physiapp

We are proud to be deliver your rehab program via Physiapp

❯ Clearly narrated exercise videos to guide you step by step

❯ Report back on your progress, feedback and other outcomes.

❯ Stay on track with built-in reminders.

1 **Step 1**
Download Physiapp from the IOS App Store or Google Play Store,
or go to www.physiapp.com on an internet browser (all free for patients)

2 **Step 2**
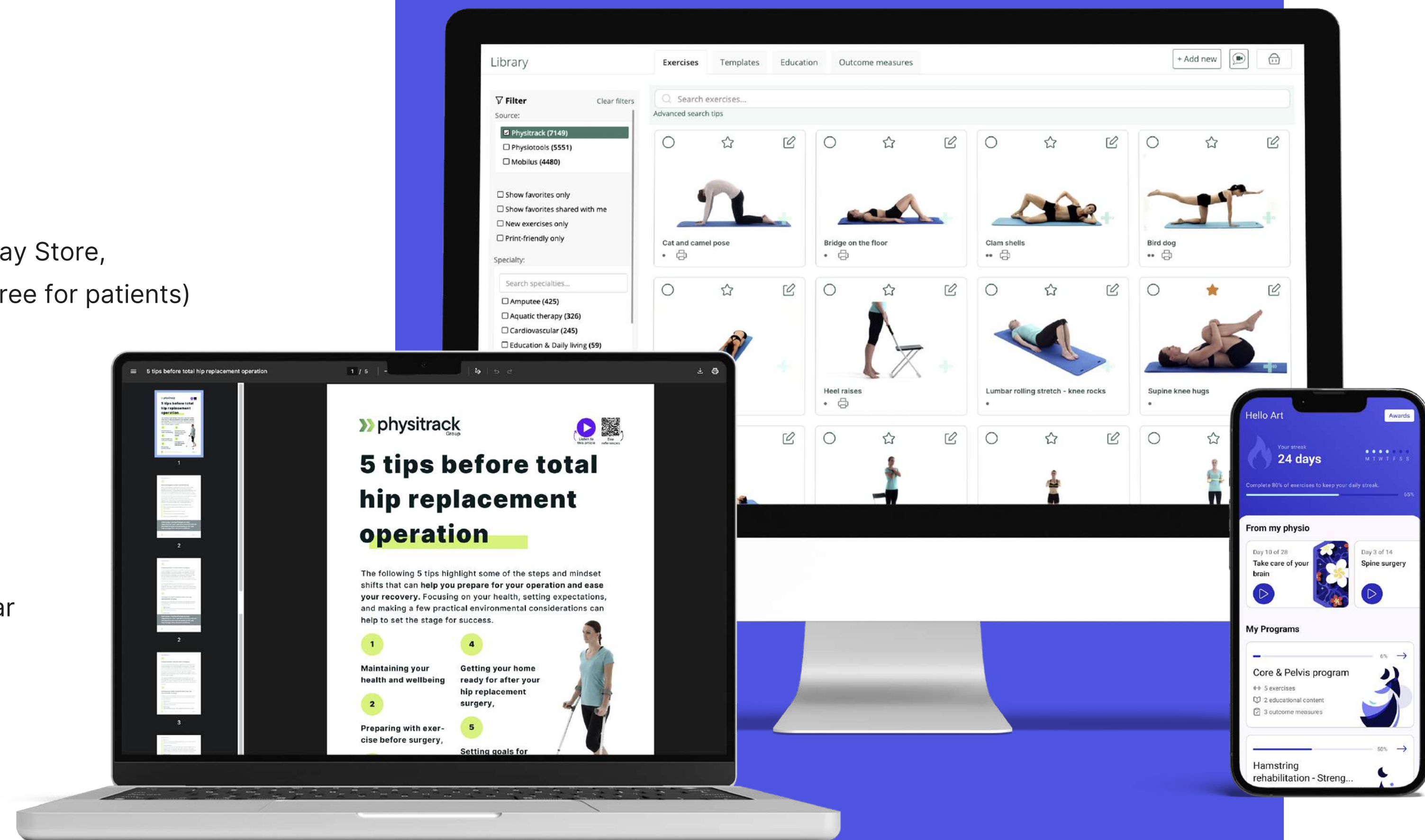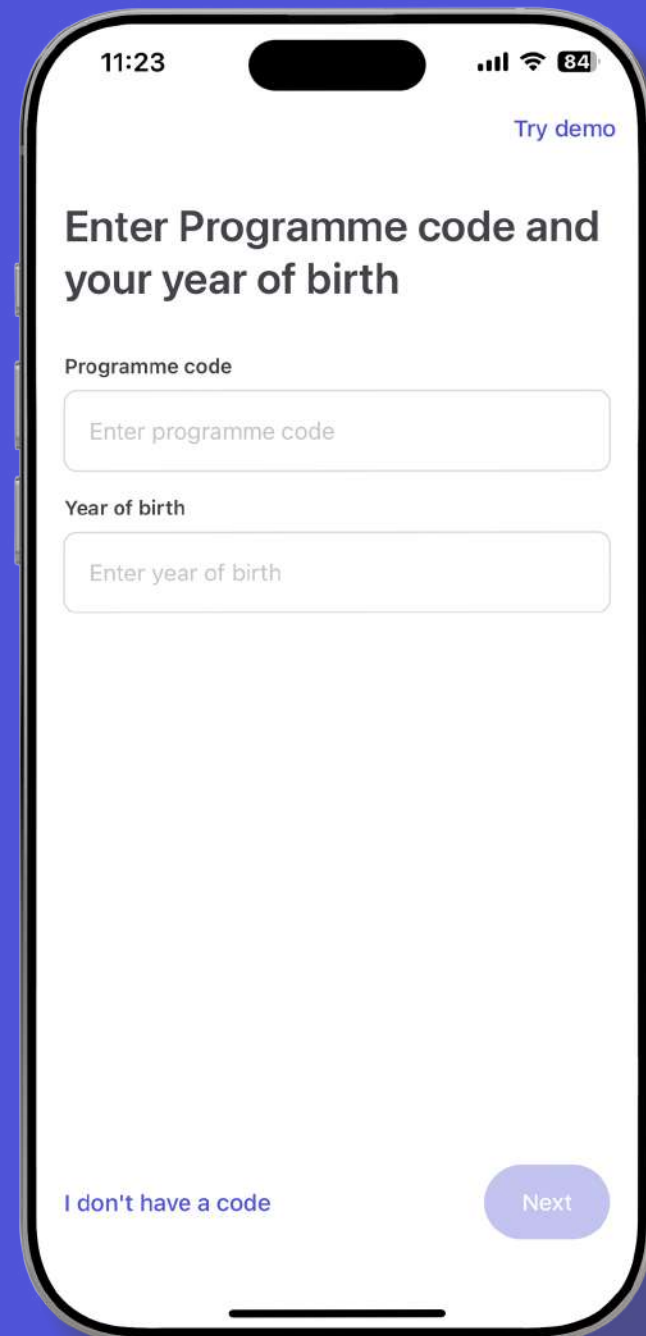You will receive a unique program code via email

3 **Step 3**
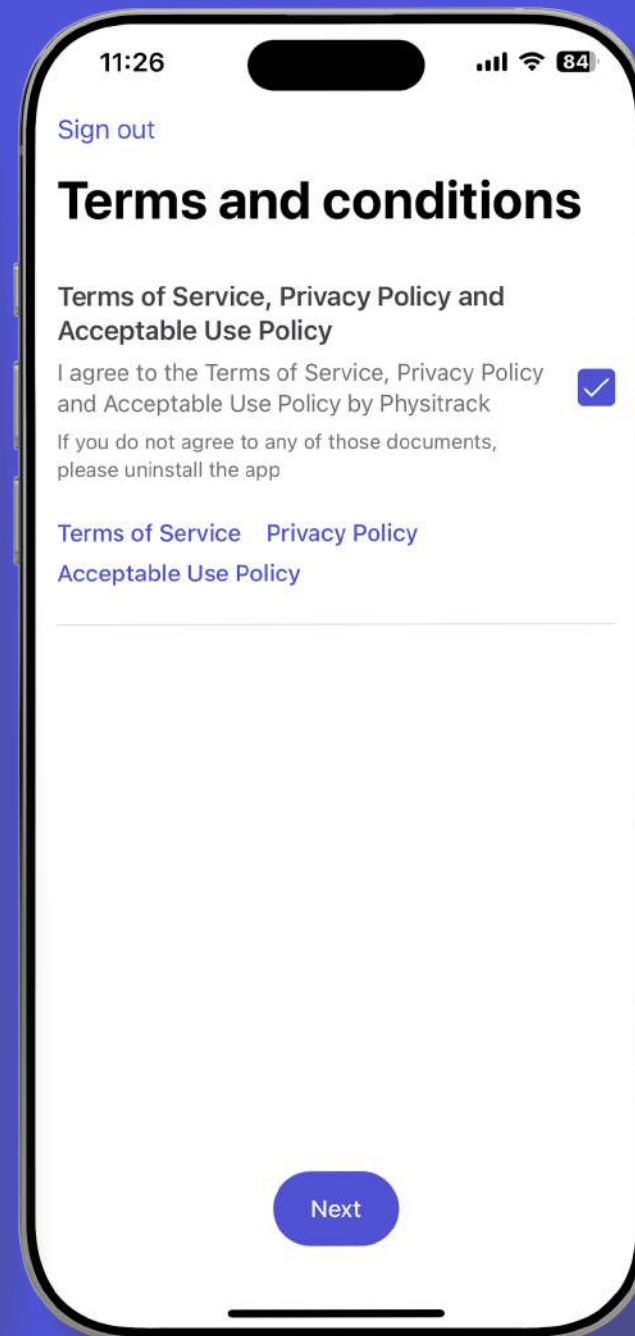Enter your unique program code and verify with your year
of birth to get started

physitrack

physiapp

Screen 1 — Enter Programme code

11:23

Try demo

Enter Programme code and your year of birth

Programme code
Enter programme code

Year of birth
Enter year of birth

I don't have a code

Next

Screen 2 — Terms and conditions

11:26

Sign out

Terms and conditions

Terms of Service, Privacy Policy and Acceptable Use Policy

I agree to the Terms of Service, Privacy Policy and Acceptable Use Policy by Physitrack

If you do not agree to any of those documents, please uninstall the app

Terms of Service   Privacy Policy
Acceptable Use Policy

Next

Screen 3 — Adjust your experience

11:26

Back

Adjust your experience

Download exercise videos
Have access to your exercises videos when you are offline

Exercise reminders
Schedule notifications

Weight units
Kilograms (kg)

Finish

Screen 4 — Programme

11:27

Today   24 Sep

Worsening symptoms?

Ankle & Core & pelvis program

0% completed

Exercises   Quick complete

Progressive muscle relaxation, wave of...

Plank

Bridge with bilateral hamstring curls on...

Bird dog with UL and LL square

Pistol squat - to support

Educational Content

Home   Programme (5)   Results   Settings

Screen 5 — Exercise details

11:27

Exercise details

Exercise 1 of 5
Progressive muscle relaxation, wave of r...

Progressive muscle relaxation, wave of relaxation

Chair

Sets 3 · Reps 1 · Duration 10s · Rest 30s

Perform exercise on both sides
Enable this if you want to exercise both left and right side

Progressive muscle relaxation relaxes your mind and body by tensing and relaxation the muscle groups throughout your entire body.
For this exercise imagine a wave of relaxation flowing from the top of your head down to the tip of your toes. Close your eyes and breathe evenly and concentrate on this relaxation wave flowing down through your body core, out through your arms, down into your legs and then into your feet.

Mark as completed   Start

Screen 6 — Report reps and sets

11:28

Sets   Reps
3   1

Duration
10s

Discomfort   2/10

0 1 2 3 4 5 6 7 8 9 10

Your feedback (optional)
Enter feedback

Please contact your healthcare provider directly if your symptoms worsen or cause you concern.

Save

Screen 7 — Results

11:28

Results

Programme   Outcome Measures

Summary of the week
23 Sep - 29 Sep

20%
Average adherence

2
Average discomfort

Adherence   Discomfort
100%   10
80%   8
60%   6
40%   4
20%   2
0%   0
Tue Wed Thu Fri Sat Sun Mon

● Adherence   ● Discomfort

Exercising history
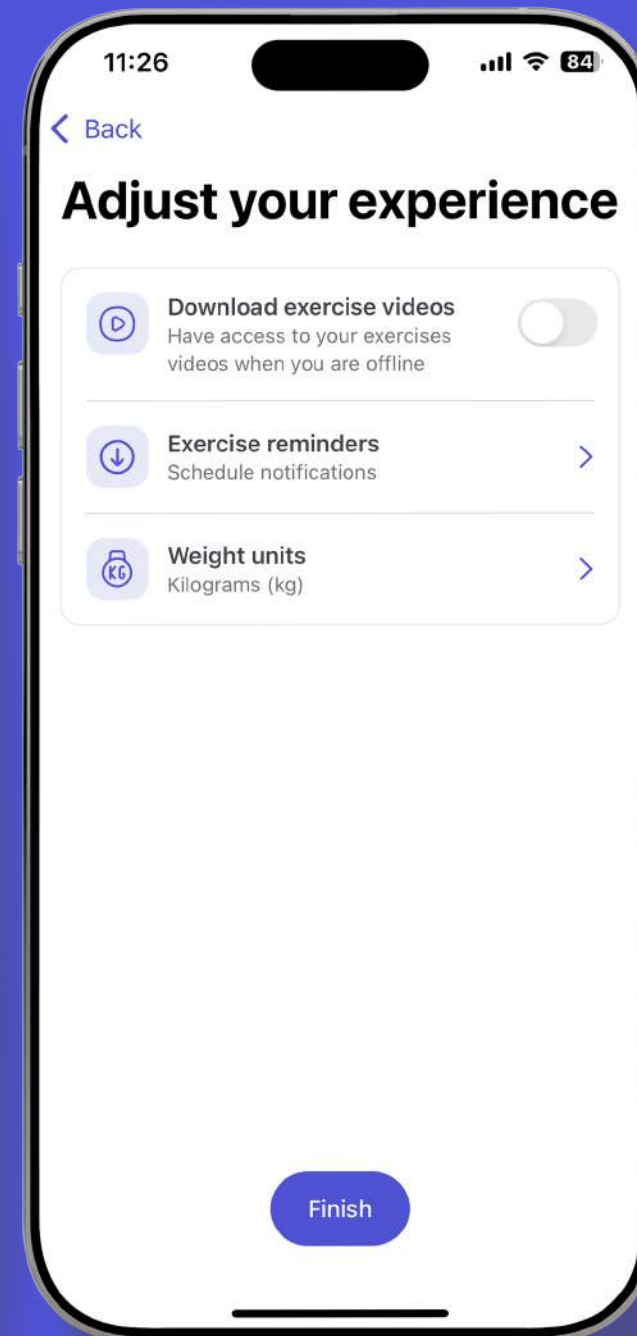
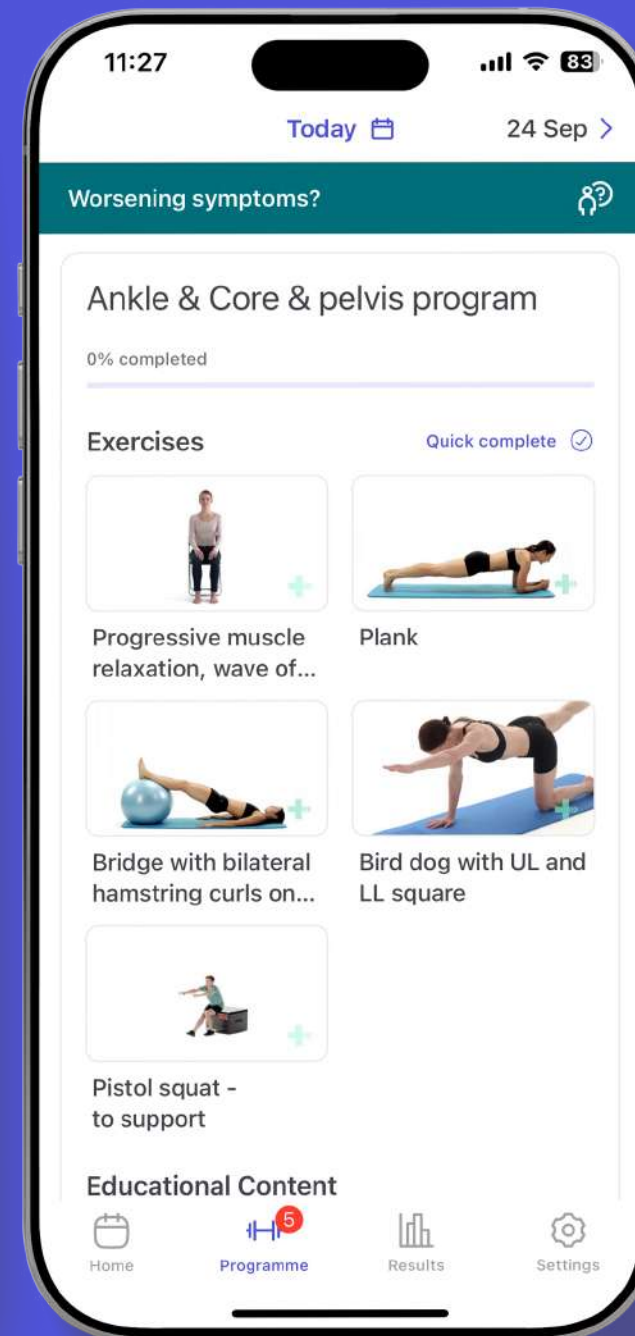Home   Programme (4)   Results   Settings

Captions:

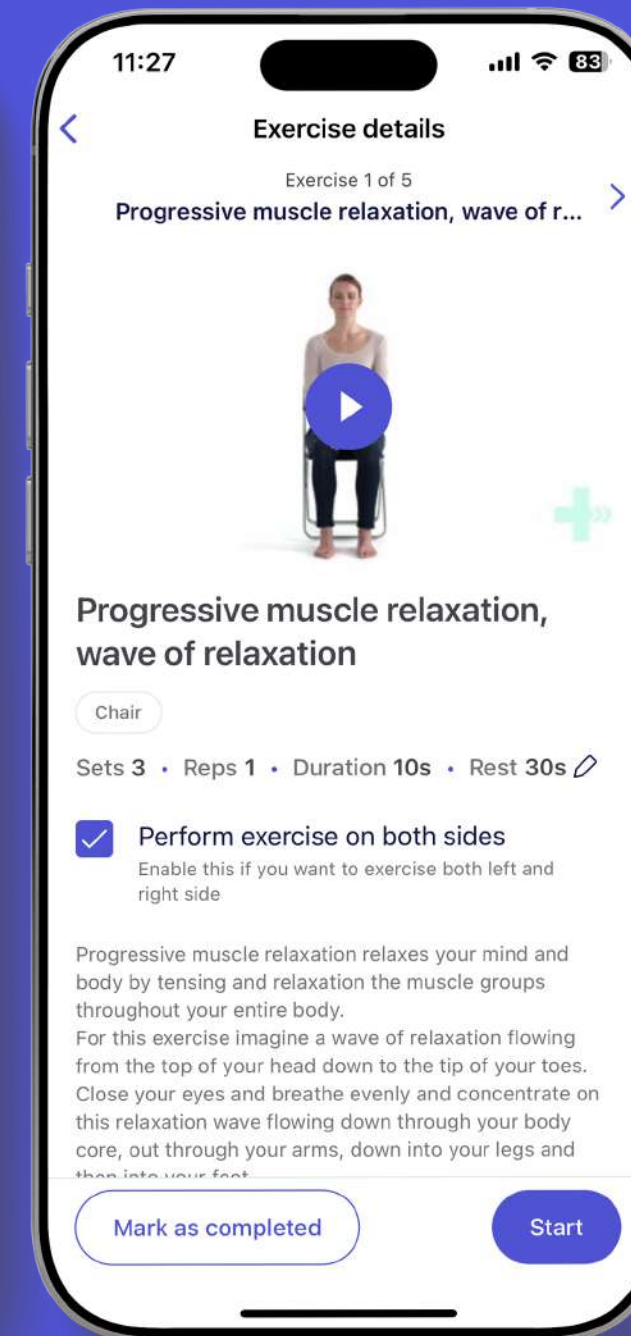Enter your unique program code and Year of Birth to log in

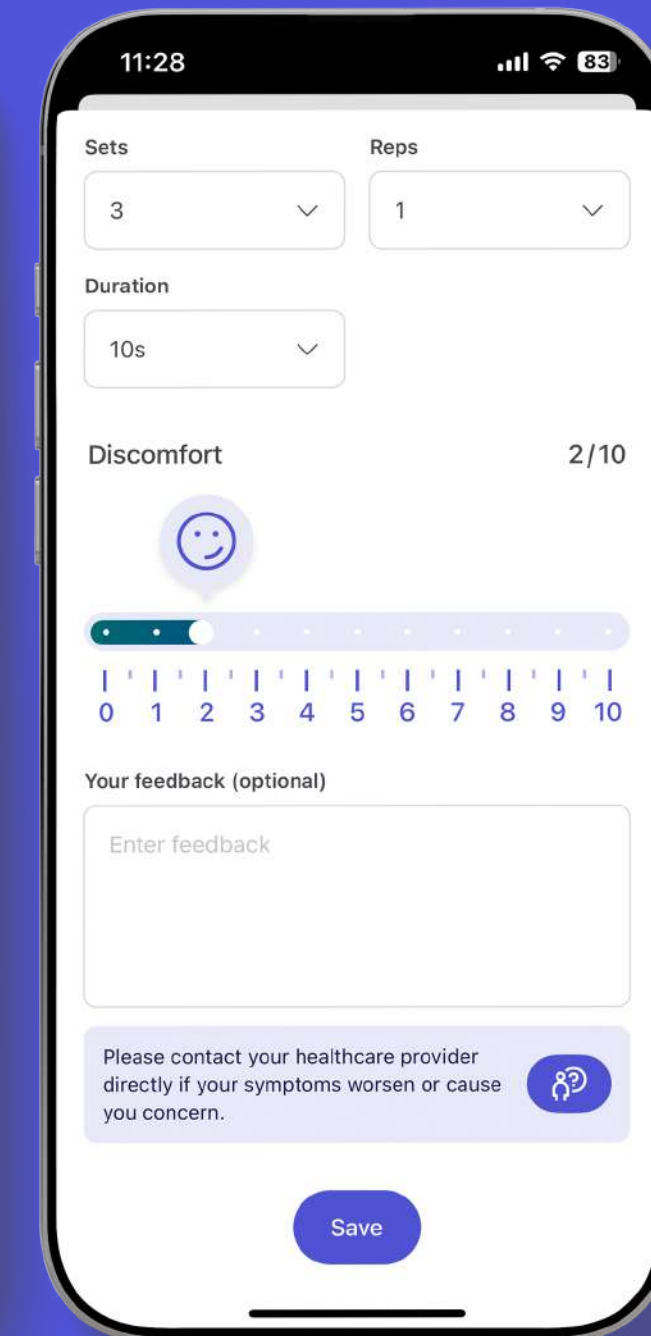Review and accept the Terms and Conditions

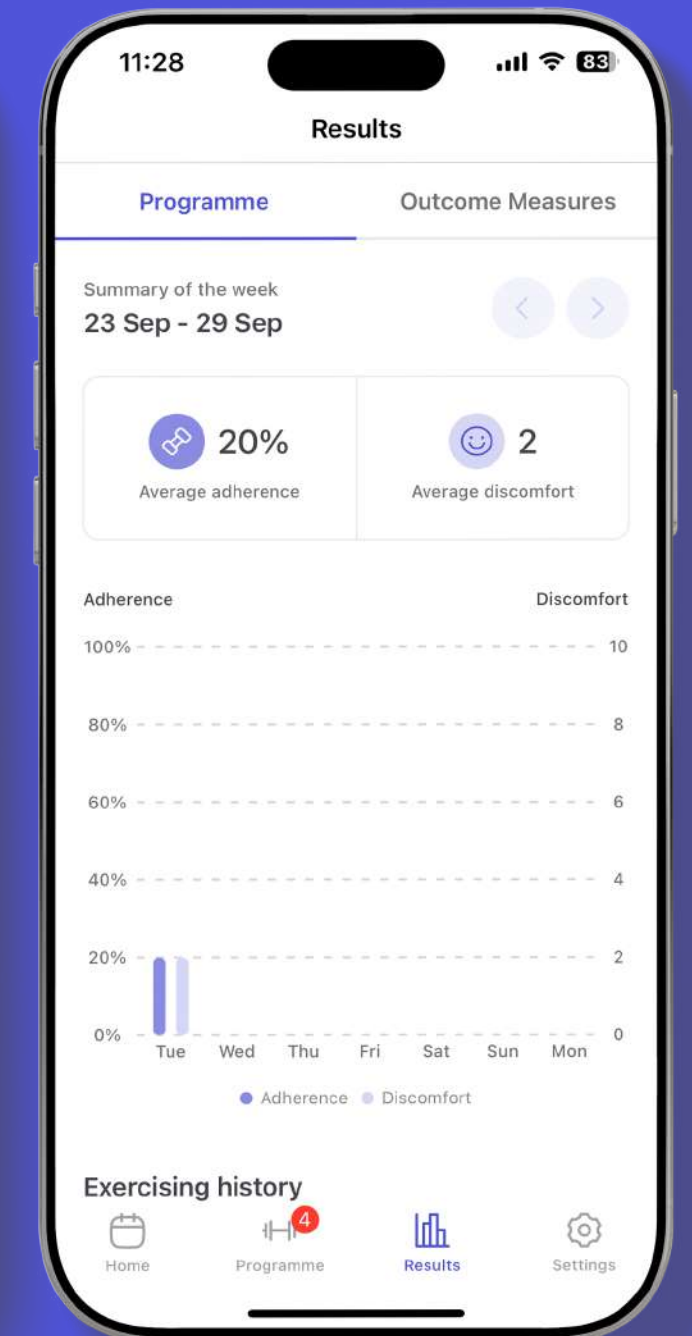Customise your experience and set reminder notifications

Take a look at your exercises and educational materials under 'Program' tab

Watch the exercise video and follow along with the written or spoken instructions

Report your number of reps and sets completed, and feedback your symptoms to your practitioner

Review your progress and results, which are also shared with your practitioner