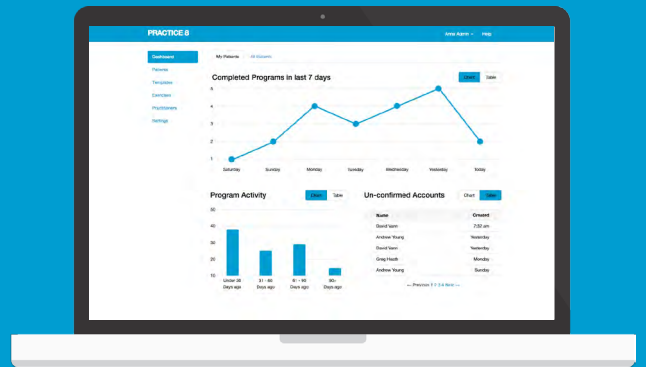




Mobile technology to help you get better.

www.trackactive.co



Your exercise programme on your phone

How does it work?

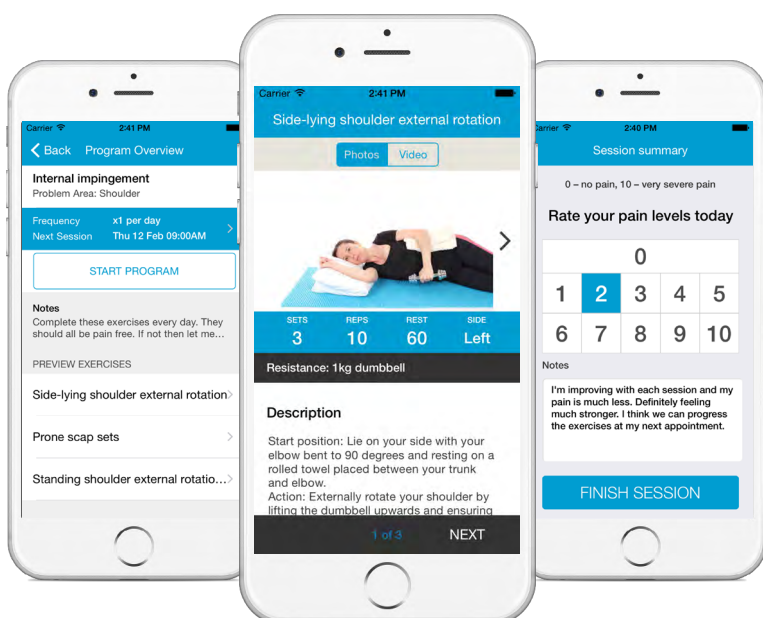
When you visit one of our practitioners they may set you some exercises to do at home. Keeping motivated and on track with your programme is hard and many people fail to do their exercise correctly. TrackActive solves this problem so you get better, faster. You will receive your programme in images and video on your phone and you can choose to log completion as well as record your symptoms. If you choose to log your completion, your practitioner can view this information, to make sure you stay on track.

What do I have to do?

It's easy. What smartphone do you have?

Windows - Once your practitioner has created your programme, you will receive an email from 'TrackActive'. Open the email, click on the link and create a password. View exercises by clicking on image thumbnails or the video button. Log programme completion by clicking on 'Log Progress'.

iPhone/Android - Follow the instructions on the right. To log your programme click on 'Start Program'. Press 'Save and Exit' to send.



The benefits

- Clear instructions
- Images and video
- Always with you
- Create reminders
- Practitioner support
- Access our clinic details

How do I get set-up?

1. Download the TrackActive app from the Apple or Google Play store. Search for 'TrackActive' (if using an iPad search the 'iPhone only' apps).
2. When we create your exercise programme you will receive an email from TrackActive.
3. Follow the link on the email to create a password.
4. Enter your email address and password into the app login page and all your programmes will be there! Just make sure you have internet connection whenever viewing and logging your programme completion through the app.

Have issues or questions?
Just ask us at the clinic!