



Top 10 Useful Physical Therapy Apps for Patients to Try

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One of the best things about the Fourth Industrial Revolution is the use of technology in healthcare. And that includes affordable, accessible physical therapy apps for patients.

Gone are the days when physical therapists had to simply hope their patients would remember which exercises to do at home and how to do them in order to support their rehabilitation.

There's an increasing number of useful smartphone apps that help patients understand their injury and keep up with their exercise routine at home. What follows are our top 10 useful physical therapy apps for patients.

Physical Therapy Apps for Patients: Anatomy and Injury Insights

Many patients want to know exactly what's wrong with them so they better understand their treatment plan. The following three apps provide them with a detailed visual overview of anatomy and what their injury looks like. This increases patient engagement with their recovery program and improves retention of their exercises.

1. **Shoulder Decide, Knee Decide, and Spine Decide**

These three iOS apps, created by Orca Health, are educational tools that physical therapists can use to explain medical conditions in simple terms to their patients.

They provide interactive anatomical 3D models, as well as videos and images that show common injuries to the shoulder, knee, and spine.

They also contain a number of stretching and strengthening videos patients can refer to when doing their exercises at home.

Each app has a free option, as well as a paid subscription option that provides access to all content.

2. **Pocket Anatomy**

This award-winning app, developed by eMedia, provides a highly accurate, interactive overview of the anatomy of the human body.

Users can zoom in to a specific area of the body to view the various layers such as skin and connective tissue. They can also view the skeletal, lymphatic, circulatory, and

nervous system. This makes it easy to give patients a full understanding of how their injury is affecting their health.

Additionally, users can search by terms and names, and the intuitive interface will start searching the database after only the first letters. Pocket Anatomy is available for the iPhone and iPad, and costs \$14.99.

3. **Muscle & Bone Anatomy 3D**

This app, developed by Real Bodywork, provides a detailed, 3D anatomical overview of the body's different layers of muscle, as well as the skeletal system.

Users can rotate the body to slowly strip away the layers, highlighting information about the muscles.

Touching this information pulls up a more detailed description, as well as a larger image of the muscle and even an audio feature so you can hear its name pronounced correctly.

In addition, there's a basic series of short videos that provide a general overview of anatomical areas.

The app is available for \$4.99 for iOS, Android, as well as for Windows 10.

Physical Therapy Apps for Patients: Exercise Assistance

For literally decades, patients who had a home exercise program as a part of their treatment plan had to rely on written and/or illustrated instructions on paper. Fortunately, with smart phones, tablets, and laptops, all of that is history.

The following apps are extremely useful tools for patients to do the “homework” that’s so critical to their recovery.

4. **PT Pal Pro**

This app offers an easy yet practical way for physical therapists to ensure their patients do their exercises—and do them well.

You can send the exercise list directly to your patient’s phone.

Your client can see what exercises he or she has to do for flexibility, strength, and stability, with both illustrated and video instructions.

The app reminds the patient when to do the exercises, counts the repetitions out loud, and monitors the patient’s progress so you can review it even when the patient isn’t at your clinic.

This app is available for both iOS and Android and is free.

5. **Pain Therapy: Physical Therapy Exercise Videos**

This app, developed by Winzing, is perfect for patients who need constant guidance with their home exercises.

It contains a library of exercise and stretching videos—all performed by a physical therapist—that help manage and reduce pain.

An Internet connection is needed the first time the patient plays each video. After that, it's stored on the device and can be played at his or her convenience. All videos are transcribed for people with hearing disabilities. The app is available in a number of languages including Spanish, Chinese, Japanese, and Korean.

It's available for the iPhone and iPad and costs \$0.99.

6. **Physioadvisor**

What sets this app apart from other apps is that all of the exercises have been selected based on the benefit they can provide to the general population and how frequently they're prescribed in clinical practice.

All of the content is constructed by highly experienced physical therapists.

There are more than 500 exercises with 800 images and detailed instructions on how to perform the exercises correctly.

You can send a custom rehabilitation program to your patient's device. Plus, the helpful reminder feature makes sure your patient never forgets to exercise.

Physioadvisor costs \$2.99 and is available both for iOS and Android.

7. **BlueJay PT – Physical Therapy (Patient)**

Developed by BlueJay Mobile-Health, Inc., this app allows you to send exercise programs and updates to your patients' devices.

It shows images of the exercises, along with the number of sets and repetitions, as well as how long they need to hold each position. In addition to tracking the patients' progress, it also allows them to chat with you if they have questions or concerns.

The app is free, and it's available for both iOS and Android.

8. **myRehab**

While this app, developed by Whitelake Interactive, is advertised as a DIY rehabilitation app, it's actually a great app to recommend to your patients.

Its library of exercises contains high quality images and videos that can be used as references for home exercise programs.

In addition, the app contains detailed information about symptoms, diagnosis, first-aid, and follow-up care.

myRehab is available for iOS, Android, and Web and costs \$3.99.

9. **PT Timer: Stretch & Exercise**

Developer Qi Analytics LLC takes home rehabilitation routines to the next level.

You can share exercises with your patients by email, Facebook, or Twitter, as well as by pasting a text code.

To start a series of new exercises, you can input notes and images as a description. The app lets the patient know what exercises are due by showing a red badge, and it keeps time, counts repetitions and sets, and tracks progress.

Once the patient is familiar with the exercises, he or she can simply listen to music and let the app provide verbal cues.

PT Timer is available for iPhone and iPad and costs \$2.99.

10. **Physical Therapy for Kids**

Created by a physical therapist and a yoga instructor and developed by Preferred Mobile Applications, LLC, this app is a brilliant aid for your younger patients. It includes 56 exercises specifically developed for children ages three to 12.

All exercises show hand-drawn illustrations and animations with accompanying English narration and text.

It's available for iPhone and iPad and costs \$6.99.

Conclusion

As a physical therapist, you want to provide the best care.

By using one or more of these physical therapy apps for patients, you can facilitate the self-care aspect of their rehabilitation programs. This in turn enhances their chances of a speedy and complete recovery.

Join our community of travel physical therapists today!

