



# **PhysiApp**®

## **Accessing your exercise program**

‘PhysiApp’ is used by BeachLife physiotherapists to provide clear instructions on your exercises and easy access to your program online.

### **How to access your individualised program:**

1. Open the email from BeachLife Physio titled ‘Your Exercise Program’.
2. You have two options: download ‘PhysiApp’ or view your program online.

### **View online:**

1. Click on the link, this will open a browser window.
2. You can then view your program on the website and print it if required.

### **Use the free app:**

1. Download ‘PhysiApp’ on your phone or device.
2. Enter the access code provided in the email.
3. Set up reminders for your exercise program and set the time of day that suits you.
4. Download the exercise videos if you wish to save them on your phone and avoid using wifi or phone data each time.
5. Complete your program as recommended by your physio.