



PHYSIOTEC MOBILE APP

Have your exercise plan in the palm of your hand - download the PhysioTec mobile app to your phone or tablet and have instant access to your up-to-date exercise plan with the added benefit of video demonstrations.

Keep a track of your progress ready to discuss with your physio on your next visit.

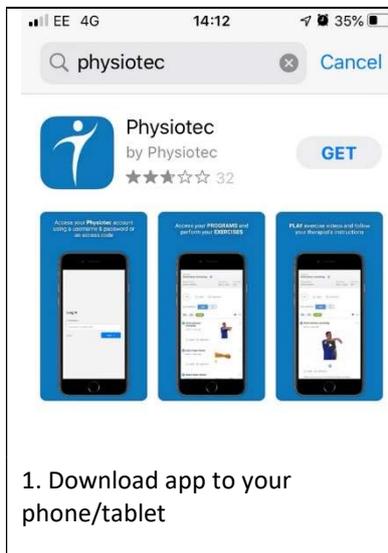
Apple Store

<https://apps.apple.com/gb/app/physiotec/id1207145038>

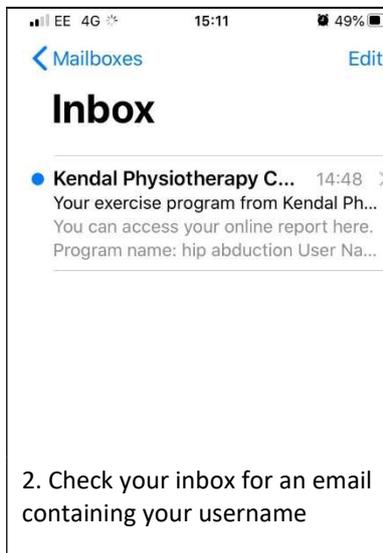


Google Play

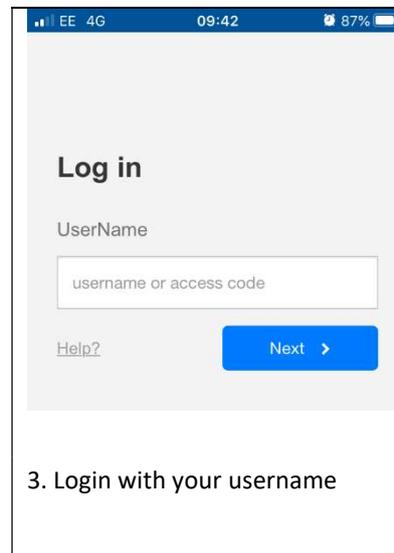
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1. Download app to your phone/tablet



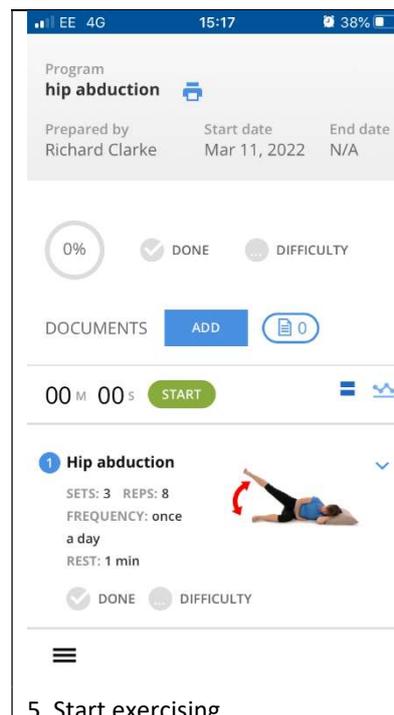
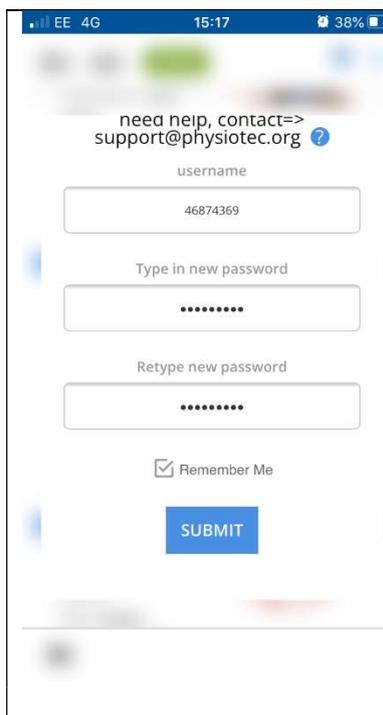
2. Check your inbox for an email containing your username



3. Login with your username



4. Create your own password



5. Start exercising