

# Exercise program creation and tracking

Automatically creates personalized exercise programs based on patient assessments and tracks progress through connected devices and patient reporting. This streamlines therapist workflow while ensuring evidence-based, adaptive treatment plans.

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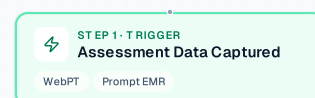


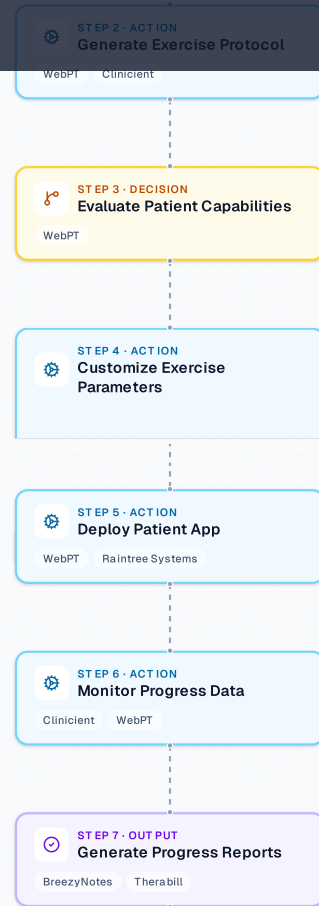
## WORKFLOW TRIGGER

Patient assessment is completed and diagnosis is entered in EMR system

## Visual Flow

Each node represents an automated step. Connections show how data and decisions move through the workflow.





## Step-by-Step Breakdown

Detailed explanation of each automated stage in the workflow.

1

⚡ TRIGGER

### Assessment Data Captured

Patient's initial evaluation, diagnosis, and functional limitations are documented in the EMR. System extracts key data points including

condition type, severity, and mobility restrictions.

## AI Business OS

WebPT

Prompt EMR

2

 ACTION

### Generate Exercise Protocol

AI analyzes patient data against evidence-based exercise databases to create initial treatment protocol. System selects appropriate exercises based on diagnosis, patient age, and functional goals.

WebPT

Clinicient

3

 DECISION

### Evaluate Patient Capabilities

System determines if patient requires modified exercises based on comorbidities, age, or severe limitations. Routes to either standard or adaptive exercise pathway.

WebPT

4

 ACTION

### Customize Exercise Parameters

Adjusts repetitions, resistance levels, and exercise variations based on patient capability assessment. Creates personalized home exercise program with instructional materials.

BreezyNotes

WebPT

5

 ACTION

### Deploy Patient App

## AI Business OS

Sends customized exercise program to patient's mobile app with video demonstrations and progress tracking capabilities. Sets up automated reminder notifications and data collection.

WebPT

Raintree Systems

6

 ACTION

### Monitor Progress Data

Continuously collects patient-reported outcomes, exercise completion rates, and pain levels. System flags concerning trends or exceptional progress for therapist review.

Clinicient

WebPT

7

 OUTPUT

### Generate Progress Reports

Creates comprehensive progress summaries for therapist review and insurance documentation. Automatically updates treatment plans based on patient response patterns.

BreezyNotes

Therabill



### Outputs

- Personalized exercise program with video demonstrations

- Real-time progress tracking dashboard

## AI Business OS



### Key Metrics

- Exercise compliance rate
- Patient-reported pain reduction
- Time saved on program creation



### Tools & Integrations

- WebPT
- Prompt EMR
- Clinicient
- BreezyNotes
- Raintree Systems
- Therabill

## AI Business OS

Actionable AI implementation strategies for business leaders ready to transform their operations.

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