


Guide to using PT Momentum

What is PT Momentum

People are not always motivated to do the exercises they have been prescribed. Our new PT Momentum mobile app adds an element of fun to encourage your clients to reach a daily exercise target, and reminds them to exercise. Create an exercise program in PhysioTools Online and send it to your client's PT Momentum app.

And the best part, as a subscriber to PhysioTools Online, PT Momentum is included at no additional charge. The application can be downloaded by your clients free of charge from Google Play or the App Store.

How to send an exercise set to PT Momentum

1. Login to your PhysioTools Online account.
2. Click **Clients** tab to create or select an existing client. You must add your client's email address which they will use to login to PT Momentum. Tick the **PT Momentum app** check box.
3. Click **Exercises** and choose the exercises for your client's exercise program, then click the **Edit** icon.
4. Complete the **Training start date**, **Training period** and **Title of exercise set** displayed on the upper part of the screen.
5. Enter the desired values in the relevant boxes in the text fields at the bottom of the screen. Choose new values from the '+new value' drop down menu if required, such as sets, reps etc. Click **Print, Send and Save** icon.
6. In **Print preview**, click the Settings button  and select **Display title of exercises set** and **Display provider name** if you want them to show in your client's app.
7. Print or Email the program if desired. Click **Save as** and choose **Client Set**. This will then send the exercise program to the PT Momentum app. Once your client has downloaded the app and signed in with their secure password they will see the exercise program.
8. A green tick appears next to the exercise program in the Client information window once it has been sent to the client. If no green tick appears or if the client does not receive the exercise set, check the email address and retry by clicking **Copy and edit** and then **Save as** again. Current and future exercise sets saved for this client will automatically be sent to PT Momentum.

How to remove or stop the exercise program

To remove or stop an exercise program in your client's PT Momentum app, click **Clients**, select the client and right-click on the exercise program and select **Void set** or **Stop set**. **Void** removes the exercise program as if it was never given to the client. **Stop** expires the exercise program and marks it as completed. The training outcome of stopped sets are taken into account but void sets are not.

How does your client use PT Momentum

The first time an exercise set is sent to a client using PT Momentum, they receive an email containing information about downloading the app. Your client can download PT Momentum from either Google Play or the App Store. Once the app has been installed on their mobile device, they will automatically receive notification of any new exercise programs created for them.

Your client will, by default, receive a reminder about uncompleted exercises. They can choose to change this reminder function to a time convenient to themselves.

If your client has not received their exercise set, it may be because:

- When setting up PT Momentum, your client has selected the incorrect region in which they are located (US/Rest of the world).
- Your client used a different email address when setting up PT Momentum from the one you have for them in PhysioTools Online.

To fix this, ask them to select the "I want to delete my account" option in Account, and create the account again in the correct region with the correct email address.