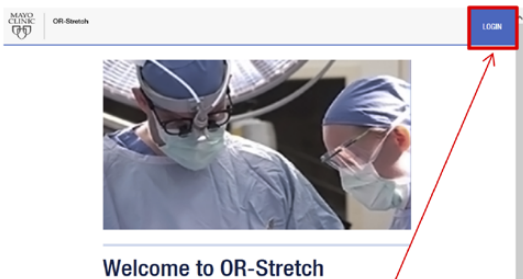Center for the Science of Health Care Delivery

OR-Stretch - Application Instructions

How to use the OR-Stretch orstretch.mayoclinic.org

Welcome to OR-Stretch

1. Login to orstretch.mayoclinic.org with the **surgeon's** email before surgery (button top right). Select seated or standing surgery.
2. Set reminder interval any time between 20 and 55 minutes
3. Push **START**.
   a. OR-Stretch will remind you to stretch at the end of the set interval with a harp sound.
   b. There will be a snooze button that you can set between 2 and 40 minutes.
   c. When you want to take a stretch break, whether prompted by the alarm or not, please push **GO**.
4. To Stop or Pause OR-Stretch, just push the **STOP/PAUSE** button.
   a. You will then have the option to:
      i. Pause after this case with **Surgical Case is Over** and resume for the next surgery
      ii. **Finish for the Day**. This is a log-out.
      iii. **Return** to OR-Stretch.

Questions, concerns or suggestions?

Contact:ORStretch@mayo.edu

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1. **LOGIN** at orstretch.mayoclinic.org

2. Push **START** when case begins

3. Push to stretch when harp sounds or at any time

4. **STOP/PAUSE** when necessary

5. Select option

Tip during use:

Snooze: To delay the stretch 5 and 40 minutes when harp sounds

Questions or Concerns?
Contact: ORStretch@Mayo.edu

OR-Stretch Application Computer-side Guide

1. LOGIN at orstretch.mayoclinic.org
2. Push **START** when case begins
3. Push **GO** to stretch when harp sounds or at any time
4. **STOP/PAUSE** when necessary
5. Select option

TIMER STOPPED
Thank you for stretching with OR-Stretch Now!
SURGICAL CASE OVER | PAUSED FOR TODAY | RETURN

Tip during use:

Snooze: To delay the stretch 5 and 40 minutes when harp sounds

00:00

Questions or Concerns?
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