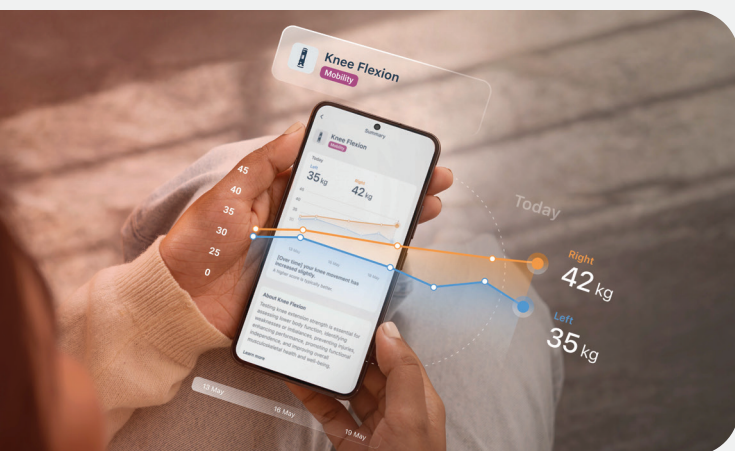
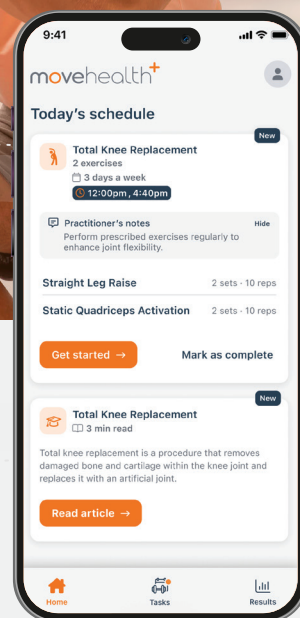
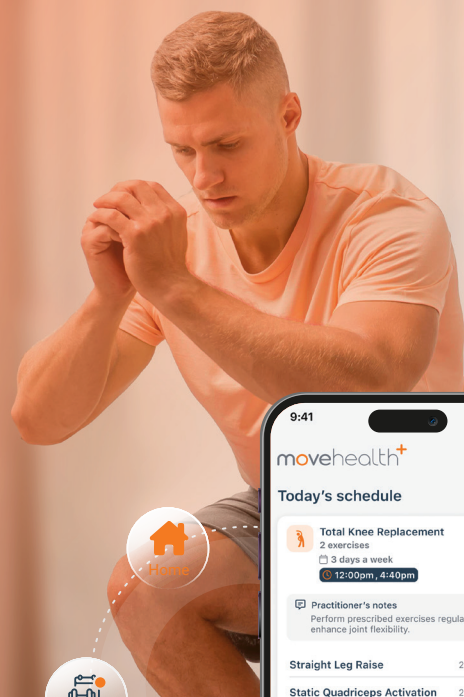


# movehealth<sup>+</sup>

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.



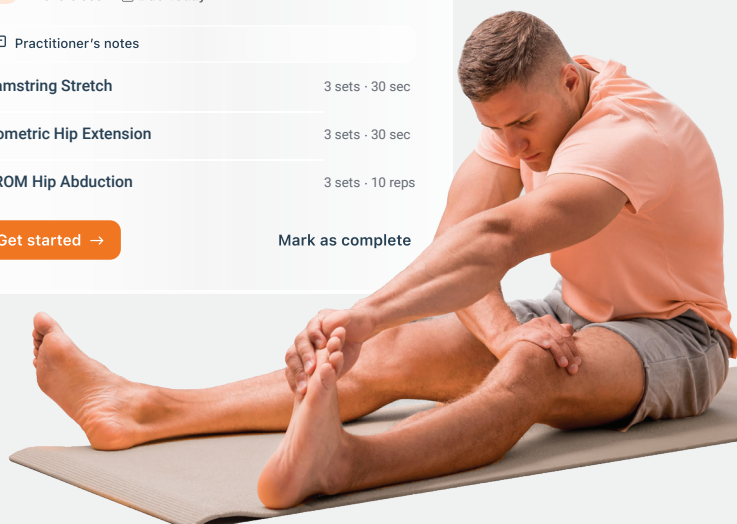
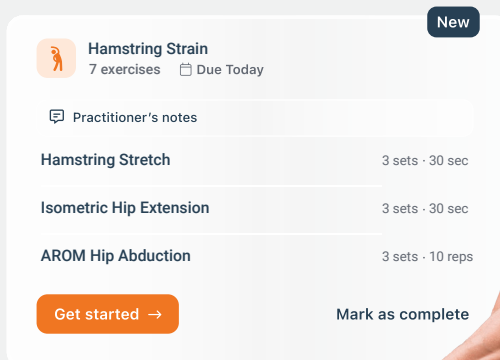
## Progress you can **see**.

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.

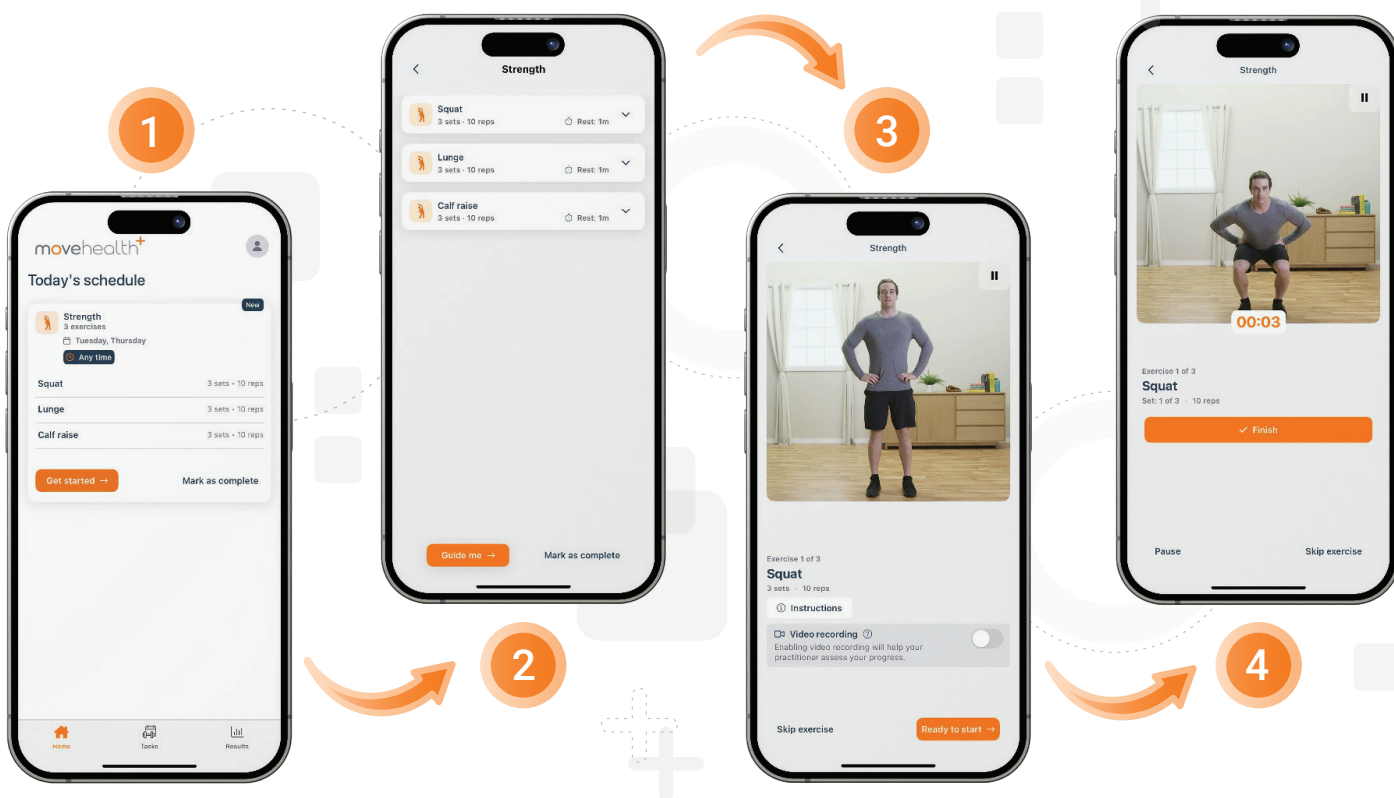
## Exercise that **works with you**.

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.





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



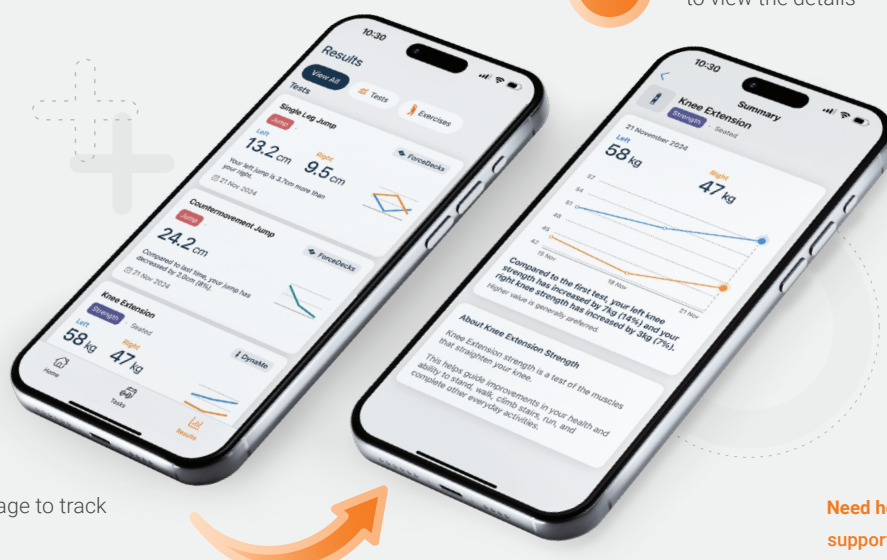
If your program is not on the home screen, check the **Tasks** screen.

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**



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

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