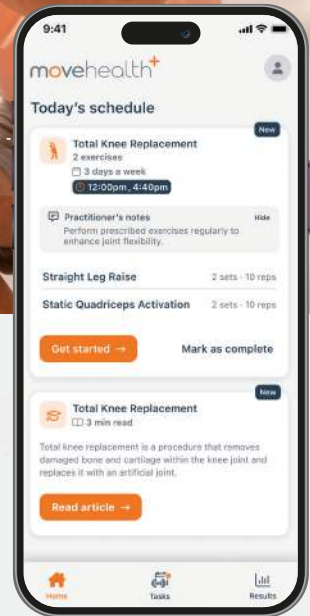
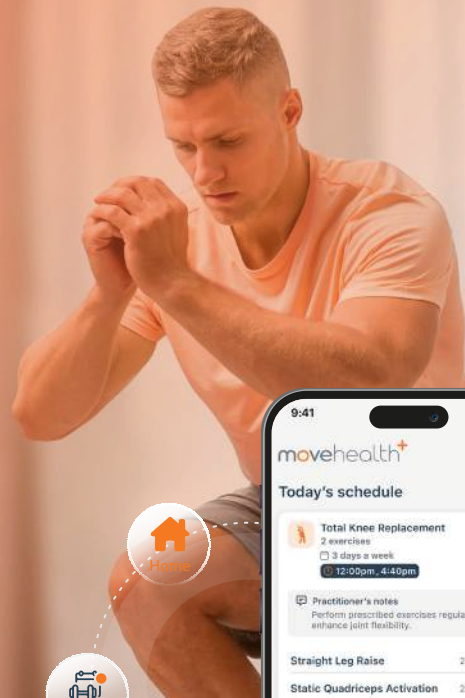


# movehealth+

All of your movement health data in **one place.**

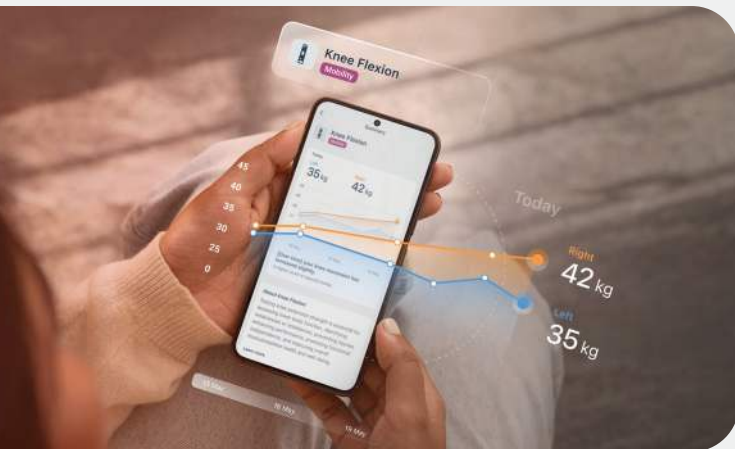


The **MoveHealth app** allows you to follow your exercise program, read educational content, complete surveys and view your testing data.

## Progress you can **see.**

Objectify your recovery and track your progress at a glance.

The MoveHealth app puts your objective movement health data at your fingertips, allowing you to visualize progress at a glance.



## Exercise that **works with you.**

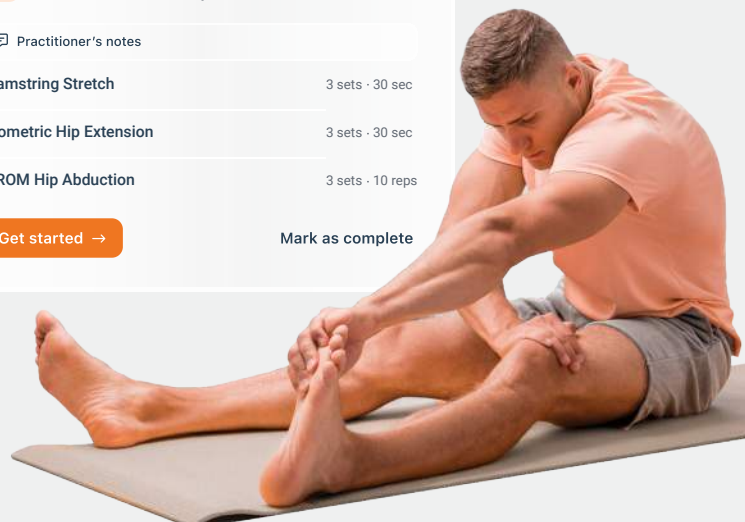
Follow simple, step-by-step walkthroughs to perform your exercises, add feedback on how you feel and even record videos to give your practitioner a closer look at your progress.

**Hamstring Strain** New  
7 exercises Due Today

Practitioner's notes

Hamstring Stretch	3 sets · 30 sec
Isometric Hip Extension	3 sets · 30 sec
AROM Hip Abduction	3 sets · 10 reps

[Get started →](#) [Mark as complete](#)

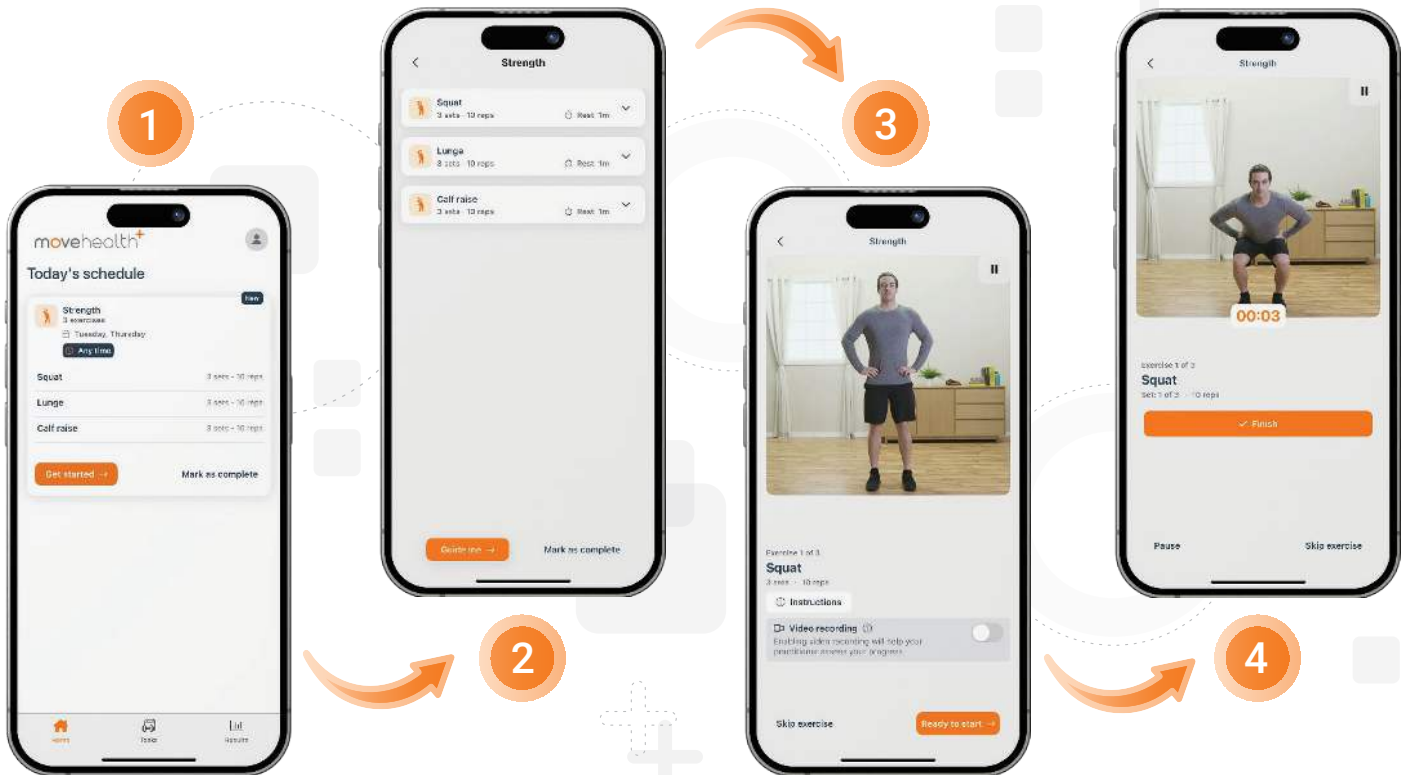


An invitation email will be sent from your practitioner. Follow instructions in the email to create your MoveHealth profile. Download the MoveHealth app from App Store or Google Play.



MoveHealth app

## How to complete your **exercise programs**



If your program is not on the home screen, check the **Tasks** screen.

Select a program to review the exercises, then select **"Guide me"**

Review the exercise and notes if required, then select **"Ready to start"**

Once completed, rate your effort and your pain (if required) and submit feedback to your practitioner.

## How to access **your results**



1

Go to the **results** page to track your progress.

2

Click on a **specific test** to view the details

**Need help?** Contact us at [support@movehealth.me](mailto:support@movehealth.me)