



QUICK CARD

Rehab Builder

How it works – one page

Rehab Builder gives a practitioner a complete, phased rehabilitation plan for a client's pain point in seconds.

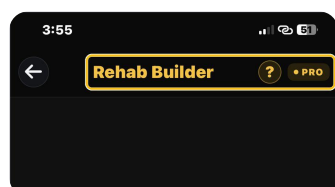
TrainersEye app → Dashboard → Rehab Builder · Pro plan

GETTING STARTED

THE PLAN

PRINT

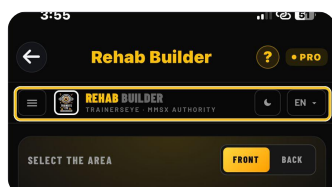
HELP



1

Open the tool

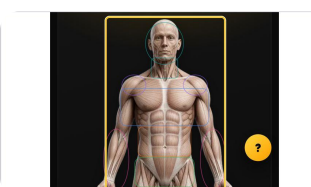
From the Dashboard, tap Rehab Builder.



2

Menu, look and language

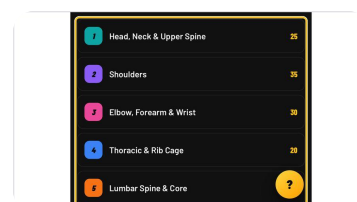
The menu button opens the region list; the moon and sun switch the dark and light look; EN sets the language – English, Hindi, Spanish or Arabic.



3

Select the area on the body

Tap the area that hurts on the body map.



4

Or choose a region from the menu

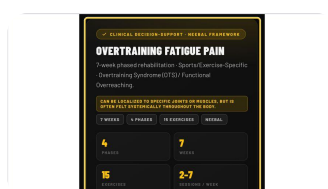
Tap the menu to see the nine regions with the number of plans in each – from head, neck and upper spine to ankles and feet, plus sports and exercise-specific.



5

Pick the condition

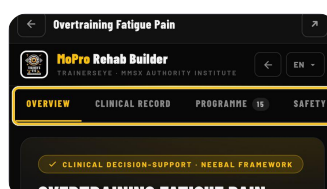
Inside a region every pain point is listed with a plain-language line under its clinical name.



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Overview – the plan at a glance

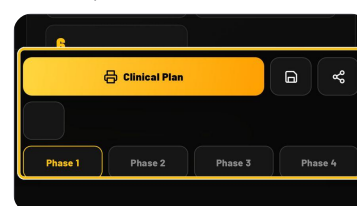
The overview states the framework, the working diagnosis, the region note and the shape of the plan: phases, weeks, exercises and sessions per week.



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The four tabs

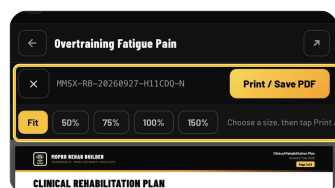
Overview, Clinical Record, Programme and Safety.



8

Phases and the action bar

The bar at the bottom prints the Clinical Plan and saves or shares it; the Phase buttons open each phase and print its Client Prescription Card.



9

Print the Clinical Rehabilitation Plan

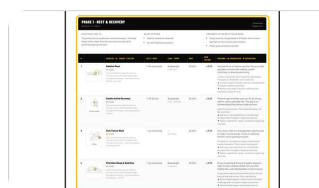
Tap Clinical Plan.



10

Read the control page

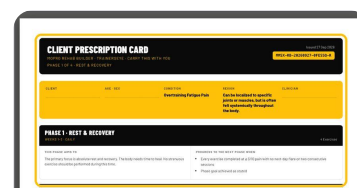
Page one carries the identifier and barcode, the control block – issued, engine, library, structure, the six safety gates evaluated, loading status and validity – then client identity, prescribing clinician and presentation.



11

Read a phase page

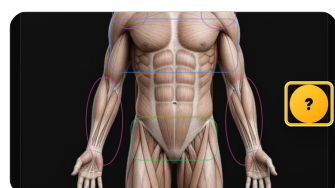
Each phase prints on its own page: what the phase aims to do, entry criteria, progress criteria, then every exercise with ID, target and vector, sets and reps, load and tempo, rest, pain ceiling, coaching, progression and regression.



12

Print the Client Prescription Card

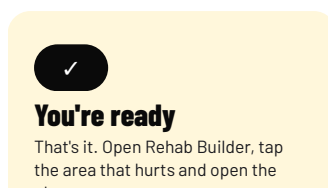
Tap a Phase button to open its card: client, age, condition, region and clinician, the phase aims and progress criteria, the exercises with pain ceiling and key cue, and the pain rule – green 0-3, amber 4-5, red 6-10.



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Get help any time

Tap the question mark at the top, or the floating question mark at the right, whenever you need help.



You're ready

That's it. Open Rehab Builder, tap the area that hurts and open the plan.

ON THE DOCUMENT

MASTHEAD · TITLE AND CONDITION · DOCUMENT IDENTIFIER · CONTROL BLOCK · CLIENT IDENTITY · PRESCRIBING CLINICIAN · PRESENTATION · FOOTER