

QUICK CARD

# Clinical Rehab Sessions

How it works – one page

Clinical Rehab Sessions is the TrainersEye rehab library – four doors, one for whoever is in front of you.

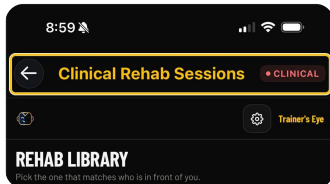
TrainersEye app → Dashboard → Clinical Rehab Sessions · Clinical plan

GETTING STARTED

GENERAL AND KIDS

SENIOR AND CLINICAL PLANS

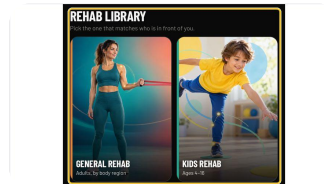
PRINT AND HAND OUT



1

## Open the tool

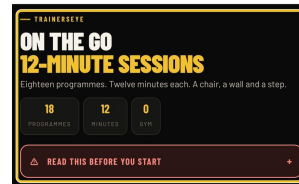
From the Dashboard, tap Clinical Rehab Sessions.



2

## Pick the library

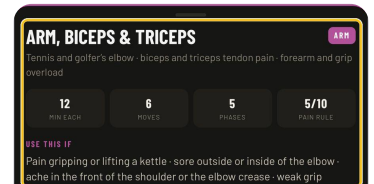
The Rehab Library asks you to pick the one that matches who is in front of you: General Rehab – adults.



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## General Rehab: On the Go

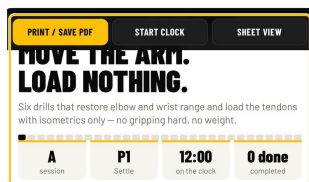
General Rehab opens On the Go – eighteen 12-minute programmes and no gym: a chair, a wall and a step.



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## Open a programme

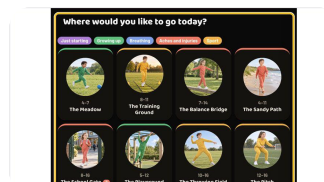
A programme sheet says what it covers – Arm, Biceps & Triceps: tennis and golfer's elbow.



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## Run the session

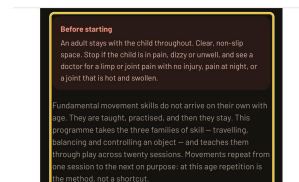
Session A opens on its phase headline – Settle the elbow. Move the arm. Load nothing – and its six drills.



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## Kids Rehab: the Movement Map

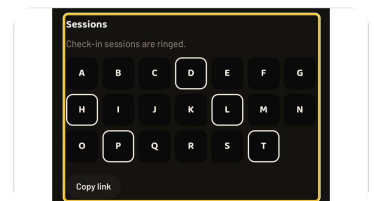
Kids Rehab opens the Kids Movement Map – Where would you like to go today? Fifteen places.



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## A kids programme

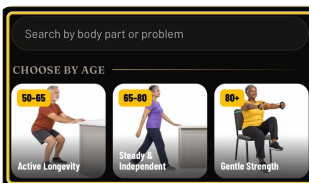
A place opens as a programme – Fundamental Movement Skills, The Meadow, ages 4–7.



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## Sessions A to T

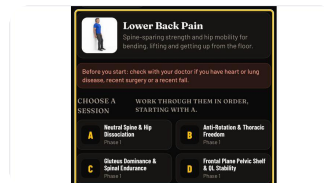
Sessions run A to T; check-in sessions are ringed.



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## Senior Rehab: by age or by condition

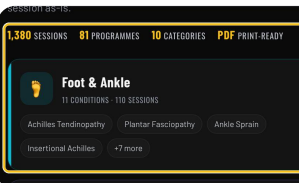
Senior Rehab opens Senior Active Longevity – home sessions for adults 50 and over.



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## A senior programme and its sessions

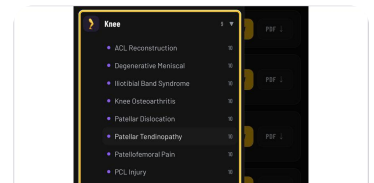
A programme – Lower Back Pain: spine-sparing strength and hip mobility for bending.



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## Clinical Plans: the library

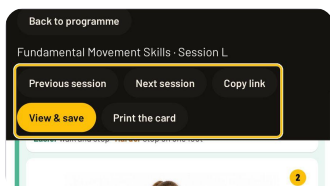
Clinical Plans opens the Clinical Rehab Library – 1,380 sessions, 81 programmes, 10 categories.



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## Find a condition and download

The menu lists the categories with their counts and a Search condition box.



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## Print, save and hand out

Every library prints. General: Print / Save PDF and Sheet view make the 12-minute session sheet.



## You're ready

That's it. Open Clinical Rehab Sessions and pick the library that matches who is in front of you.

## ON THE DOCUMENT

HEADER LINE · TITLE AND AIM · SERIAL · STAGE · OUTCOME · MONITORING · FREQUENCY · CLINICAL RATIONALE · MONITORING & SAFETY · TIMING · BLOCKS · KEY CLINICAL POINTS, PROGRESSION AND OUTCOME · REFERENCES (VERIFIED) · FRAMEWORK, CITATION AND DISCLAIMER