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.

Description	Abbrev	Active	Sort	Cost/Price	CPT Code	Last Used	Athlete See	
Description	Pic?		Hyperlink	Hyperlink Nam		Lust Oscu	Venice Sec	
-way tubing	3-way tube		1	\$5.50	99931	12/15/17		
		Load Picture	Set Hyperlink	www.athletictr	ainersystem.com			
-way tubing	4-way tubing		1	\$16.50	99245	12/15/17		
			Set Hyperlink	www.athletictr	ainersystem.com			
BC ROM	abc		1	\$5.50	99245			
		Load Picture	Set Hyperlink					
IBC rom	abcs		1	\$6.50	99924			
		Load Picture	Set Hyperlink					
chilles towel stretch	acts		1	\$6.50	99952			
		Load Picture	Set Hyperlink					
inkle ex	ankle ex		1	\$8.50	99245	12/15/17		
	×	Load Picture	Set Hyperlink	www.kefferde	v.com			
inkle pumps	ankle pumps	$\checkmark$	1	\$11.50	99245			
	X	Load Picture	Set Hyperlink	None				
oack ext	be		1	\$5.50	99922			
		Load Picture	Set Hyperlink					
Balance Pad	Balance Pad		1	\$6.50	99245			
	×	Load Picture	Set Hyperlink	None				
oall curls	ball curls		1	\$6.50	10222			
	×	Load Picture	Set Hyperlink	www.athletictr	ainersystem.com			
Ball Squeeze	Ball Squeeze		1	\$6.50	99245			
Record: 🚺 🖣 🔰 🖊 🖊 🖊 🖊								

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

			/					
		/						
Description	Abbrev	Active	Sort	Cost/Price	CPT Code	Last Used	Athlete See	
	Pic?	Picture	Hyperlink	Hyperlink Nam	e			
		/						
3-way tubing	3-way-tabe		1	\$5.50	99931	12/15/17		
	( ×	Load Picture	Set Hyperlink	www.athletictr	ainersystem.com			
4-way tubing	4-way taking		1	\$16.50	99245			
	×	Load Picture	Set Hyperlink	www.athletictr	ainersystem.com			
ABC ROM	abc		1	\$5.50	99245			
		Load Picture	Set Hyperlink					
ABC rom	abcs		1	\$6.50	99924			
		Load Picture	Set Hyperlink	]				

**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.

M ATS Report Viewer C C C C C C C C C C C C C C C C C C C	→ № 1 /1 @ @ -    /1 @ @ -    Main Report		
		Tuesday Dixon, Daryl	Rehabilitation Schedule October 22, 2019
		10/22/19 Morning Exercise ankle pumps Sets 5 Reps/Time 25	webgerches-
		Exercise ball curls Sets 3	webytrass-
		Sets 3 Reps/Time 15	

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.

3	My Scheduled	Rehabs - JOE TECH			Menu	Logout
		Prev Rehabs for:	1/20/2021 Next Toda	Print		
		3:46PM for injury on 12/06/2020 - Othe				
		Add New Exercise	Edit Selected D	Delete Selected		
#	Exercise	Sets	Reps / Time			
1	ABC's (ankle)	3	30	View Picture		
2	Achilles towel stretch	3	30"	$\mathbf{\gamma}$	View Link	
Ţ	s		oe   ATS Athlete Portal Version 2.0.0.0 21, Keffer Development Services, LLC		Menu	Logout
			Rehab Pic	webgereises-		

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).

💠 ATS Athlete Smartphone	×	+		_		×	
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Organization: ASHLEY U Welcome DARYL DIXON							
	You have <u>3 u</u>	<u>nread</u> messag	jes.				
	No Ann	ouncements				ł	
Report Injunt Rehabs	Modalities	My Appts	Request Appointment	Send	<b>E</b> mail		
Secure Messages Strength	Protocols	Athlete Forms	D Card	Log	tout		
Call 1-888-328-2577 Version 1.0.0.0, Copyright © 2019 Keffer Development Services, LLC						-	

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.

+ ATS Athlete Smartphone × +	- 🗆 X
← → C	÷
My Scheduled Rehabs	Exercise Picture ×
< Rehabs for: 10/22/2019	> To
10:36AM for injury on 07/23/2019 - Anterior Cruciate Ligament (ACL) To 10:36AM for injury on 07/23/2019 - Anterior Cruciate Ligament (ACL) Tear	
Exercise Reps/ Sets Time	
antie pumps 5 25	
Show Picture Show Video	
ball curls 3 15   Show Picture Show Video Show Video	
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