

# App Is a Great Addition to the PT Toolbox

REVIEWED BY ROBIN BRADLEY HANSEL, PT, CPI

**A**t an ultimate bargain price, the free “PhysPrac: Exercise Prescription App for Physical Therapy, Physiotherapy and Rehabilitation” is certainly worth a download. Currently available for iPhone and iPad but with tentative plans to expand on other platforms including Android within the next 6-12 months, this app is pre-loaded with 55 unique exercises complete with full-color photos and editable text descriptions.

Screen colors are set to crisp blues and whites for easy visibility. Though I was most intrigued by the customization features promised in the app description, I found the existing exercise library to be varied and comprehensive. Ian Prangley, a registered and qualified sports physiotherapist in Australia from PhysPrac, stated, “This application was designed with functionality (not exercise content) in mind so users can tailor the exercise database entirely to their needs.”

I decided my initial goal would be to try and add my company logo and signature line to the outgoing email template. First, I needed to temporarily allow the app access to my smartphone’s photo library through my privacy settings in order to email myself a copy of my company logo that I could then upload to the app’s template. All of this was handled

easily by following the directions in “settings” and reading a few prompts in the help menu.

Next, I scrolled through the existing library of exercises and chose “side lying hip abduction” within the hip & pelvis category. I made some very minor changes to the wording of the text to accommodate the American dialect. I selected the “capture” option beside the camera icon and proceeded to shoot my own photo, which then showed up right beside the exercise’s two built-in photos. For privacy reasons, I liked that I didn’t have to grant access to my phone’s entire photo album, but I knew this feature could be enabled later should I wish using the “choose from library” option. In fact, I could add up to four photos and edit the order of them according to my needs.

I saved my exercise as new, and it was instantly added to the app’s library, complete with my own edited text and photo. The “save file” icon updated the total exercise number count. I appreciated how seamlessly my changes were incorporated.

There was a fair amount of backward scrolling to return to the main menu, but once there I was able to create a unique program of multiple exercises. I gave the program a title and input my client’s name and email address. I then added the new exercise I had just created



along with a couple more existing ones just for fun. I also could have created additional brand-new exercises right on the spot. After composing a few personalized notes, I hit “save and send.”

Within seconds, my own smartphone’s new message email box opened with a newly created PDF of my client’s program (now sporting my own company’s logo) attached. I added a customized email message and pressed send. Seconds later, I received a copy of the same email my patient received. It consisted of a professional-looking PDF with my client’s name, date, time and the title of the program. My logo and all my new photos and text were also in the PDF, along with my personalized notes at the very end. Seriously awesome!

The program I had just created was automatically filed under existing programs. To save time going forward, I could choose to repurpose it into a brand-new program by giving it a new title and then adding a different client’s name and email address.

This app is a great addition to any PT’s toolbox, but especially the busy home health practitioner. Email sending capabilities include 50 free messages to get you started. Beyond that, there’s a small charge beginning at \$1.99 for 50 more messages and climbing up to \$19.99 for “unlimited emails forever.”

Prangley indicated a PhysPrac update is coming in 2014 that includes design changes in line with iOS7, improved navigation, a preview button to view the PDF before sending and an export function. ■

*Robin Bradley Hansel is owner of Green Treehouse Media LLC and Labyrinth Wellness LLC, both located in South Florida.*

## PhysPrac by PhysPrac Pty Ltd

Rating of Function for Physical Therapy Professionals	Number of Stars Out of 5
Ease of Use	★★★★★
Relevance to PT	★★★★★
Frequency of Projected Use	★★★★
Potential for Upgrade with Improvements	★★★★★
Usefulness for Therapeutic Intervention	★★★★★
Accuracy	★★★★

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