PhysiApp Instructions

Step 1. Download PhysiApp from your Play Store (Samsung) or app store (apple).

Step 2. Put in your access code that your physiotherapist sends you.

Step3. Click on the exercise, press play and follow the instructions.

Step 4. Once you have finished the exercise press complete.

Step 5. Fill out how many reps, sets and any other information. At the bottom of the screen you can choose between 0 – 10 pain levels you may have experienced during the exercises. You can also leave feedback.

Step 6. Once you finished step 5 it will take you to your next exercise.