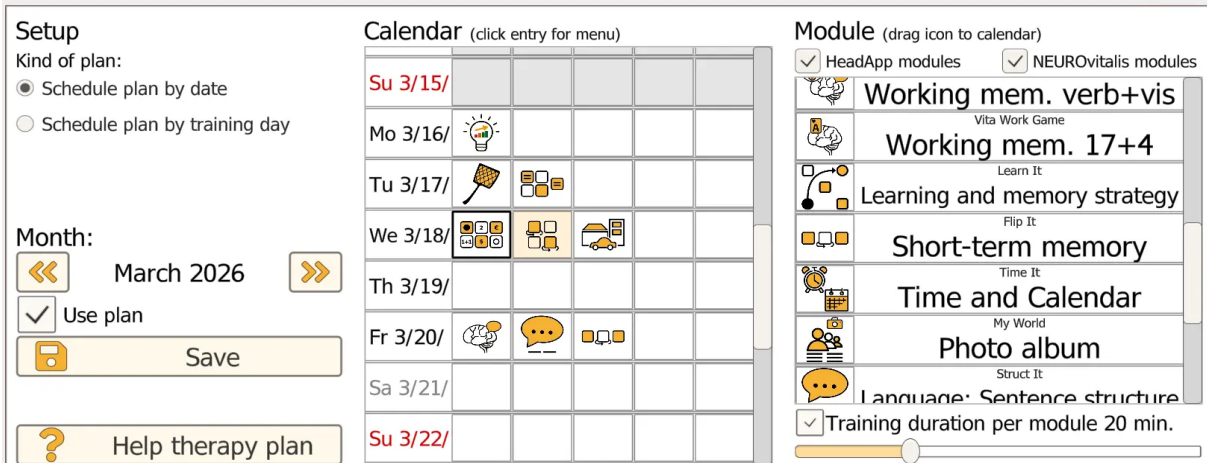


HeadApp - Creating a Therapy Plan

Quick Guide for Therapists

The Therapy Plan allows you to organize structured training for your patient's home practice.



Step 1

Open the Therapy Plan

Select your patient and click "Therapy plan".

You will see:

- Setup on the left
- Calendar in the center
- Modules on the right

Step 2

Choose the Plan Type

In Setup, select how the plan should be organized:

Schedule plan by date

Training is assigned to specific calendar dates.

Schedule plan by training day

Training is assigned by session order rather than fixed dates. This is useful when training does not always take place on the same weekdays.

Repeat plan (endless)

The therapy plan repeats automatically.

Step 3

Set Training Duration

Below the module list, set the training duration per module.

Example: **20 minutes** - This becomes the default duration for exercises placed in the calendar.

Step 4

Select Training Programs

Choose a module on the right and drag it into the calendar.

Important:

The screenshot shows only some example modules. All HeadApp training programs can be selected here, including Screening.

Step 5

Add Exercises to the Calendar

Drag programs to the desired day or training session. You can schedule multiple exercises per day.

Step 6

Adjust Exercise Settings if Needed

Click a scheduled exercise to change settings such as:

- Continue last level
- Patient can choose level
- Define start level

Step 7

Activate the Therapy Plan

Check "Use plan" and click "Save". The therapy plan is then transferred to the patient account.

Step 8

Return to Normal Mode

After saving the plan:

- Open "Therapy plan" again
- Uncheck "Use plan"
- Click "Save"

This switches HeadApp back to normal therapy mode.

Step 9

Review Results and Adjust the Plan

After the client has completed one or more training sessions at home, you can review the results at any time.

As the therapist, you can:

- View the client's training results
- Monitor progress
- Open the Therapy Plan again
- Adjust the calendar whenever needed

This makes it easy to adapt the training plan to the client's performance and current needs.