

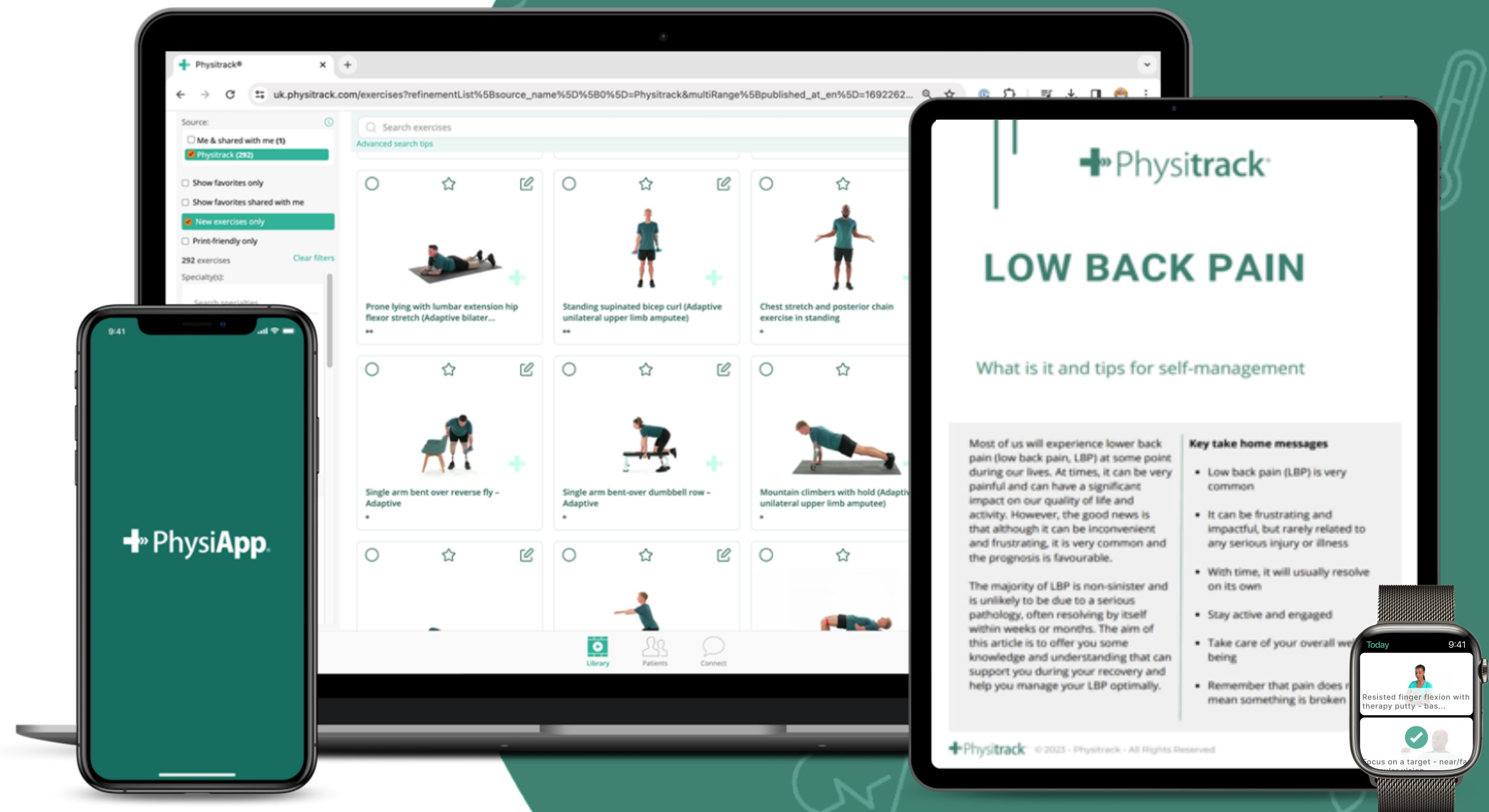
+» PhysiApp®

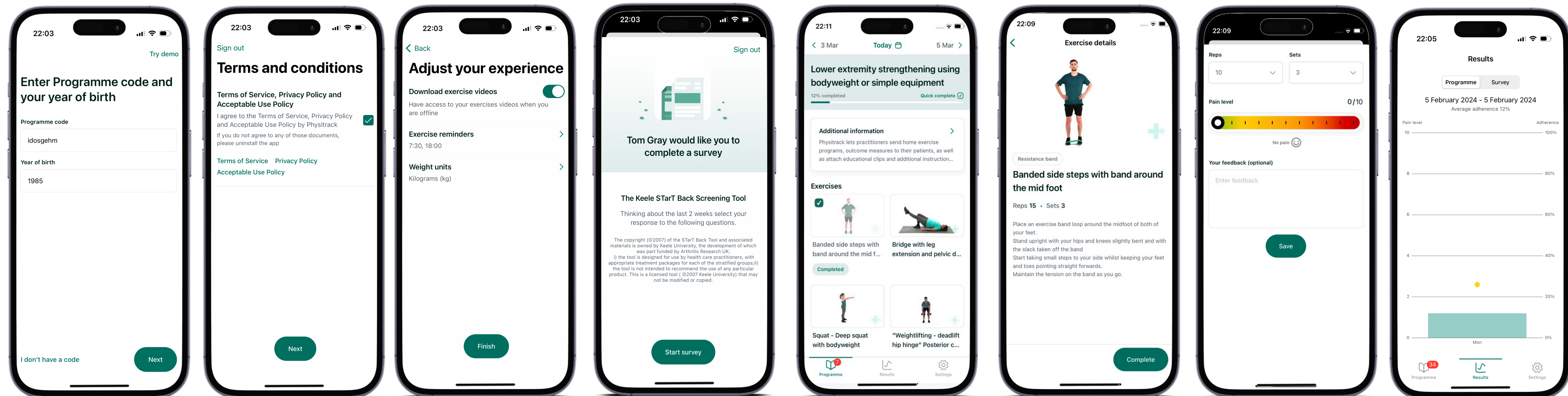
We are proud to deliver your rehab program via +» PhysiApp®.

+» **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)

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

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





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**

Complete any **surveys** that your practitioner has assigned

Take a look at your **exercises and educational materials** under the '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

