





Clients' guide to using PT Momentum

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

How to install PT Momentum

1. Click on the link in the email - the link will take you to Google Play/App store.
2. Install the PT Momentum App 
3. Click **Start using PT Momentum**
4. Enter the same email address as used in Step 1 above.
5. Click **OK**, then click **Continue**
6. Click **Set up a Password**. PT Momentum will send you an email with a link to set up your password.
7. To set up your password, go to your email and click on the link.
8. Type in a password (minimum 8 characters). Click **Update Password**
9. Return to the PT Momentum App and click **Continue** – enter your password and click **Log in**
10. Click **Accept the Terms** to continue
11. You can begin your exercise program by clicking on the first exercise.

How to use PT Momentum

To perform your exercises, read the instructional text and click on  to view the video.

Click **Mark as Completed** once you have finished each exercise.

When you mark off each exercise as completed you will be given a Momentum value. Your momentum value will decrease and increase base on how consistent you are in performing your prescribed exercise program.

Features

Other features of the app can be found in **Menu** 

- **Home** - shows your exercises for the day and your Momentum value
- **Calendar** – you can view new and recent exercises
- **Account** – shows your login information and your older programs
- **Settings** – change language, set notifications and reminder time
- **Sync online** – update the program
- **Leave feedback** – you can leave feedback for the developers of PT Momentum