

## Clients' quick guide to Physiotools Trainer app

Physiotools Trainer is an app for smart phones / tablets designed to make it easier for you to complete an exercise program that your therapist has prescribed. The app can be installed onto any mobile device and you will automatically receive notification of any new exercises.

### How to install

1. The first time your therapist creates an exercise program, you will receive an email (to the address you gave to them) asking you to install the app. This can be downloaded from either Google Play or the App Store.



2. Install the app.
3. Click **Create account**.
4. Read the agreement and click **Accept** to indicate that you have read it.
5. Enter the same email address as used in Step 1 above.
6. Provide a password and click **Next**.
7. Choose your region and click **Next**. (It is important that you choose the correct region to see the exercise programs sent by your therapist).
8. You will be sent another email with a link to confirm your email address. **Go to your email and click on the link**.
9. Return to the app and click **I have confirmed**.

### How to use the app

The first exercise is shown at the top. Click on the image to open the exercise with video and associated instructions. Perform the exercise according to the instructions and when finished click on **Mark as completed**

Another dialog box will appear. You will see any values, such as repetitions or weights, that your therapist has specified. You can change these values by clicking on the number, replace it with the actual number completed, and then click **Save**.

### Features

By clicking on the menu icon  at the top left of the screen the following will appear:

**Home:** Access your current exercise program if you still have exercises to perform

**Account:** Displays your login information, EULA and user data.

**Programs:** Shows the exercise programs that have been sent to you, the training period and name of the exercise provider.

**Settings:** Change language and set reminders.