Supplementary material - Figure II: Overview of bWell

A. Today's sessions
   - Stage 1

B. Today's sessions Stages
   - Early post-operative exercises
   - Intermediary post-operative exercises

C. Progress
   - Happiness
   - Flexibility
   - Painlessness

D. Settings
   - Daily reminders
   - About this app
   - Erase all personal data from this app

E. Today, Progress, More Info, Settings

These gentle exercises can be started the first day after surgery and will help restore the movement in your affected arm and shoulder. Try to do the exercises 3 times a day and repeat each exercise 5 times. The exercises can be done standing or seated. Start with a small range of movement and slowly increase, but do not raise your affected arm up above shoulder level. You can continue the stage 1 exercises and use them as a warm up when you move to the stage 2 exercises.

After approximately 1 week you can start with more advanced exercises, but only if your stitches and drain have been removed and the wound is healing. During the exercises you will stretch above shoulder level which will help with flexibility and movement. Always relax a little...
Supplementary material - Figure II: Overview of bWell - continued

A: start page bWell
B: exercise stage selection page
C: progress tracking
D: calendar and note function
E: reminder settings
F: exercise images/videos