



# **Exercise Pro**

## **Getting Started Guide**

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Please see <http://www.BioExSystems.com/license.htm> for program license information.

## Installation

1. Login as an Administrator or a user with Administrator privileges.
2. Place the Exercise Pro installation CD in the CD-ROM drive.
3. Follow the instructions on the screen.

## Overview

Exercise Pro allows you to:

- Search for exercises.
- Create client exercise programs.
- Access previous client histories.
- Make protocols.
- Add your own exercises, protocols, and education topics.




Refer to the *Exercise Pro Help* and *Exercise Pro User Guide* for more information about the features in Exercise Pro.

## Tutorial

The following tutorial walks you through the steps of creating a basic client exercise program.

### ***Customizing the Work Environment***

On the **Search Options** toolbar, click the following buttons:

	<b>Display Print Layout</b> moves the search criteria tabs to the left side of the screen and the selected exercise pictures on the right side of the screen.
	<b>Display Exercise Pictures with Names</b> returns exercise results in picture and text format. Click <b>Next</b> and <b>Back</b> to scroll through the exercises.
	<b>Display Common Names</b> lists exercises using common names.

### ***Searching for and Selecting Exercises***

1. Click the **Body Area** tab.
2. Select the following search criteria as shown in Figure 1.
  - Place a checkmark in the **Shoulder** checkbox under **Body Area**.
  - Place a checkmark in the **Resisted** checkbox under **Exercise Type**.
  - Place a checkmark in the **Elastic** checkbox under **Exercise With**.

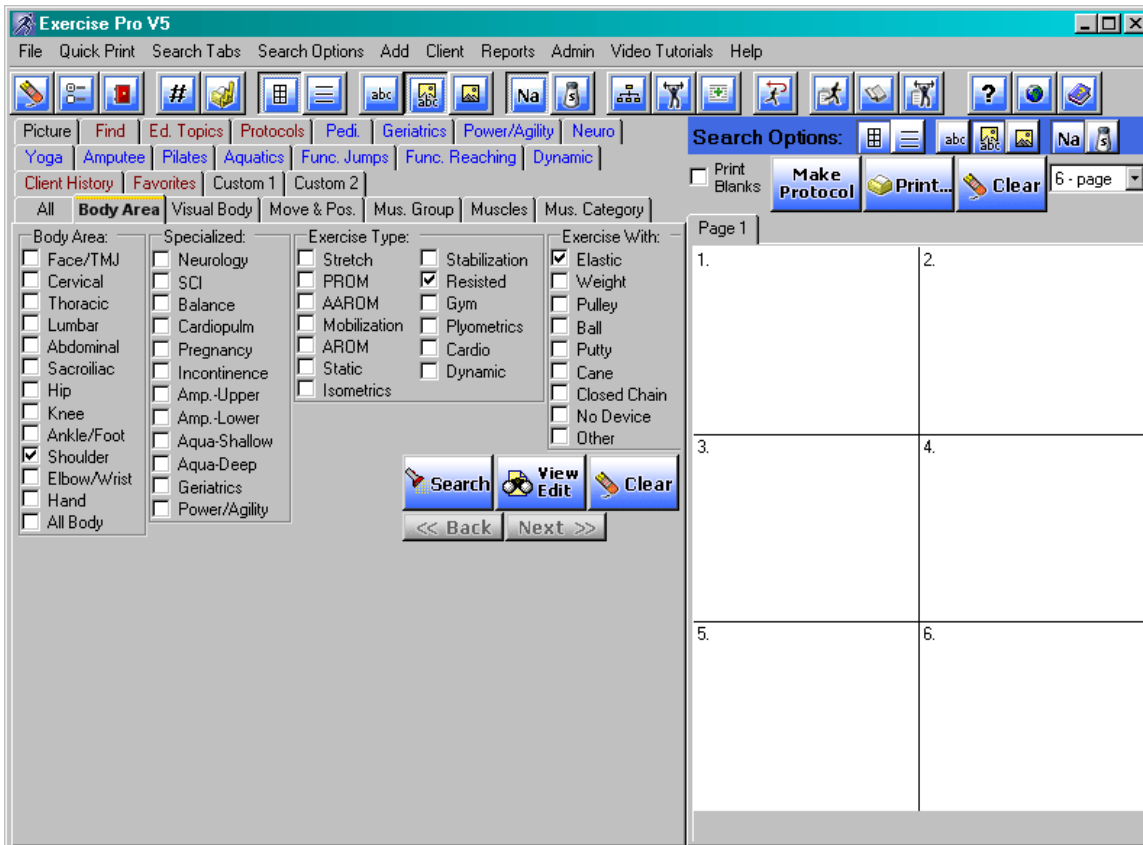


Figure 1 - Selecting the Search Criteria

3. Click **Search**.
4. Click **Next** to scroll through the exercises and double-click the following exercises as shown in Figure 2.
  - Resist shld add w/elastic
  - Resist shld bent row w/elastic
  - Resist shld Clock Exercise D

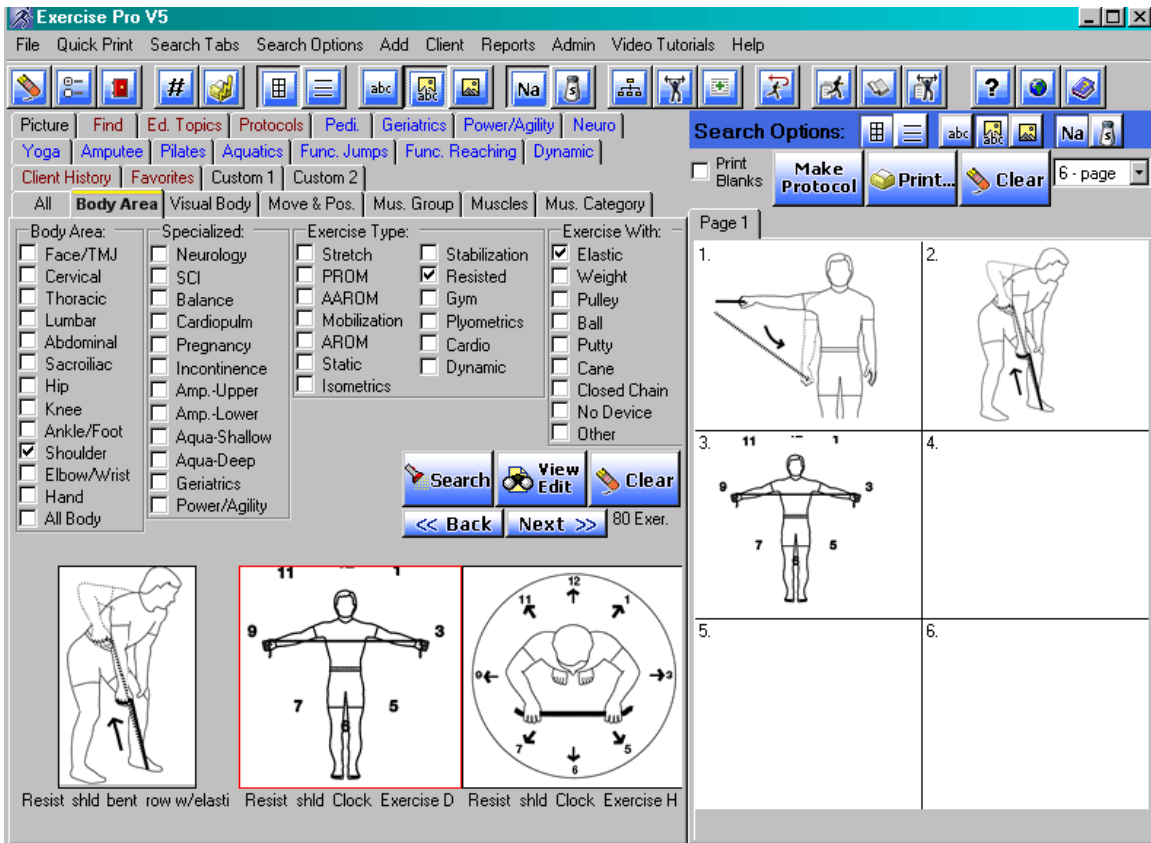


Figure 2 - Selecting the Exercises

## Printing the Exercise Program

1. Click **Print**.
2. Ensure that the **Enter Use Information for the Exercise** dialog box displays since one or more exercises in the exercise program uses an elastic band.
3. Select **red** from the drop-down list box as shown in Figure 3.  
This is the color elastic band you want the client to use for the first exercise that uses an elastic band.



Figure 3 - Selecting the Elastic Band to Use

4. Click **All** to use a red elastic band for each exercise in the exercise program that uses an elastic band.
5. Enter the client's name in the **Client Name** drop-down list.
6. Enter the health professional's name in the **Issued By** drop-down list.
7. Select the **English, French, or Spanish** in the **Language** drop-down list.
8. Enter any comments for the client in the **Client Comment** text box.
9. Enter any notes in the **Daily Notes** text box.
10. Select the following reports as shown in Figure 4:
  - 3 per page w/ instructions
  - Chart Copy w/ Pics
  - Left
  - Print Anatomical Name
11. Click **Print** to print the reports or **Print Preview** to view the reports on your computer screen.

**Printing Information**

Client Name: Susan Anderson \* Language: English

Client Comment: Issued By: Bob Smith \*

Stop any of the exercises if you experience increasing pain or discomfort.

**Daily Notes:**  
Patient was instructed in home program and appears to have proper understanding of technique and form.

**Exercise Program Reports:**

- 1 per page w/ instructions
- 3 per page w/ instructions
- 4 per page w/ instructions
- 6 per page w/ instructions
- 9 per page w/o instructions
- 12 per page w/o instructions
- 24 per page w/o instructions
- Aerobics w/o text
- None

**Other Reports:**

- Date Grid
- Chart Copy w/ Pics
- Site Copy
- Workout Grid
- Workout Grid w/BPM
- Workout Grid - Blank
- Cover Page

**Report Options:**

Pictures:  Left  Right  Custom Logo: <None>

Exercise Program Text Options:  Print All Text and Pictures

Print Anatomical Name  Print Common Name  Print Exercise #  
 Print Blanks  Print Alt/Color Images when Available  
 Print w/o Date  Print w/o Signature

Grid Start: 2/20/2009 Grid Days: 14

Exercise	Sets	Reps	Rep Units	Frequency	Weight	Weight Units	Rest	Rest Units	Hold	Hold Units	Rep	Freq	Rate
Resist shld add w	3	10	Repetitions	once every other day	red	Elastic	1	Minute	0		1	4	Seco
Resist shld bent r	3	10	Repetitions	once every other day	red	Elastic	1	Minute	0		1	4	Seco
Resist shld Clock	3	10	Repetitions	once every other day	red	Elastic	1	Minute	0		1	4	Seco

**Exercise Options:**  Show Print Dialog  Stay After Printing  Do Not Save \* = Required

View Edit Pyramids Remove Pyramids Make Aquatic Remove Print Print Preview Email Export Save Cancel Help

Figure 4 - Selecting the Reports