

PHYSIOTHERAPY EXERCISE SOFTWARE

Physiotec's home exercise program combines innovative technologies and expert design for an all-in-one solution.

We make it easy to build a home exercise program in seconds, with beautifully designed instructional videos. The built-in efficiencies will reduce your workload. Plus, our software motivates your patients and improves outcomes, with tracking tools and insightful analytics. See how our comprehensive and adaptable exercise program can take your practice to the next level.

[START YOUR FREE TRIAL NOW](#)



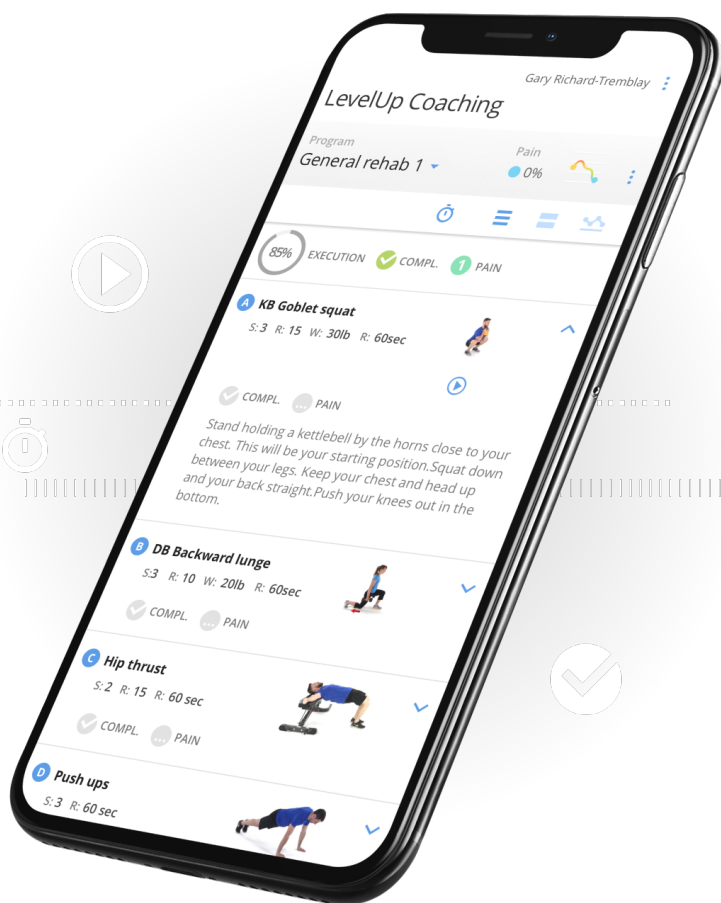
EMPOWERING. EASY TO USE. YOUR PATIENTS WILL THANK YOU.

Physiotec's home exercise program helps you communicate exercises with stunning videos and step-by-step instructions, motivating patients to stay on track. Therapists can monitor their patients' compliance, pain levels and more. Boost patient confidence, improve outcomes, and revolutionize your rehabilitation practice.


An intuitive app

Your patients can access high-quality video tutorials, engaging tracking features and more. Available on any mobile device or web browser.

[SEE HOW IT WORKS](#)



Easy-to-follow printouts

 Create step-by-step instructional printouts branded to your clinic. Choose from various layout options to meet your patients' needs.



VIEW SAMPLE PRINTOUTS

Your Clinic
437 King Street
Los Angeles, CA
www.yourclinic.com
(866) 301-3439

Client
James Smith
hep.physiotec.ca
user: wmnwqwc3vutvf
Phase 1

Notes: Make sure all exercises are done with restraint. Don't push it too much - on the verge of pain, release effort.

1 Walking forward lunges Sets: 2 / Repetition: 10 / Rest: 60s

Stand with your knee at hip width, take a step forward bend your knee and hip to 90 degrees.
Keep your torso and your hip stable and the foot aligned with the knee and the hip. Bring the trailing leg in front to make another step.
Repeat as indicated.

2 Squat on chair Sets: 2 / Repetition: 10 / Rest: 60s

Stand in front of a table with a chair behind you.
Hold the table as needed while you slowly sit back into the chair, keeping your back straight, and bending at the hips only (no round back).
Then, stand back up, bending at the hips, pushing through your heels, activating the glutes and the abdominals.
Repeat.

3 Glute bridge Sets: 2 / Repetition: 10 / Hold: 5

Lie on your back with your knees bent.
Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.
Slowly return to the initial position and repeat.

4 Single leg reverse hyper Sets: 1 / Repetition: 12

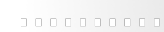
Lay on your stomach on a table so that your hips and legs are hanging over the edge.
Hold the table to steady yourself.
Keeping your back straight and the head in line with the spine, squeeze the glutes and lift one leg only, keeping the other leg on the floor. Extend the leg at the hips until parallel and Do not overextend your lower back or neck.
Repeat with the other leg.

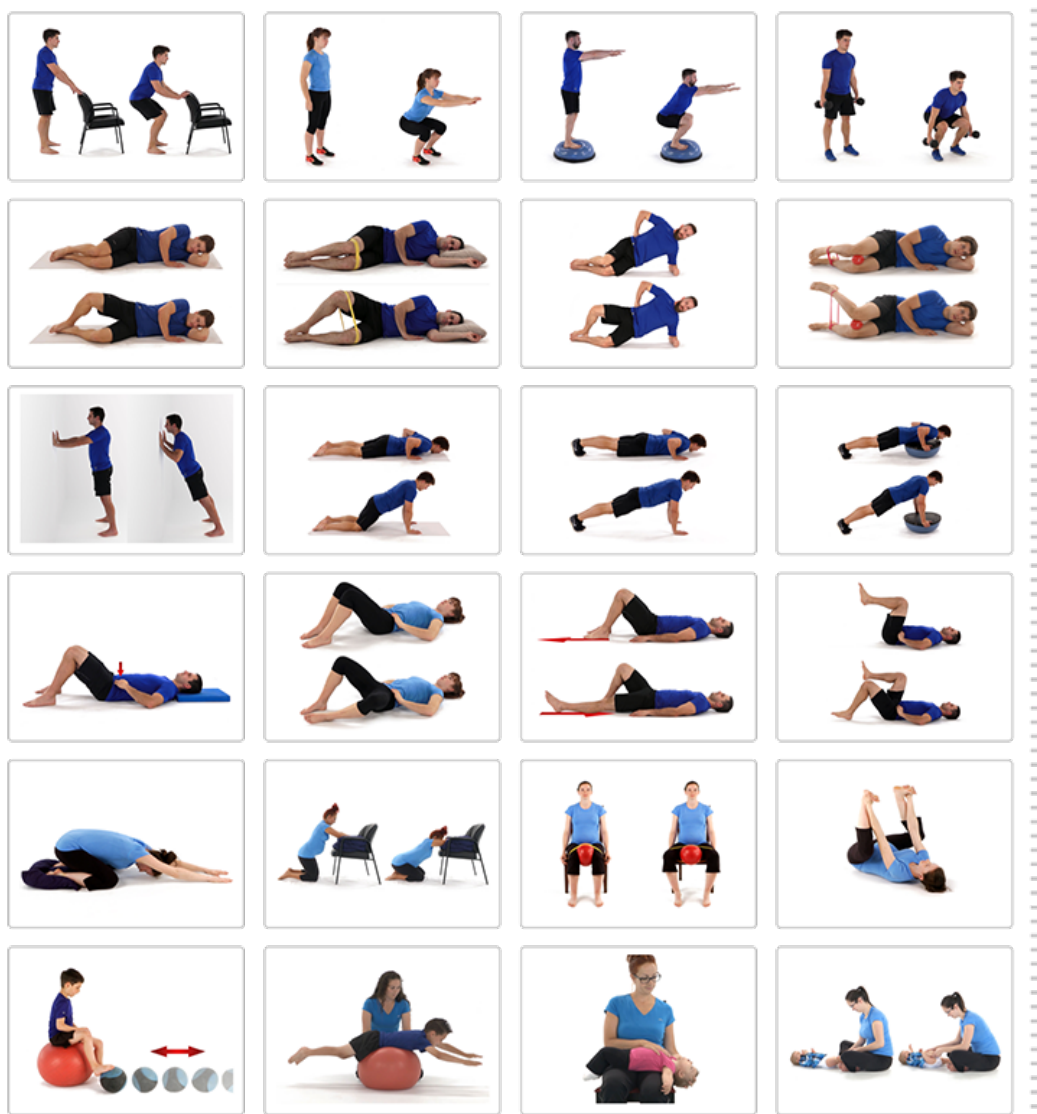
5 Alternate heel tap Sets: 1 / Repetition: 8 / Hold: 1s

Lie on your back with the hips and knees at 90 degrees.
Keep your lower back flat on the floor and pull your navel slightly in.
Lower one leg at the time to tap your heel on the floor, then lift your heel back up without losing the abdominal contraction (you can put your fingers on each side just inside the bony tip in front of your hips to monitor the contraction).
Repeat with the other leg.

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A RICH, MULTI-DISCIPLINARY LIBRARY AT YOUR FINGERTIPS

For 25 years, Physiotec has been perfecting its exercise library. Today, that library is powered by highly intelligent search technology. Select exercises from any of our 20+ specialty sections, ranging from Geriatrics to Sports Medicine.

Search and curate a custom home exercise program in seconds, complete with high-quality, precise images and videos to propel your clients to success.

HAVE A LOOK



PROGRAM BUILDING IS EASIER THAN EVER

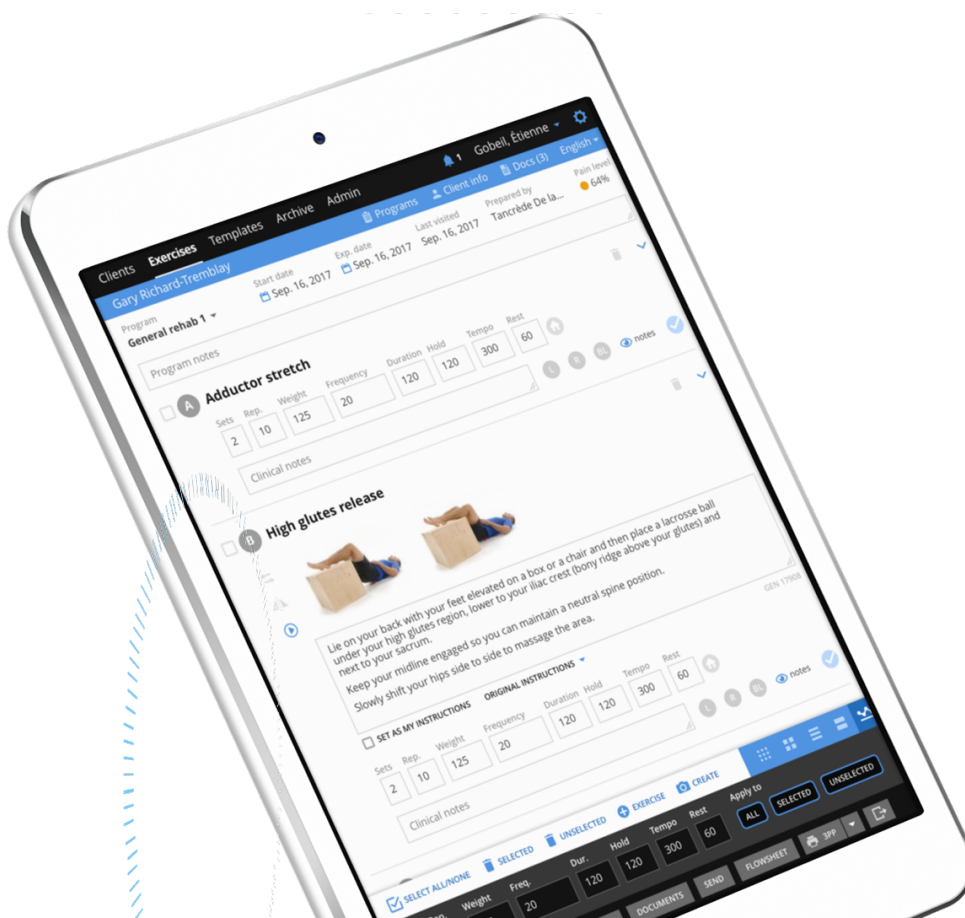
With Physiotec's home exercise program, you get the total package: speed, simplicity and comprehensiveness.

The Physiotec program builder enables you to put together your patients' routines in just moments.

You can create a program from scratch or from our collection of pre-made templates. So whether you need a specific exercise for a special case or a pre-selection of exercises for common conditions, we have you covered. It's fast and easy to customize programs to meet each patient's unique needs.

From exercise parameters to special instructions, our smart technology ensures no detail is overlooked. Feedback from rehabilitation professionals and patients drives our development, allowing you to communicate exercise education in an easy-to-understand, visually compelling way.

SEE HOW SIMPLE IT IS



Pain level analyser

Past month Today





MONITOR PATIENT COMPLIANCE TO KEEP THEM ON TRACK

With our exercise software, professionals can follow their patients' recovery more closely between visits.

Our tracking capabilities let you get notified about trouble areas and milestones, based on your preferences.

WHAT YOU CAN TRACK



SEAMLESS EMR INTEGRATION MAKES YOUR JOB EASIER

You can access Physiotec's home exercise program directly from your EMR software. We're integrated with more than 35 practice management systems, which means that you may already have the option available in your patients' charts.

Once the feature is activated, you will benefit from single-sign-on (SSO) capabilities, and easy patient program documentation. We

are committed to providing rehabilitation professionals with intuitive, cutting-edge tools to simplify their workflow. We also offer custom integration options.

[VIEW AVAILABLE INTEGRATIONS](#)





POWER UP YOUR CLINIC'S WEBSITE

With Physiotec's website integration, your patients can view their home exercise programs directly on your website. Each patient will have their own unique patient portal with access to high-quality videos, detailed instructions, compliance tracking and more.

Thanks to our patient portal, it's never been easier to drive traffic to your website, increase brand awareness and connect your clients to your clinic. You can expect glowing testimonials, more social media shares and an increase in patient referrals. Your success is our success.

CONNECT YOUR WEBSITE TODAY





Inspire. Empower. Optimize.

Physiotec motivates your patients, optimizes your workflow and spotlights your brand. We make it easy to build and share home exercise programs. Empower your practice with our tools for success today.

PLATFORM TOUR ▼

COMPANY ▼

ACCESS ▼

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