



## New program features - Winter 2020

The following are improvements made to the Physiotools user interface:

- New and improved methods for uploading and adding your own image files
- Simplified categorization of your own exercises and templates
- Password-protected pdf attachments when emailing

The new version of the program also includes many improvements that are not visible in the user interface, but have a positive effect on the programs performance.

## Uploading and adding your own image files

Uploading and adding your own image files to the Physiotools exercise library has been made easier:

- Drag and drop image files directly into the picture dialog box
- Take pictures with the local camera or upload pictures from an external device using a QR-code
- Speed and progress displays when uploading images
- Images can be manually or automatically rotated
- Add different language versions of the instructions
- Save your own exercises using the Physiotools search categories
- Add different image versions to an exercise (photo and drawing)

You can see the new features when you select **Upload exercise** on the **Exercises** page.

Picture Search words Module Summary

\* Enter title

Title:

Language English

Photo

Browse picture  
or drag it here  
or take picture

**B I U A X**

Picture visible:

For me

For my site: (PTAdmin)

For all: (Physiotoools Online All Modules Preview)

Cancel ← → Finish

1. Import the picture using one of the methods described in the picture box.
2. Write a descriptive title for your exercise to help you find it later.
3. Write instructional text for the exercise.
4. To enter instructions in more than one language, choose the Language.
5. Select who can see the exercise.

## Drag and drop image files

Image files can be dragged directly into the picture dialogue box.

**Note:** Drag and drop is supported by the latest browser versions (IE 11, Edge, Firefox, Chrome, Safari, Opera, etc.). If drag and drop is working, then the control changes its background color when the image is dropped onto it. This functionality may be prevented by older browsers and mobile browsers do not typically support drag and drop.



It is still possible to select the image file from a folder as before.

The following file types are currently supported up to a maximum size of 50 MB:

- JPEG
- PNG
- GIF

**Important:** The image is not saved automatically when the loading process is completed, but only when **Finish** is clicked.

## Support for cameras

If your device/browser supports a local camera then clicking 'take picture' automatically opens that local camera.

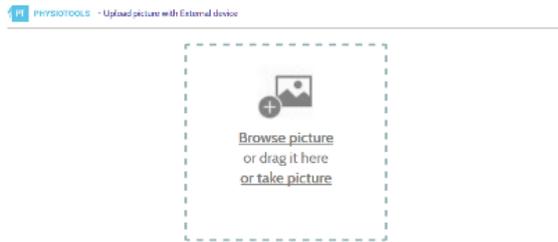
If the local camera/camera API is not supported, then 'take picture' opens a QR code which can be used to take/upload a picture with an external device:



The following is a list of QR-code scanners that have been tested to work with Physiotools Online:

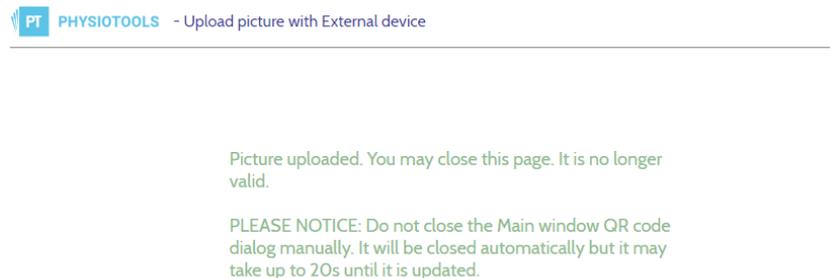
- QR Code Reader By: Application4u
- QR Code Reader By: Duy Pham (MMLab)
- QR Droid Private By: DroidLa
- QR Code Reader By: QR Scanner & Barcode Reader
- QR Code Reader By: Scan Mobile, Barcode Reader
- QR Code Reader By: Green Banana
- QR Code Reader By: Best App - Top Droid Team
- QR Code Reader By: Sustainable App Developer

When you scan the QR-code you will see an external device upload dialog box which looks like this:



The actual dialog box is just the same as the one in the original Physiotools window. You may now use it to take a picture or select one of the existing pictures stored on that device.

When the upload is complete, the upload page shows the following message:



The QR code will automatically close (after a short time) and the new picture will appear in the Physiotools window. You may also click the QR-code OK-link after uploading the picture to show the picture immediately.

**Note:** Some browsers and older devices such as Safari for IPAD 2 do not support Camera API. (See: <https://caniuse.com/#feat=html-media-capture> ) For those devices click 'Browse picture' instead of 'take picture' if you want to take a picture with the local camera.

Almost all mobile devices provide the possibility to select a camera within the browse dialog box.

If you click the QR-code the system shows the URL behind the QR-code. You may copy this link and send it by email (or by any other method) to any device. Open the link with the desired device and you will see the external device upload dialog box. This way even devices without a QR-code reader can be used to take pictures. However, the QR-code makes it alot easier.

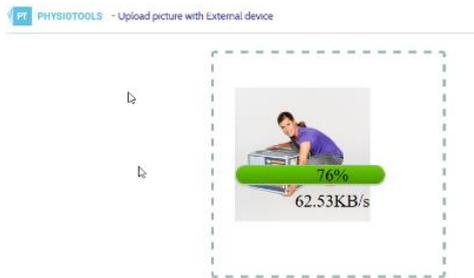
Clicking the QR-code dialog box red X-button will cancel the upload. If the upload is already started it will continue but when complete, it shows an error message and the picture will not be saved.



The same error message will appear if you try to use the same URL again (old QR code), if the original upload picture dialog box is closed or the session is ended (logout).

## Charging speed and status

During the loading process, you can see the speed at which files are loaded and what the current status is.



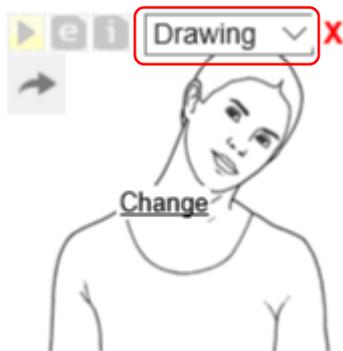
## Rotate image files manually and automatically

Loaded image files can be rotated 90 degrees by clicking on the  icon. If the metadata of the file indicates it, the image will automatically be in the correct position.



## Insert different image versions

You can add a photo and a drawing for the same exercise. To do this, select Drawing or Photo from the drop-down menu.



**Note:** The image version that is active when saving is displayed in the exercise selection. The preferred image version selected in the Exercises page settings affects where the exercise appears in the search results.

## New options under 'Exercises are shown by:'

Select Settings on the Exercises page, then **Exercise are shown by:** where you can choose the order in which you want to display your search results. Additional options are:

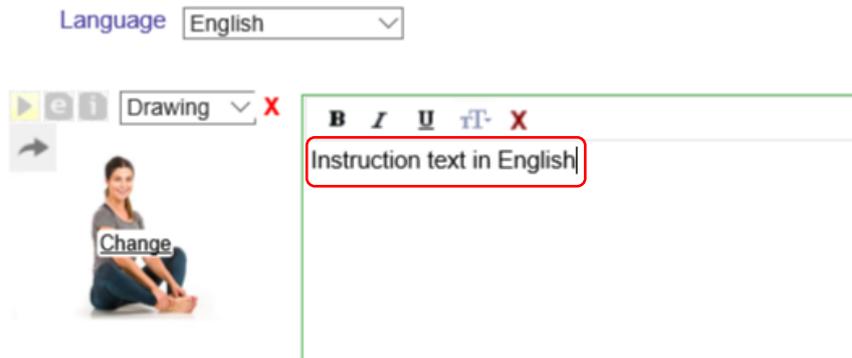
- Physiotools default- Physiotools exercises first
- Physiotools default- User exercises first

Select the second option to always see your own content first. You can still find your own and shared content quickly via the buttons **My** and **Shared** on the Exercises page.

## Write and save instructional texts in multiple languages

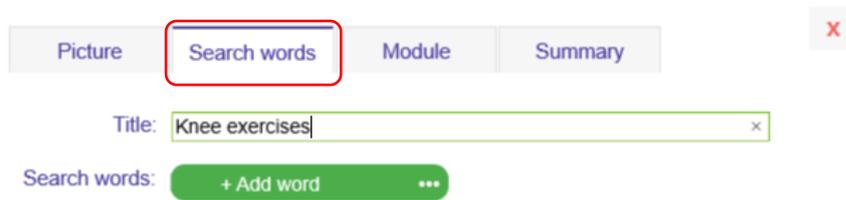
The new Upload dialog box allows you to write and save the title and instructional text in another language other than your own language.

From the drop-down menu, select the language and type the title and instructional text in that language. You can select additional languages if required. Remember that changes will not be saved until you click **Finish**.



## Assign search words and create new ones

Easily assign search words from the Physiotools search categories to your own exercises and templates by selecting from the search words (formerly keywords) in the search words tab.

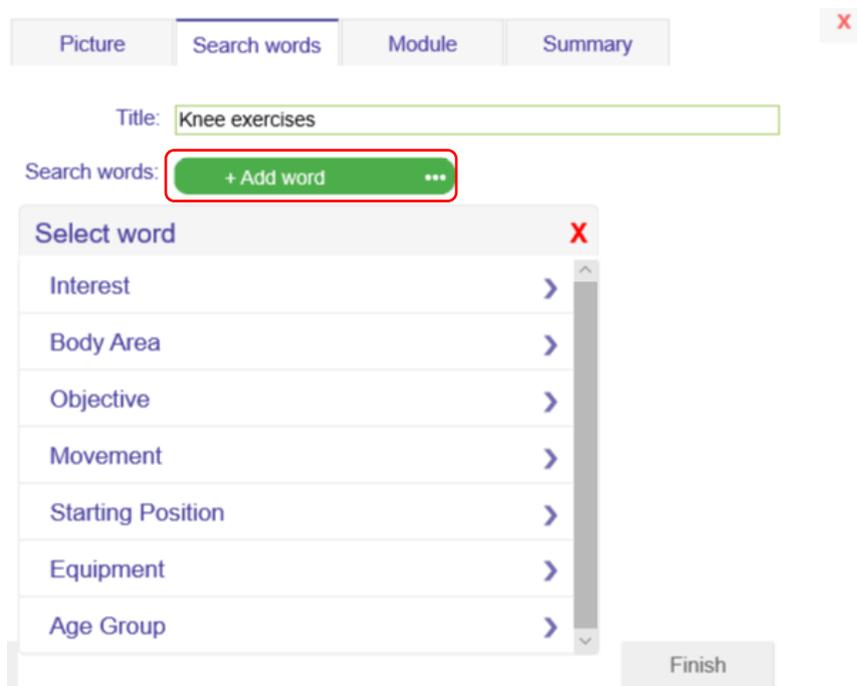


Picture Search words Module Summary

Title: Knee exercises

Search words: + Add word

By clicking +Add word, you activate the search word selection. This allows you to assign search terms to your exercise according to the existing categories on the Exercises page. These will be used later when searching for suitable exercises.



Picture Search words Module Summary

Title: Knee exercises

Search words: + Add word

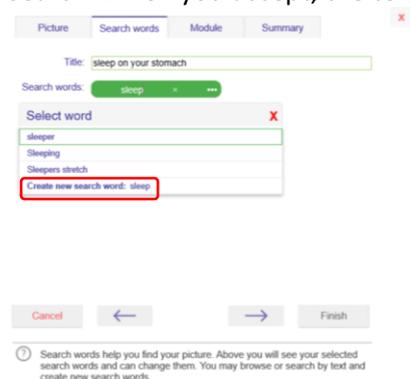
Select word

- Interest
- Body Area
- Objective
- Movement
- Starting Position
- Equipment
- Age Group

Finish

If the desired term is missing from the Physiotools selection, it is possible to add new search words to use with Free Text Search by typing in the Search words box.

Write the full search term in the Search Words input field, and then click **Create new search word**. The program then asks if you want to save the search word as a new search term in Free Text Search. When you accept, the term will be assigned to your exercise/template.



Picture Search words Module Summary

Title: sleep on your stomach

Search words: sleep

Select word

- sleep
- Sleeping
- Sleepers stretch

Create new search word: sleep

Cancel Finish

Search words help you find your picture. Above you will see your selected search words and can change them. You may browse or search by text and create new search words.

Search words that you have already selected appear as green fields and can be removed by clicking on the X if necessary.

By clicking on the three dots next to +Add word, the list of Physiotools categories opens directly. This can be useful, particularly if Physiotools is used on a tablet or mobile phone.

Picture Search words Module Summary X

Title: knee exercises

Search words (1): + Add word ... Stretching x

If you have selected search words on the Exercises page, that selection is applied directly to the new exercise. If an existing exercise is edited or copied, the search terms associated with it are also preselected.

### Password-protected pdf attachments

An exercise program can be sent as a PDF attachment at the same time as the exercise program is emailed and can be protected with a password to increase data security. The password is visible as you type and must be shown or transmitted to the customer in an appropriate manner.

Only Admin users can apply this setting.

Printout options Fo

Header Content Email

Email printout options:

Include PDF attachment

Send exercises

Send to: client@address.com

Sender: physio@fit.com Bcc:

Include videos

Password protect:  wD8-9Uj

\* How do you want to send the exercises (select one or both):

PT to the PT Momentum app

by email