**PhysiApp Instructions**

**Step 1.** Download PhysiApp from your Play Store (Samsung) or app store (apple).

**Step 2.** Put in your access code that your physiotherapist sends you.

**Step3.** Click on the exercise, press play and follow the instructions.

**Step 4.** Once you have finished the exercise press complete.

**Step 5.** Fill out how many reps, sets and any other information. At the bottom of the screen you can choose between 0 – 10 pain levels you may have experienced during the exercises. You can also leave feedback.

**Step 6.** Once you finished step 5 it will take you to your next exercise.