



## How to... Edit or Add Content

On the left of the dashboard, you will see a list.

### Pages

Most Pages are listed under “**Pages**”. Click on this for a list of Pages that can be edited here. Pages for **Treatments** and **Staff** each have their own entry. Click on these to add a new page, or edit existing pages.

### Menu Bar

This is the Navigation Bar. You can add pages, remove pages and change their order. You will need to add new Treatment Pages and Staff Pages here.

### Entries

You can add a new entry for Exercises, FAQs, Patient Stories or Products here. These will be added to the existing pages. Remember to select a category for Exercises and FAQs.

### Quotes

Add or edit quotes for either the Home Page or the FAQs Page. Remember to select which Rotator the quote will be added to.

### Details

Contact Details, Opening Times and Prices can all be edited by clicking on their name. All changes will be reflected across the site.

### Photos and Videos

Upload any photos and videos here. You can also add these when you are within a page.

