

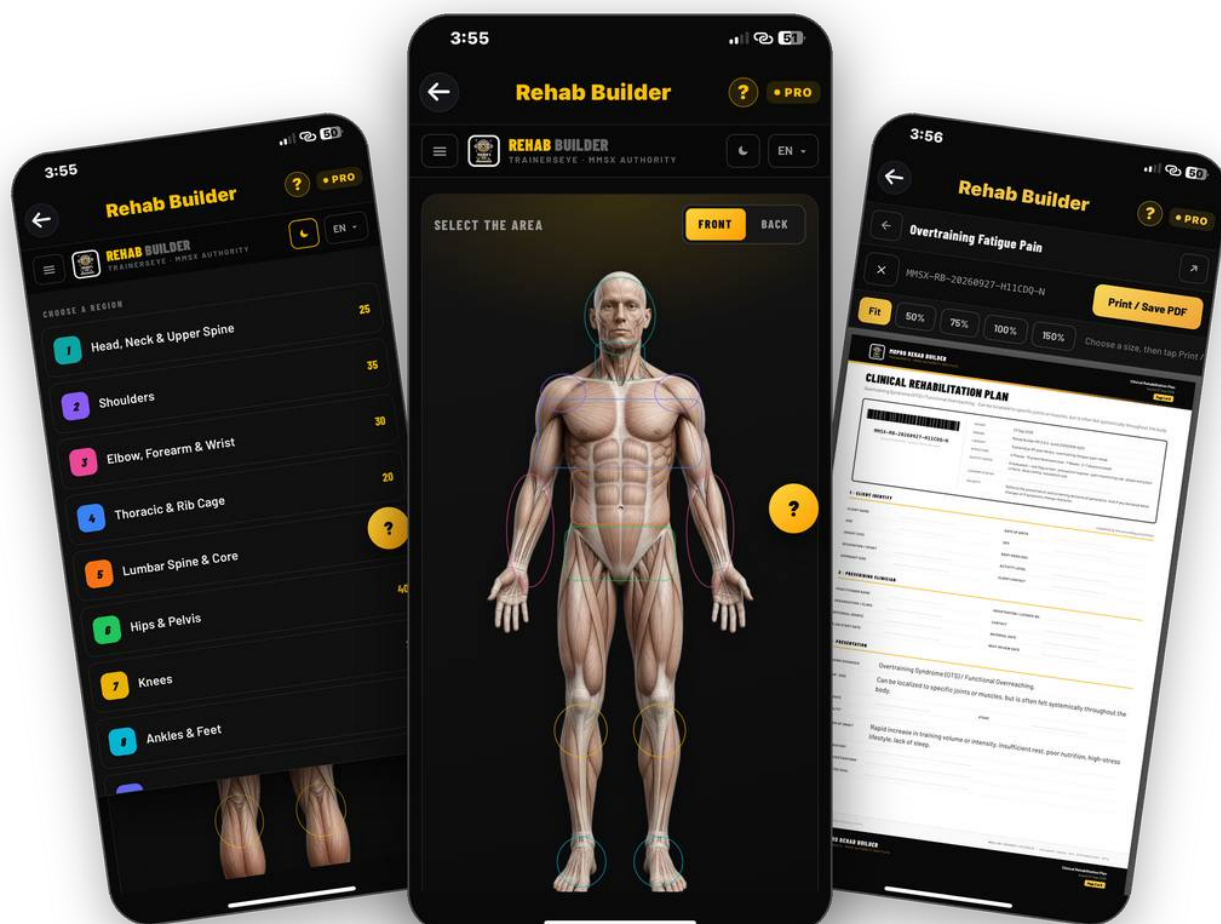


USER GUIDE

Rehab Builder

Phased rehabilitation plans for every pain point – clinical, printable, countersigned.

How to use the tool, step by step – in the TrainersEye app





What is Rehab Builder?

Rehab Builder gives a practitioner a complete, phased rehabilitation plan for a client's pain point in seconds. Choose the area on the body map or a region from the menu, pick the condition, and the plan opens: an overview on the NEEBAL framework, a clinical record, a four-phase programme with exercises, doses, pain ceilings, progressions and regressions, and the safety gates. Print the Clinical Rehabilitation Plan — one page per phase, control block, client identity, clinician and signature — or a one-page Client Prescription Card for each phase, each with a document identifier and barcode.

Every pain point, nine regions

Head, neck and upper spine; shoulders; elbow, forearm and wrist; thoracic and rib cage; lumbar spine and core; hips and pelvis; knees; ankles and feet; sports and exercise-specific.

Four phases, one framework

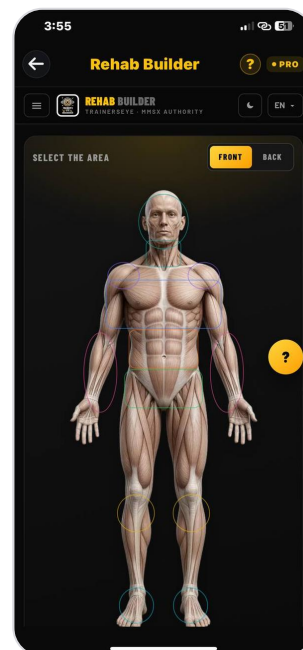
Rest and recovery through return to sport on the NEEBAL framework — entry and exit criteria, dose ceilings, pain rule and escalation rule.

A clinical document

The Clinical Rehabilitation Plan with control block, client identity, prescribing clinician, presentation, one page per phase and signatures.

A card for the client

One-page Client Prescription Card per phase — exercises, sets, load, pain ceiling, key cue and the green-amber-red pain rule — to carry.



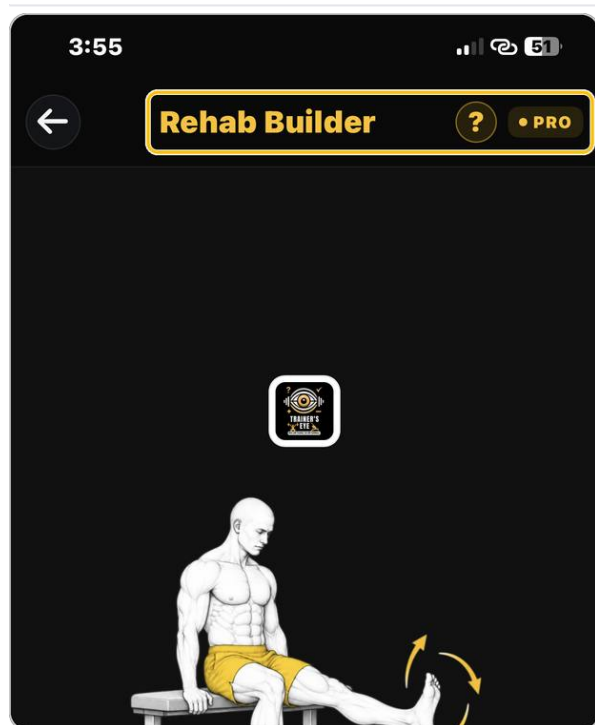
Where to find it

Open the TrainersEye app, go to the Dashboard and tap Rehab Builder. It is part of the Pro plan.



This guide in thirteen steps

- 1 Open the tool
- 2 Menu, look and language
- 3 Select the area on the body
- 4 Or choose a region from the menu
- 5 Pick the condition
- 6 Overview — the plan at a glance
- 7 The four tabs
- 8 Phases and the action bar
- 9 Print the Clinical Rehabilitation Plan
- 10 Read the control page
- 11 Read a phase page
- 12 Print the Client Prescription Card
- 13 Get help any time



PART 1 · GETTING STARTED

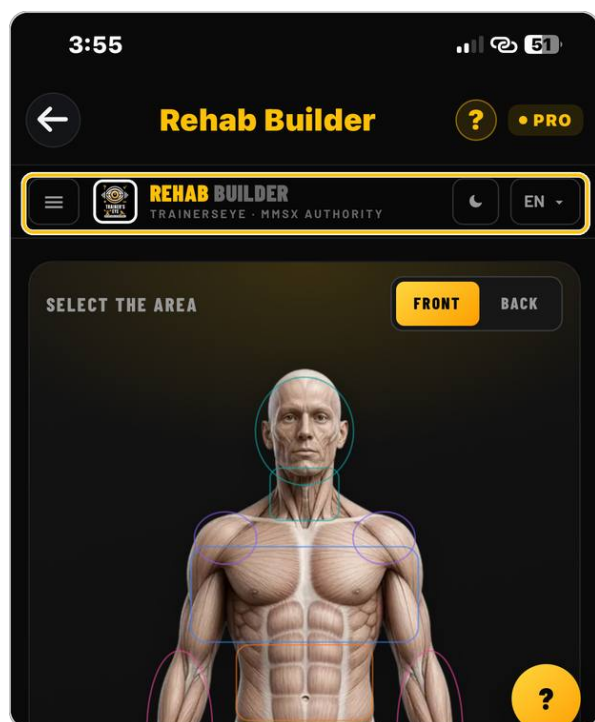
STEP 1

Open the tool

From the Dashboard, tap Rehab Builder. It is a Pro-plan tool; the opening screen carries the credit – TrainersEye · MMSx Authority Institute.

TIP

The plan badge beside the title shows Pro, so you know the tool is included in your subscription.



PART 1 · GETTING STARTED

STEP 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.

TIP

Everything switches with the language, including the plan pages and the printed documents.



PART 1 · GETTING STARTED

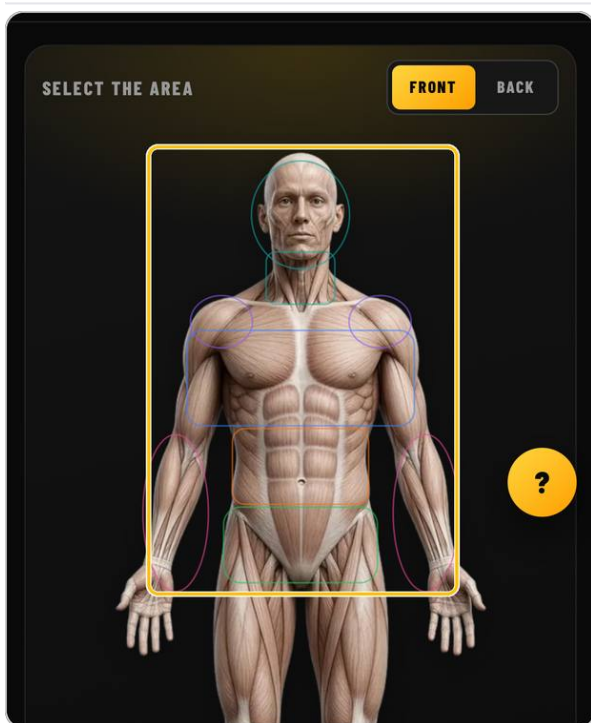
STEP 3

Select the area on the body

Tap the area that hurts on the body map. Front shows the head, neck, shoulders, chest, arms, abdomen, hips, knees and feet; Back shows the neck, shoulders, back, elbows, low back, glutes and calves.

TIP

Not sure front or back? The lumbar zone sits on the abdominal wall at the front and on the low back at the back — either opens the same region.



PART 1 · GETTING STARTED

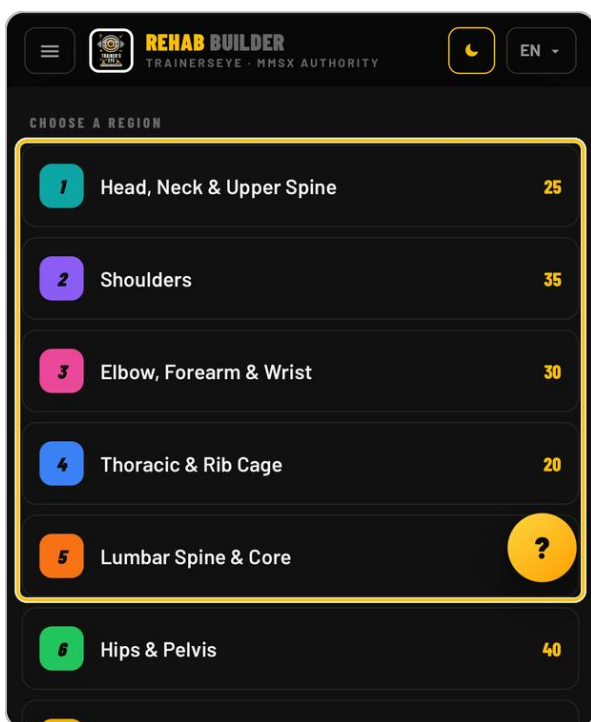
STEP 4

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.

TIP

The count beside each region grows as plans are added.





PART 2 · THE PLAN

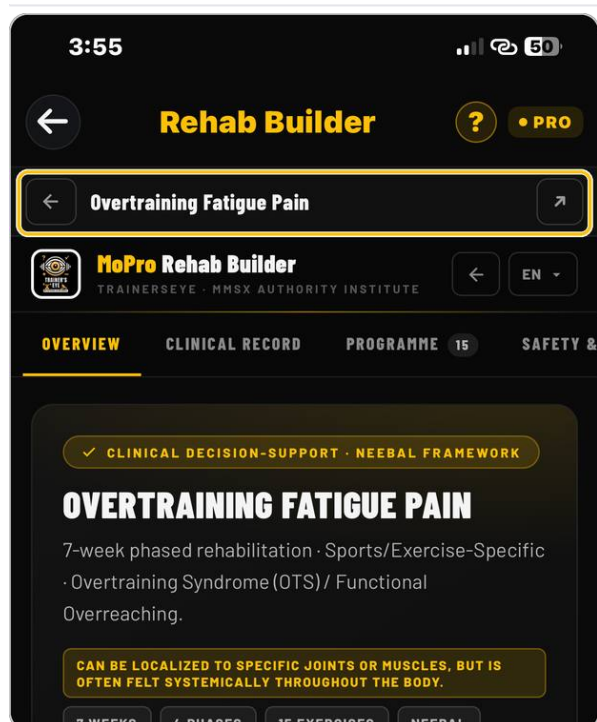
STEP 5

Pick the condition

Inside a region every pain point is listed with a plain-language line under its clinical name. Tap one and its plan opens with the condition in the title bar; the arrow returns to the list, the corner arrow opens it full screen.

TIP

Search finds a pain point by its everyday words too – 'first steps out of bed' finds plantar fasciitis.



PART 2 · THE PLAN

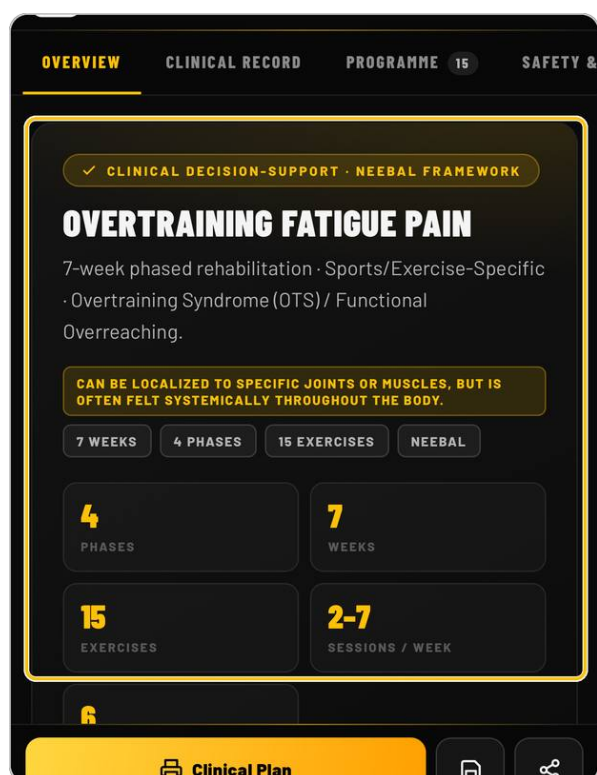
STEP 6

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.

TIP

The chips are the plan's contract – weeks, phases, exercises and NEEBAL – the same figures print on the document's control block.





PART 2 · THE PLAN

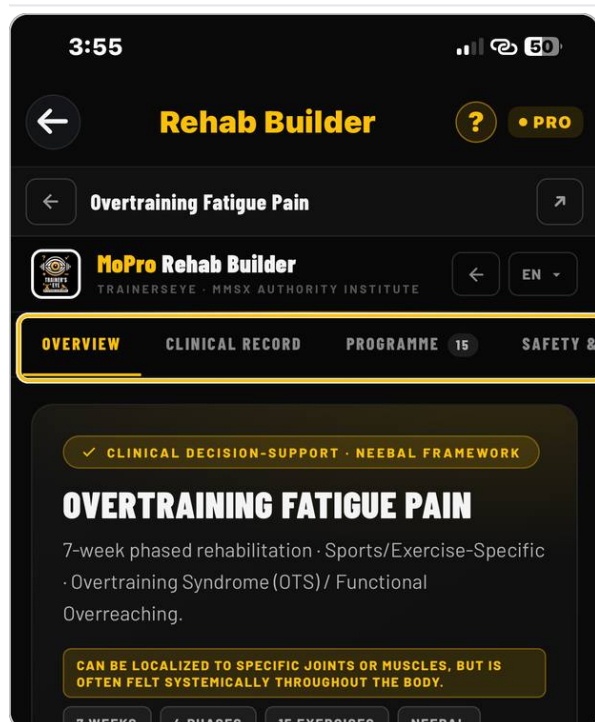
STEP **7**

The four tabs

Overview, Clinical Record, Programme and Safety. The Clinical Record holds the client's identity, screening answers and baseline scores; Programme holds the exercises phase by phase; Safety holds the gates.

TIP

Fill the Clinical Record before printing — its fields feed the document's client identity, clinician and presentation sections.



PART 2 · THE PLAN

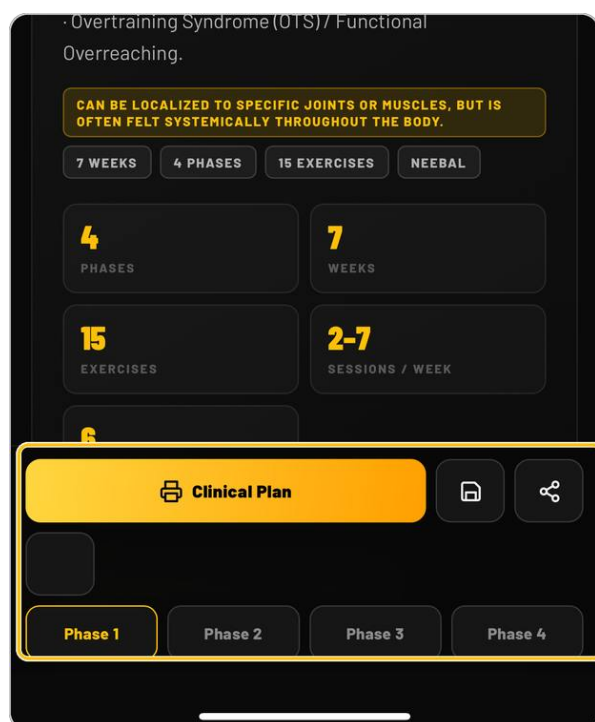
STEP **8**

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.

TIP

The outlined phase is the one on screen; tapping another moves the Programme tab with it.





PART 3 · PRINT

STEP 9

Print the Clinical Rehabilitation Plan

Tap Clinical Plan. The preview opens with the document identifier at the top; choose Fit or a zoom, then Print / Save PDF.

TIP

The identifier ends in N for the plan and R for the client card – quote it in full for any query.

PART 3 · PRINT

STEP 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.

TIP

The six gates: red-flag screen, precaution register, pain-monitoring rule, phase entry and exit criteria, dose ceiling, escalation rule.



PART 3 · PRINT

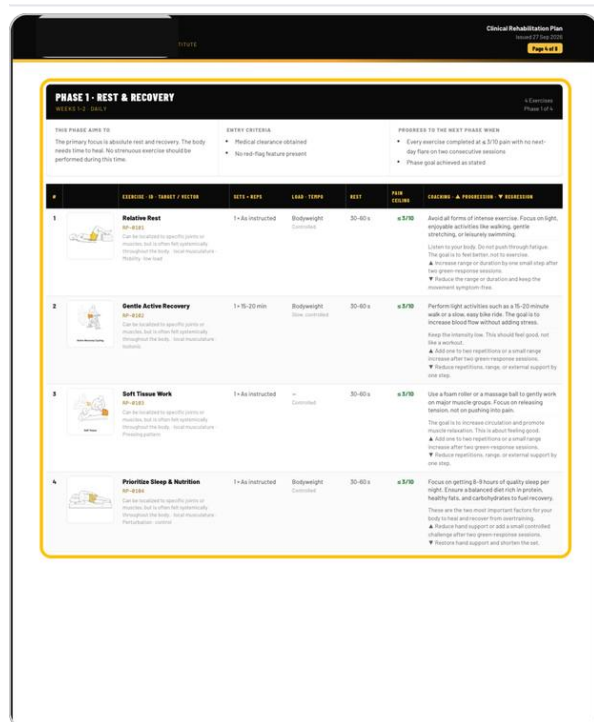
STEP 11

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.

TIP

Pain ceiling $\leq 3/10$ is the working rule of every phase; the coaching column tells the client exactly what a green session feels like.



PART 3 · PRINT

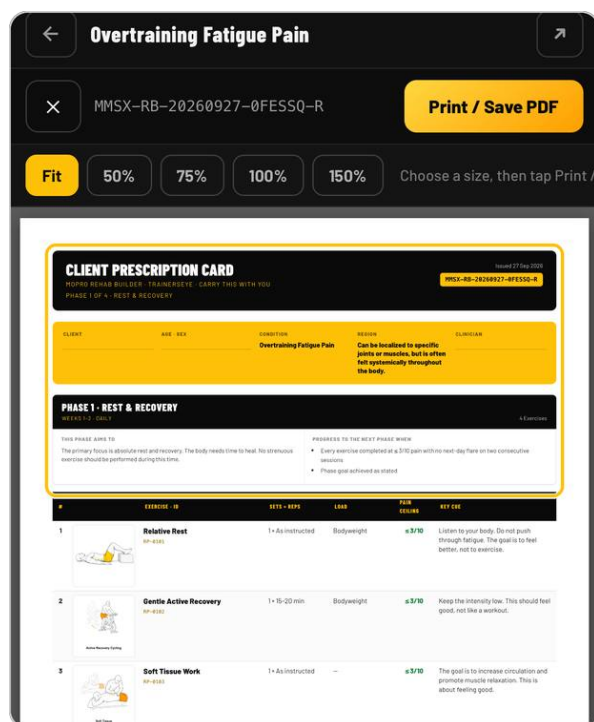
STEP 12

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.

TIP

The card is valid only with the countersigned Clinical Rehabilitation Plan – sign the plan, then hand over the card.





PART 4 · HELP

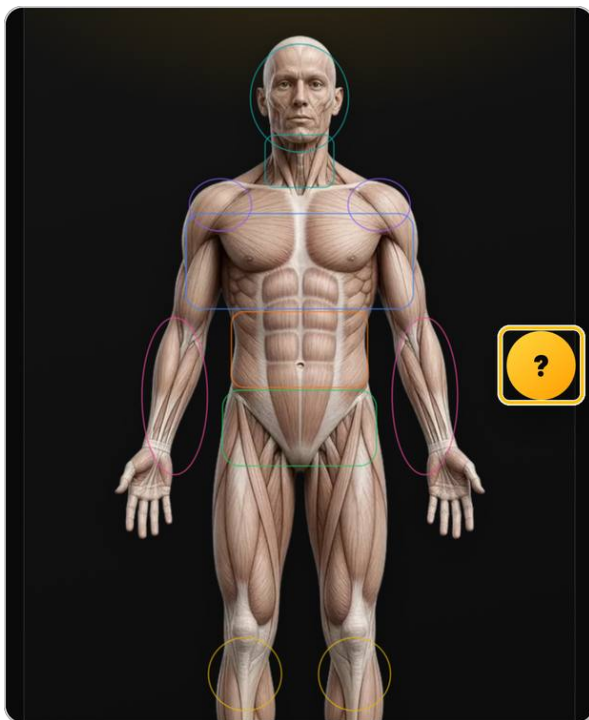
STEP **13**

Get help any time

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

TIP

The floating help explains the body map and the menu on the screen you are on.



You're ready

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



Reading the Clinical Rehabilitation Plan

Page one of every plan is the control page. Here is what each part means.

1 Masthead
MoPro Rehab Builder, the document type, issue date and page count.

2 Title and condition
Clinical Rehabilitation Plan, the working diagnosis and the region note.

3 Document identifier
The MMSX-RB serial and barcode – quote in full for any query.

4 Control block
Issued, engine, library, structure, safety gates evaluated, loading status and validity.

5 Client identity
Name, date of birth, age, sex, height, body mass, occupation, activity level, dominant side and contact – completed by the prescribing practitioner.

6 Prescribing clinician
Practitioner, registration, organisation, contact, referral, plan start and next review.

7 Presentation
Working diagnosis, region and side, onset, stage, irritability, mechanism, history, imaging and the client's goal.

8 Footer
Identifier and the rule that unsigned copies are informational only.



Move with **Precision.** Live with **Confidence.**

REHAB BUILDER IS PART OF TRAINERSEYE

Support: support@trainerseye.com · trainerseye.com

MoPro Rehab Builder · NEEBAL framework · MMSx Authority Institute for Movement Mechanics & Biomechanics Research

Clinical decision support for qualified practitioners. A plan is valid only when countersigned by the prescribing clinician; unsigned copies are informational. Follow the pain rule and the stop rules exactly as printed.