Guide to using PT Momentum

What is PT Momentum

People are not always motivated to actually do the exercises they have been prescribed. Our new PT Momentum mobile app adds an element of fun to encourage your clients to reach a daily exercise target, and reminds them to exercise. Create an exercise program in PhysioTools Online, send it to your client's PT Momentum app and see their momentum value update. This gives you a great opportunity to review your clients training program and assess their progress.

And the best part, as a subscriber to PhysioTools Online PT Momentum is included at no additional charge. The application can be downloaded by your clients free of charge from Google Play or the App Store.

How to send an exercise set to PT Momentum

1. Login to your PhysioTools Online account.
2. In the Clients page either create a new client or choose an existing one. You must add a clients email address which will then be used as their username for PT Momentum. Click **Enable PT Momentum**.
3. Click **My Library**, choose the exercises for your client's exercise set and then click **Edit.**
4. Complete the **Training start date**, **Training period** and **Title of exercise set** displayed on the upper part of the screen.
5. Enter the desired values in the relevant boxes in the text fields at the bottom of the screen. Choose new values from the 'new value' drop down menu if required, such as sets, reps etc. Click on **Print Preview.**
6. Print or Email the program if desired. Click **Save as** and choose **Client Set**. This will then send the exercise set to PT Momentum once your client has downloaded the App and signed in with their secure password.
7. A green tick appears next to the exercise set in the Client information window once the set has been sent to the client. If no green tick appears or if the client does not receive the exercise set, check the email address and retry by clicking **Copy and edit** and then **Save as** again. Current and future exercise sets saved for this client will automatically be sent to PT Momentum

How does your client use PT Momentum

The first time an exercise set is sent to a client using PT Momentum, they receive an email containing information about downloading the app. Your client can download PT Momentum from either Google Play or the App Store. Once the app has been installed on their mobile device they will automatically receive notification of any new exercise sets created for them.

Your client can follow their own momentum and will, by default, receive a reminder about uncompleted exercises once a day. They can choose to change this reminder function to a time convenient to themselves.

How do you follow your clients exercise activity in PhysioTools Online

As the creator of an exercise program you can follow your clients exercise activity on the PhysioTools Online Clients page. The PT Momentum icon displayed on this page will turn into a green tick once the exercise set has been sent. As the client marks exercises as completed in their PT Momentum application, the tick will turn into a number between 0-100. This Momentum value indicates how well they have adhered to their training program. The Momentum value will be 100 if all the prescribed exercises have been completed within the given time period, while a value between 0 and 25 indicates low adherence to the exercise program.

The scores are colour coded as follows:

Red   Low scores from 0-25.
Orange   Scores between 26-50 indicate that less than half of the prescribed exercises have been done.
Light green   Scores between 51-75 indicate that most of the prescribed exercises have been completed.
Green   Scores between 76-100 indicate excellent adherence to the exercise program.

If your organisation does not want to use the free PT Momentum service, please email ptmomentum@physiotools.com.