



Clients' guide to using PT Momentum

Use PT Momentum, a mobile app that motivates and reminds you to exercise. It is easy to follow your exercise program by reading the instructions and watching the videos to ensure you are performing the exercises correctly.

The app can be installed onto any mobile device and you will automatically receive notification of any new exercises.

How to install PT Momentum

1. The first time your therapist or trainer creates an exercise program, you will receive an email asking you to install the PT Momentum app from either Google Play or the App Store.
2. Install the PT Momentum app.
3. Click **Create account**.
4. Read the EULA and indicate you have read it, click **Accept**.
5. Enter the same email address as used in Step 1 above.
6. Provide a safe password and click **Next**.
7. Choose the region (USA or Rest of the World) and click **Next**. It is important that you choose the correct region to see the exercise programs sent by your therapist.
8. PT Momentum will send you an email with a link to confirm your email address. **Go to your email and click on the link**.
9. Return to the PT Momentum app and click **I have confirmed**.

How to use PT Momentum

You can begin your exercise program by clicking the first exercise. Read the instructional text and view the video. Once you have finished each exercise, click **Mark as Completed** and enter the number of **Repeats** you have performed, click **Completed**.

When you mark each exercise as completed, you will be given a value that will increase and decrease based on how consistent you are in performing your prescribed exercise program.

Features

The features of the app can be found in the Menu:

Home - shows your exercises for the day.

Account - shows your login information, EULA (app terms) 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.