

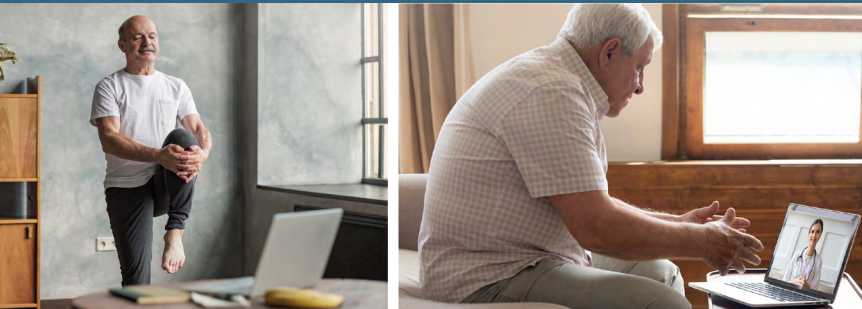


Performance Physical Therapy Joint Academy

The Performance Joint Academy provides patients who are managing hip or knee arthritis access to an osteoarthritis rehabilitation program within clinics and at home. Every patient is evaluated and cared for by a physical therapist who will help direct your care in a way that suits your lifestyle. In just minutes a day, you can have less pain, need less medication, avoid surgery, and get back to enjoying life.

OA is the most common cause of disability, as its pain causes you to be limited in the activities you love.

Exercise Is Medicine - Group Online Classes



Telehealth Appointments



PPT Joint Academy

- 1) In-person or telehealth consultation with your physical therapist ✓
- 2) Personalized exercise programs tailored specifically to your goals ✓
- 3) Secure Patient Portal through the Performance PT App. ✓
 - In-app text messaging with your therapist
 - Access to your exercise program with video & written tutorials
 - Ability to track your progress
- 4) Streamlined communication between your PT & MD ✓
- 5) Access to online arthritis exercise classes ✓
- 6) Live, online, group exercise classes ✓
- 7) Progress tracking over the course of one year ✓

Track Your Progress

Set your personal goals and speak with your physical therapist about your progress. As you advance through your treatment, this app will help you keep track of the goals you have met. Each time you meet a goal, you earn a new badge!

Keep In Touch

Do you ever have questions between visits? Or wish you could speak with your physical therapist? Sometimes we need a little help or encouragement, so don't be afraid to reach out to your physical therapist directly through the app.

Access Your Home Exercises

Your home exercise program is easier than ever to follow! Use one easy-to-follow list with clear instructions and video demonstrations! Check off each exercise as you complete it and reach all your goals!

Never Forget To Do Your Home Exercise Program!

Set reminders! Starting a new routine can be difficult, but don't let that stop you. Activate reminders straight to your phone and never miss a day. You can also share your progress with your physical therapist!

