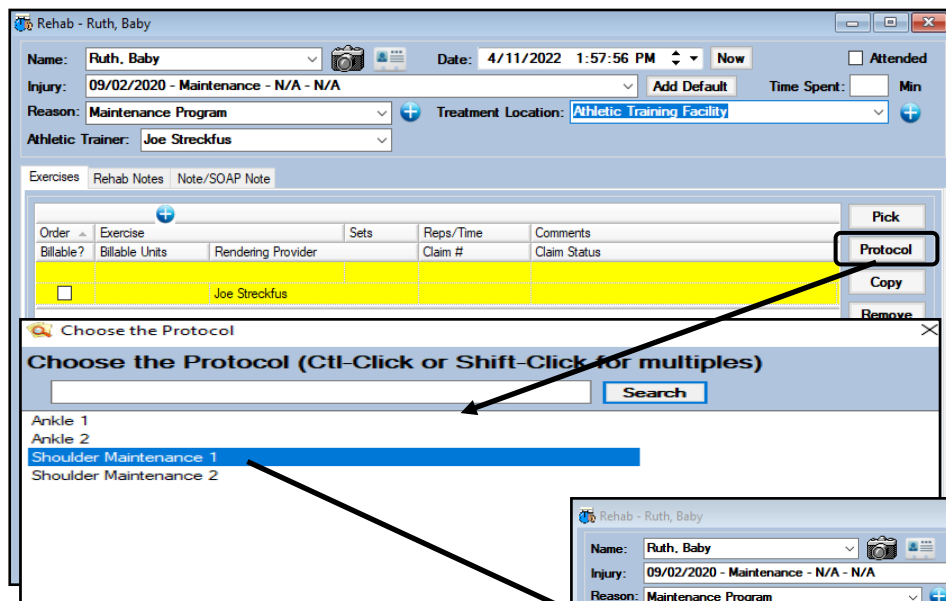
After opening your method of rehab entry, there will be a protocol button. Selecting the protocol button will open the selection screen containing the protocols that were previously entered. Select the appropriate protocol and it will be inserted into the athlete's profile

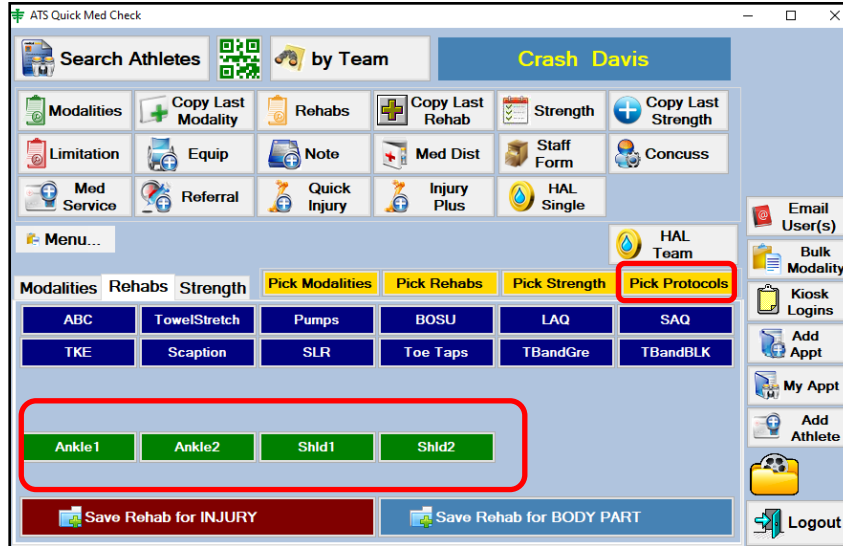Edit sets/reps as necessary, and add any other comments you would like
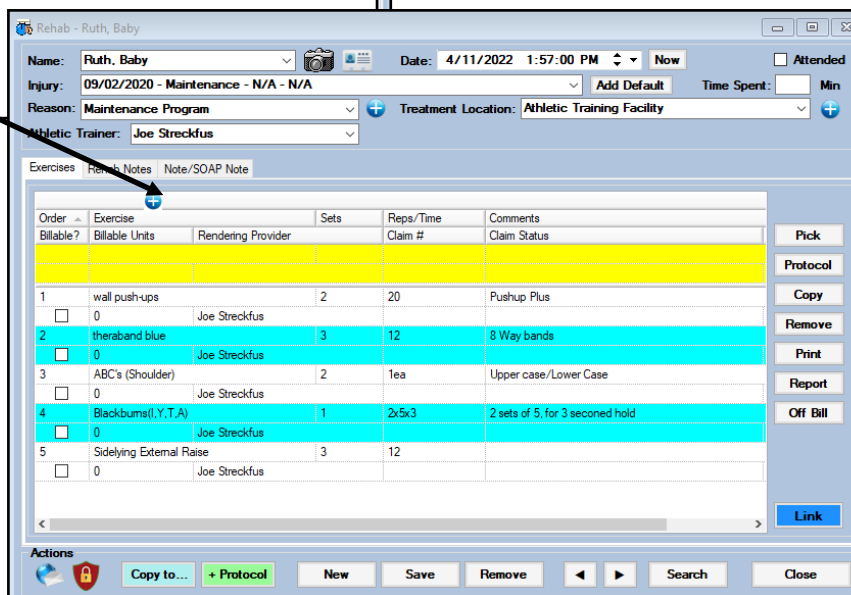
Any screen you see the Protocol button, will allow you to enter one of the created protocols.
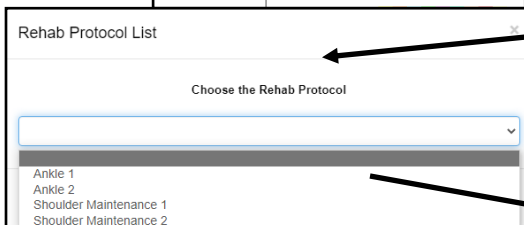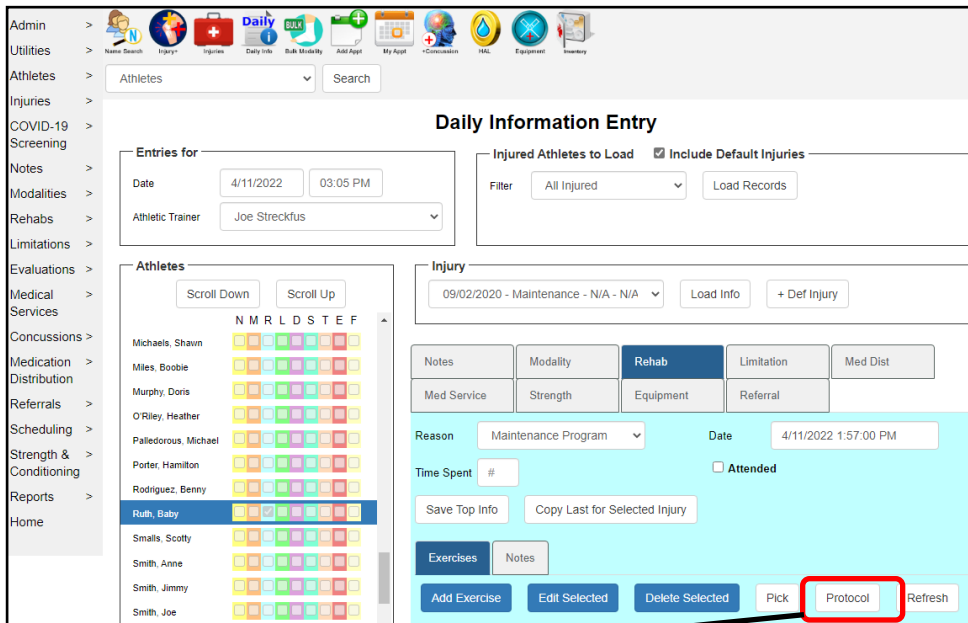
Other Staff Rehab Protocol Entry:

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.

From the Staff Portal:

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

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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.


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.

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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.
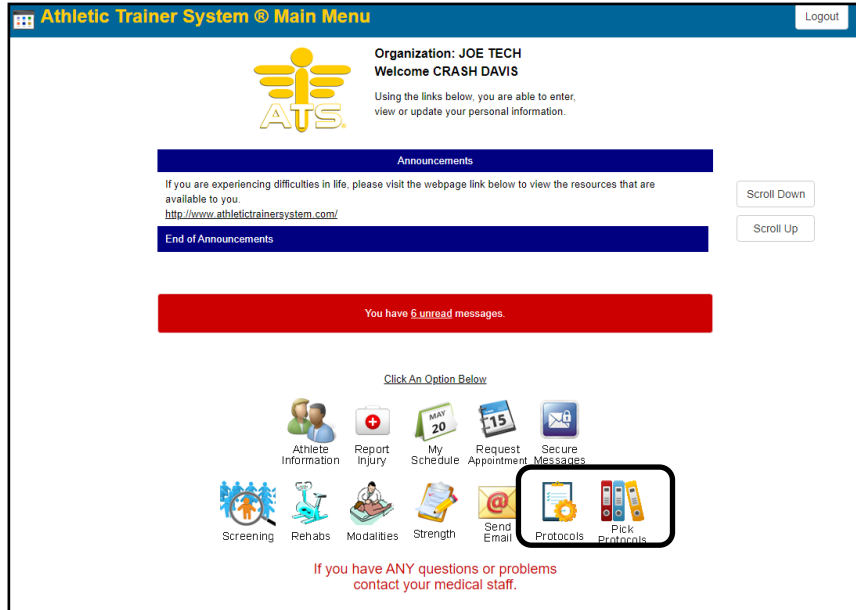

Protocol on the Athlete Phone:

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.
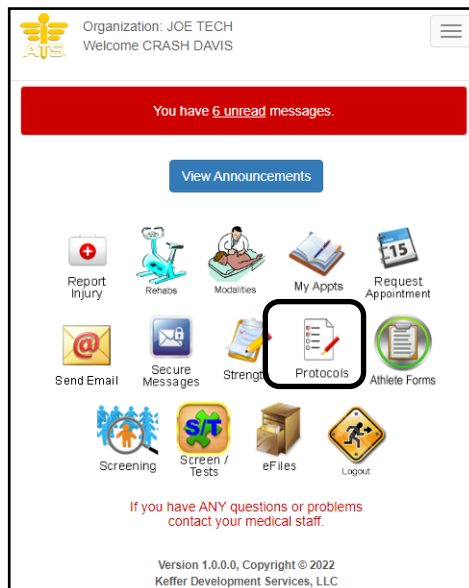
Add protocol on the fly:

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.
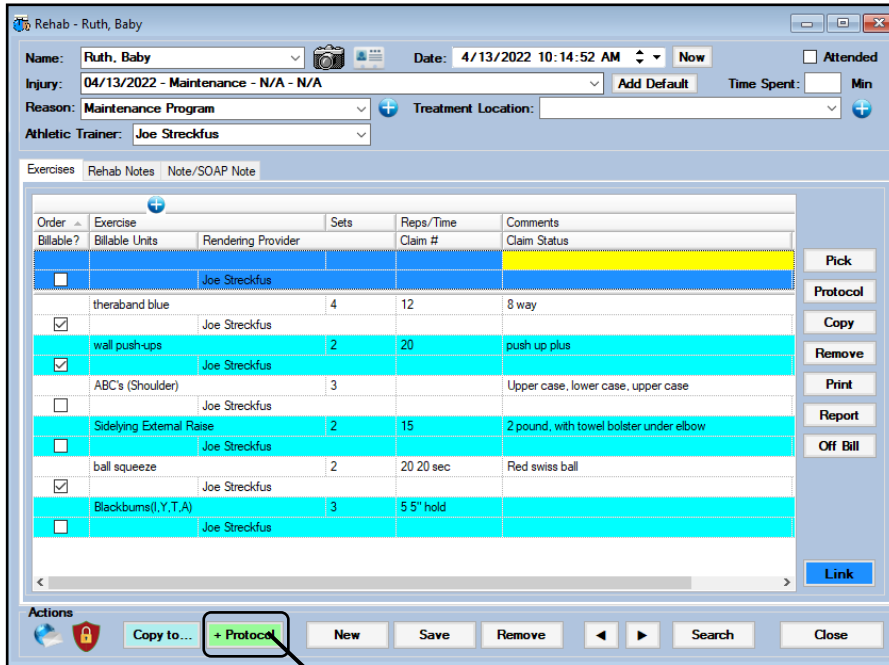
Selecting the protocol button will ask you if you would like to continue. Click Yes, then give your protocol a title.
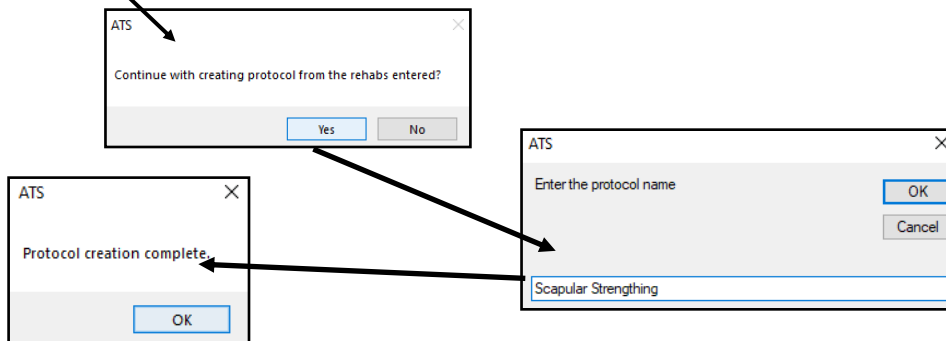
After you have completed those steps, you will then be able to select the protocol to add to another athlete as you need.