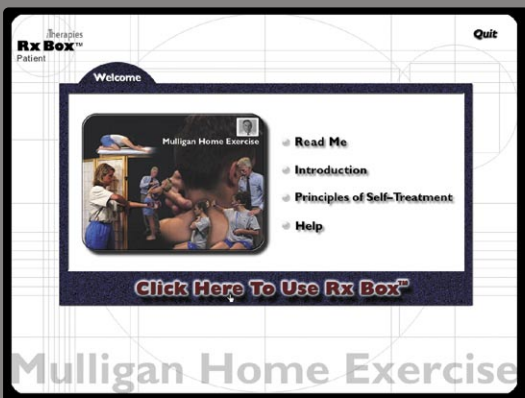


Mulligan Home Exercise Rx Box® Patient

Quick Reference

1 Insert disc in CD or DVD-ROM drive, Rx Box® opens automatically.

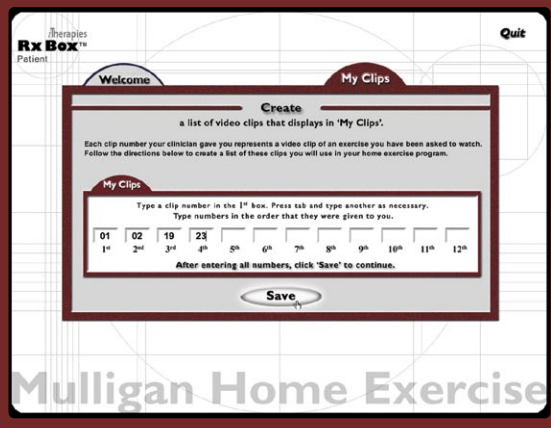


2 Welcome

Immediate access to helpful Rx Box® and Mulligan Concept information.

3 Enter Clips

Enter and save clip numbers of prescribed exercises in My Clips.



6 Watch Clip

Click play to start video playback and automatically open Notes area.

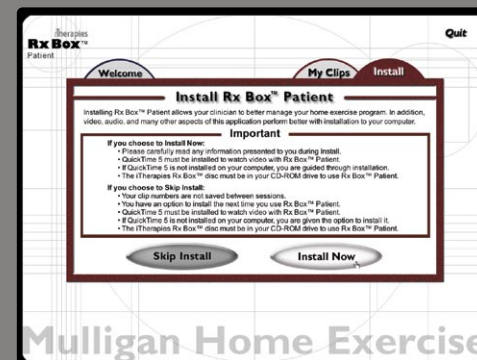
Access written clip instructions and other exercise related information in Notes area.

Click My Clips tab to access the next saved exercise.

4 Install

Install Rx Box® for optimum performance and to save clip numbers between sessions.

Watching Rx Box® video requires installation of QuickTime.



5 Select Clip

My Clips displays thumbnail pictures that represent saved exercises.

Click a thumbnail to select an exercise video clip.

