

This document will serve as the general overview of the ability to customize the rehab, modality, or strength lists in ATS.

Configuration of Rehab, Modality, Strength Lists

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Site Info Set Up:

Before utilizing modalities, rehab or strength, there are several different areas that you should ensure are turned on.

Begin by going to ADMIN—> Site Info—> Modules.

From there you will need to decide what your athletes will have access to, under the **Athlete Portal** area of the modules. Then you will need to ensure that the modules are activated for your database, by going to the **General** portion of the modules.

If you utilize the **Kiosk**, set it up the way that works the best way for your organization

Ensure you have appropriate access granted for the AT staff through the **Staff Phone**.

The screenshots illustrate the steps for setting up modules and user access:

- Top Left:** The 'Site Info' > 'Modules' screen. The 'Athlete Portal' checkbox is checked. The 'General' section is expanded, showing 'Kiosk' and 'Staff Smartphone' are also checked.
- Top Right:** The 'User' profile for 'Joe Streckfus'. The 'Security' tab is active, showing a list of modules and their access levels. Key modules like 'Athlete Portal', 'Rehab', 'Smartphone - Enter Modality', and 'Strength/Conditioning' are highlighted with black boxes.
- Bottom Left:** The 'Admin' > 'Users' menu. The 'Add a User...' option is highlighted, along with search and update options.

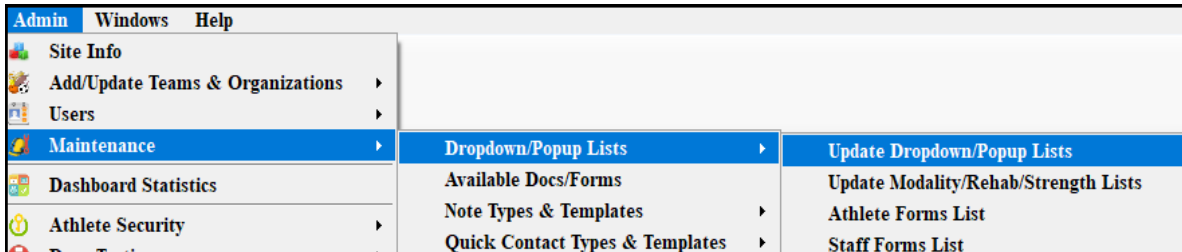
After ensuring all modules you need are active. You need to verify the athletic trainers in your organization have access in their user profile to the appropriate modules to add the information.

Customizing the Dropdown Lists:

After setting modules, and module access for the athletic trainers, you are ready to customize the dropdown/popup lists. Customizing the dropdown lists allows you to have the rehab exercises, modalities and strength options that you utilize at your school, with the names you call them.

To customize your lists, you need to be an administrator or have admin privilege.

Begin by going through the menu options below to access the menu:



Rehab Dropdowns

Below are the dropdown lists that we recommend adding/setting specific entries tailored to your school.

Popup Area Maintenance

Popup Area: Rehablist

Description	Abbrev	HS Rehab/Modal	Cost Amount	Sort	Active	CPT Code	Treatment	Last Used
NeuroMuscular Re-Education	NMRE		\$58.00 0		<input checked="" type="checkbox"/>	78230		
Therapeutic Exercise	TherEx		\$51.00 0		<input checked="" type="checkbox"/>	97110		
Therapeutic Modalities	TherMod		\$51.00 0		<input checked="" type="checkbox"/>	97110		
Vasopneumatic	Vaso		\$51.00 0		<input checked="" type="checkbox"/>	97800		
ABC's (ankle)	abc	Independent Range of Moti...	\$10.00 1		<input checked="" type="checkbox"/>	97110		
Ace Wrap	Ace		\$0.00 1		<input checked="" type="checkbox"/>			
Achilles towel stretch	acts	Assistive Range of Motion	\$20.00 1		<input checked="" type="checkbox"/>	97110		
Active Motion	AROM		\$0.00 1		<input checked="" type="checkbox"/>			
ankle pump	AP	Independent Range of Moti...	\$0.00 1		<input checked="" type="checkbox"/>	97110		

RehabList: allows you the ability to expand your entries for rehabs. There will be more to follow on pages later in the document on other ways to customize the list.

Popup Area

RehabReason

Description	Abbrev	Sort	Active	Last Used
Flexibility	Flex	1	<input checked="" type="checkbox"/>	
Post-acute management	PA	1	<input checked="" type="checkbox"/>	
Strengthening	Stre	2	<input checked="" type="checkbox"/>	
Post-Surgical	Postsurg	3	<input checked="" type="checkbox"/>	
Postural Correction	Posture	4	<input checked="" type="checkbox"/>	
Tape Ankle	AT	5	<input checked="" type="checkbox"/>	
Tape Thumb	Thumb	6	<input checked="" type="checkbox"/>	
Tape Wrist	Wrist	7	<input checked="" type="checkbox"/>	
Hamstring Protocol	Ham Pro	8	<input checked="" type="checkbox"/>	
Maintenance Program	Maint	9	<input checked="" type="checkbox"/>	
Acute Injury	Acute	10	<input checked="" type="checkbox"/>	

RehabReason: allows you the ability to add reason the athletes are coming into the AT facility.

Popup Area

TreatmentLocation

Description	Abbrev	Sort	Active	Last Used
Arena	Arena	1	<input checked="" type="checkbox"/>	
Athletic Training Facility	ATF	1	<input checked="" type="checkbox"/>	
Game Field	Game	1	<input checked="" type="checkbox"/>	
Practice Field	Prac	1	<input checked="" type="checkbox"/>	

TreatmentLocation: allows you the ability to add any locations that you may have to do a rehab

Modality Dropdowns:

Below are the dropdown lists that we recommend adding/setting specific entries tailored to your school.

Popup Area
Modalities

Description	Abbrev	HS Rehab/Modal	Cost Amount	Sort	Active	CPT Code	Treatment	Last Used
Ace Wrap	ace	Wrapping	\$0.00	1	<input checked="" type="checkbox"/>		0	
Active Range of Motion	AROM	0	\$0.00	1	<input checked="" type="checkbox"/>		0	
BioCryo Compression	BioC	Cryocuff	\$0.00	1	<input checked="" type="checkbox"/>		0	
Cast	Cast	0	\$0.00	1	<input checked="" type="checkbox"/>		0	
Cold Whirlpool	CWP	Cold Whirlpool	\$0.00	1	<input checked="" type="checkbox"/>	97022	0	
Combo - us/es	combo	Electical Modality Other	\$0.00	1	<input checked="" type="checkbox"/>			
contrast (hot/cold)	contrast	Contrast Bath	\$0.00	1	<input checked="" type="checkbox"/>	97034		
cryocuff ankle	ccankle	Cryocuff	\$0.00	1	<input checked="" type="checkbox"/>			

Modalities: allows you the ability to expand your entries for modalities. There will be more to follow on pages later in the document on other ways to customize the list.

Popup Area
ModalityTime

Description	Abbrev	Sort	Active	Last Used
Early Morning	Early Mom	1	<input checked="" type="checkbox"/>	
Late Morning	Late Mom	2	<input checked="" type="checkbox"/>	
Afternoon	Afternoon	3	<input checked="" type="checkbox"/>	
Late Afternoon	Late After	4	<input checked="" type="checkbox"/>	
Evening	Evening	5	<input checked="" type="checkbox"/>	

ModalityTime: allows you to set the time the modality was rendered, this can be customized to be after practice, pre-practice or anytime you would like to have available.

Popup Area
TreatmentLocation

Description	Abbrev	Sort	Active	Last Used
Arena	Arena	1	<input checked="" type="checkbox"/>	
Athletic Training Facility	ATF	1	<input checked="" type="checkbox"/>	
Game Field	Game	1	<input checked="" type="checkbox"/>	
Practice Field	Prac	1	<input checked="" type="checkbox"/>	

TreatmentLocation: allows you the ability to add any locations that you may have to do a rehab

Strength/Conditioning:

Below are the dropdown lists that we recommend adding/setting specific entries tailored to your school.

Popup Area						
StrengthCondition						
Description	Abbrev	Sort	Active	Last Used	Athlete See	
Back Ext	backext	0	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Ball Squats	ballsquat	0	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Bar Squats	barsquat	0	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Bench Press	BenchPress	0	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Box Jumps	boxjumps	0	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	
Burpees	burpees	0	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	

Popup Area					
StrengthFilter					
Description	Abbrev	Sort	Active	Last Used	
Lower Body	LB	0	<input checked="" type="checkbox"/>		
Total Body	TB	0	<input checked="" type="checkbox"/>		
Upper Body	UB	0	<input checked="" type="checkbox"/>		

Popup Area					
StrengthProfile					
Description	Abbrev	Sort	Active	Last Used	
Overall Fitness	OvFit	0	<input checked="" type="checkbox"/>		

Popup Area					
StrengthReason					
Description	Abbrev	Sort	Active	Last Used	
Build Muscle	BldMusc	0	<input checked="" type="checkbox"/>		

StrengthCondition: allows you to build specific S/C exercises that don't necessarily fit as rehab, or if your S/C coach is using ATS to build programs

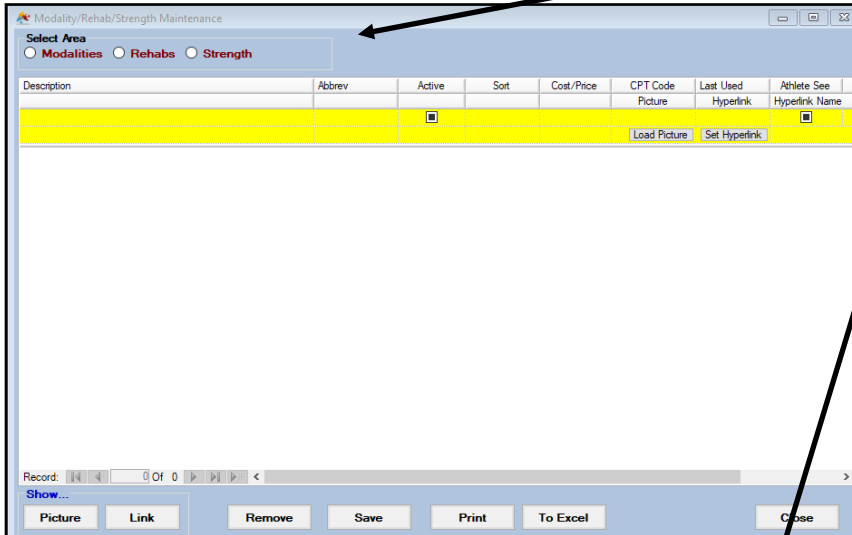
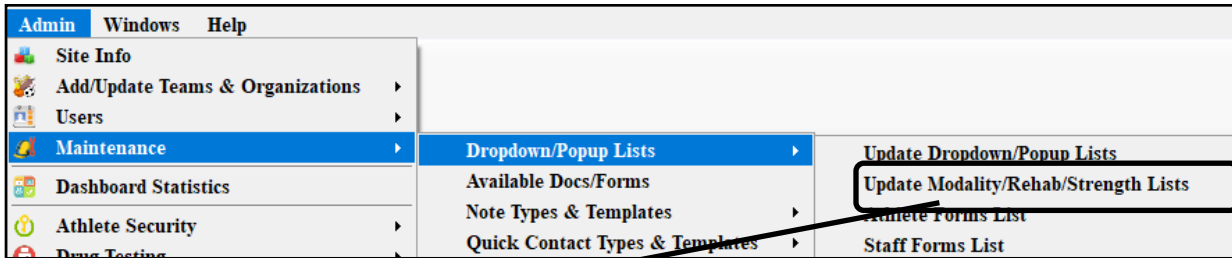
StrengthFilter: allows you to filter between body parts or sections to target S/C for.

StrengthProfile: allows you the ability to keep notes separated for the session you were working on.

StrengthReason: allows you the ability to define the strength session, could be post surgical, return to play session, anything you may do an S/C session for.

Custom Set/Reps/Time for Modality and Rehab:

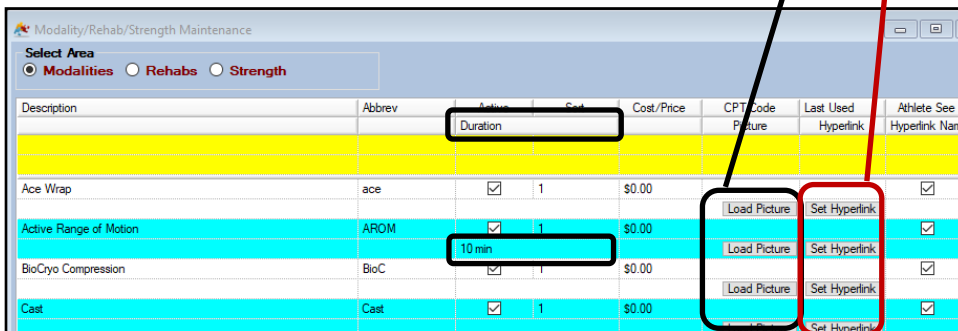
ATS now gives you the ability to customize, specifically rehab and modality entries, for Default sets/reps/time. This is only available for rehab and modalities and only accessible through the menu below.



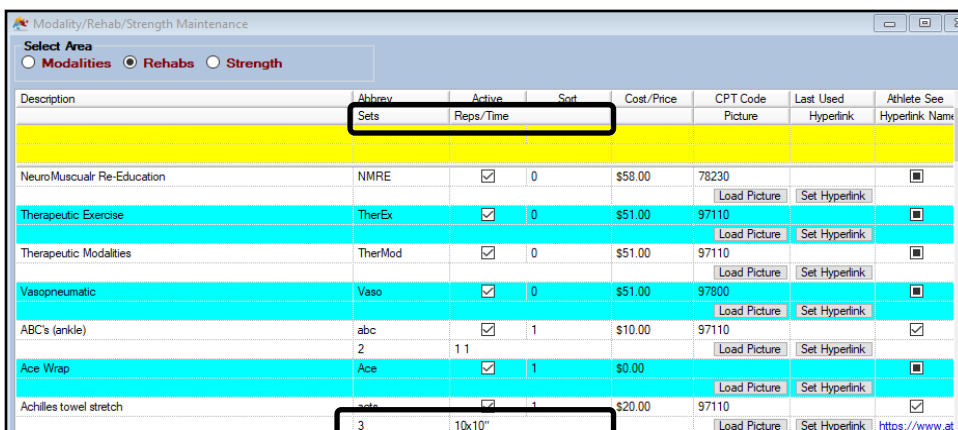
After you select the Update Modality/Rehab/Strength List, you will see the screen to the left. Once there, select the list you would like to update. Modality, Rehab, Strength.

Allows you the ability to attach an image to the modality, rehab or strength exercise. Useful for when athletes will be gone over break and need to complete assigned treatment.

Allows you the ability to link to a specific URL so they can see a video, or other way to execute the assigned treatment.



The modality list, allows you to add new exercises, deactivate old ones. You can also give a default duration to the modalities, this will then show up when you select that modality. You can assign cost and CPT codes for billing.



The rehab list, allows you to add new exercises, deactivate the old ones. You can now give to the rehabs a default Set and Rep/Time defaults. As well as assign cost and CPT codes for billing usage. You also can load pictures of the exercises or hyperlink to a the exercise. This allows you to make them available to the athlete if they are gone over break so you can enhance compliance and efficiency of rehab done.

Building Rehab, Modality, Strength Protocols:

ATS allows you the ability to build Protocols for rehab, modalities or strength sessions. These can be useful, if you have a standard protocol you want to utilize, post ankle sprain, or a standard set of exercises to start a shoulder rehab. These can be set how you would like, customize as you need.

Before adding Protocols, you need to add to the dropdown list of protocol names.

The screenshot shows the Admin menu with 'Maintenance' selected, leading to 'Update Modality/Rehab/Strength Lists'. Below are three popup windows:

- ModalityProtocol:** A table with columns 'Description' and 'Abbrev'. It contains one entry: 'Ankle' with 'Ankle' as the abbreviation.
- RehabProtocol:** A table with columns 'Description', 'Abbrev', 'Sort', 'Active', and 'Last Used'. It contains one entry: 'Ankle' with 'Ankle' as the abbreviation, '1' as the sort value, and a checked 'Active' checkbox.
- StrConProtocol:** A table with columns 'Description', 'Abbrev', 'Sort', 'Active', and 'Last Used'. It contains five entries:


Description	Abbrev	Sort	Active	Last Used
Football Day 1	fb 1	0	<input type="checkbox"/>	
Football Day 2	fb2	0	<input checked="" type="checkbox"/>	
Football Day 3	fb3	0	<input checked="" type="checkbox"/>	
Football Twice/week Day 1	FBx21	0	<input checked="" type="checkbox"/>	
Football Twice/week Day 2	FBx22	0	<input checked="" type="checkbox"/>	

Go through the admin menu below and select the appropriate protocol you would like to edit.

The screenshot shows the Admin menu with 'Maintenance' selected, leading to 'Protocols'. The 'Protocols' submenu is open, showing the following options:

- Modality Protocols
- Rehab Protocols
- Strength/Conditioning Protocols

Building Protocols:

After you have created the names of the protocols you would like to construct, you are able to select them from the corresponding protocol menu. If you forgot to create a name, you can use the blue plus sign  to go directly to the dropdown menu.

Use the lists to build the protocols you need. These can be available to the athletics trainers, and your athletes via their portal or kiosk, should you choose to allow them to see them. For more info on the configuration of protocols, please see the [configuring protocols](#) doc.

