

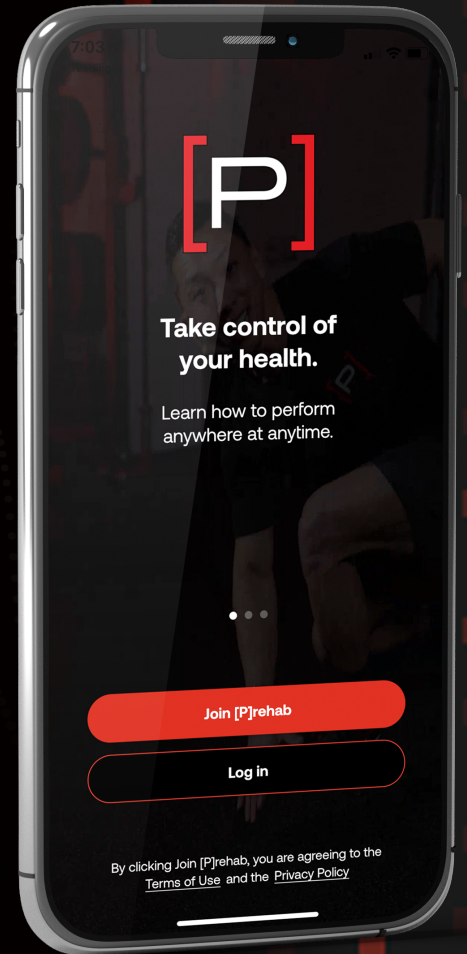


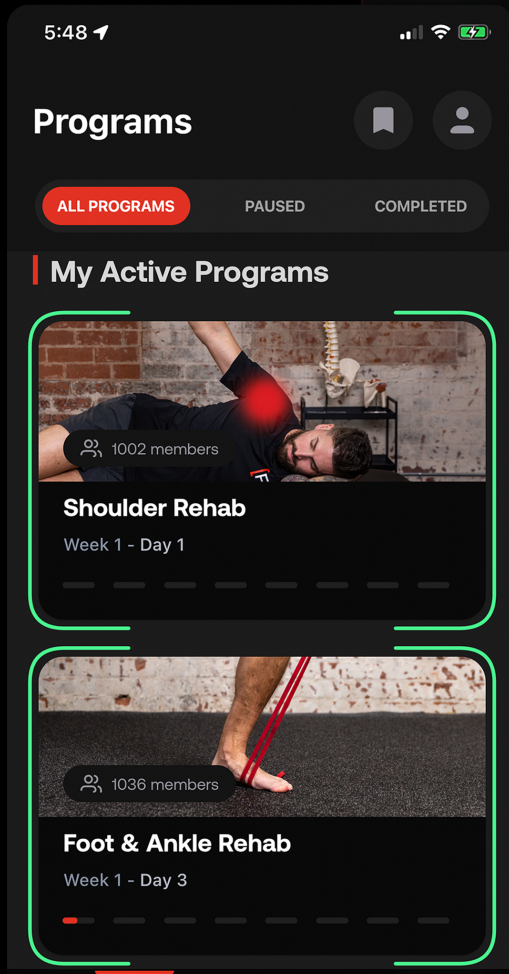
[P]REHAB

[P]rehab is an educational platform that teaches people all over the world how to take control of their own health through online physical therapy.

As a team of Doctors of Physical Therapy and Certified Strength & Conditioning Specialists, we help teach people how to use the same reactive strategies that we use with patients in the clinic, and apply those concepts in a proactive manner to decrease the risk of injury - a concept better known as prehab or preventative rehab.

Our goal is simple... we want to be the anti-barrier solution to everyone experiencing a healthier life.





A New Era of [P]rehab

- ✓ 50+ Programs
- ✓ 3000+ Exercises
- ✓ 100+ Workouts
- ✓ Follow Along Classes
- ✓ New Content Added Regularly

The [P]rehab membership is the anti-barrier solution to preventative and rehabilitative care, giving individuals worldwide the means to take control of their health from the palm of their hand.

Members gain access to state of the art physical therapy, fitness programs and workouts, all in one application. We make it easy for them to learn how to get out of pain, avoid injury and optimize their health, putting them back in the driver's seat of their own health.

[P]rehab Programs

Our flagship product within the app, our [P]rehab Programs are progressive workout programs designed to fix specific issues, prevent future injuries and enhance performance. **Members of the app have unlimited access to all 50+ of our programs, covering all of their physical therapy and fitness needs.**

Programs are broken into 5 categories:

REHAB

PREHAB

PERFORMANCE

FITNESS

MOBILITY

RUNNING

PREHAB PROGRAM



[PREHAB]

LOW BACK

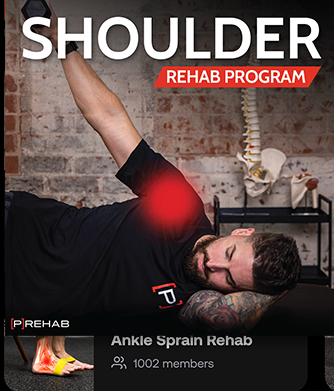
PREHAB PROGRAM



[PREHAB]

SHOULDER

REHAB PROGRAM



[PREHAB]

Ankle Sprain Rehab
1002 members



Patellofemoral Rehab
1002 members

HIP

MOBILITY PROGRAM



[PREHAB]

KNEE

REHAB PROGRAM



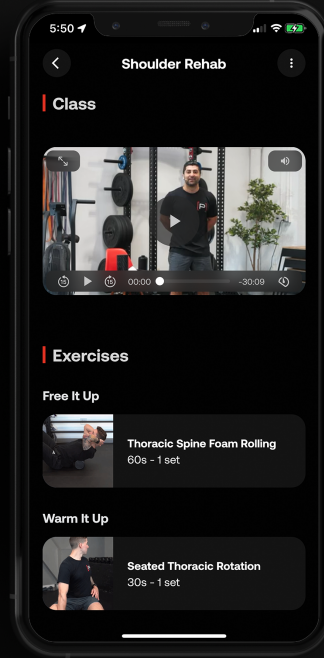
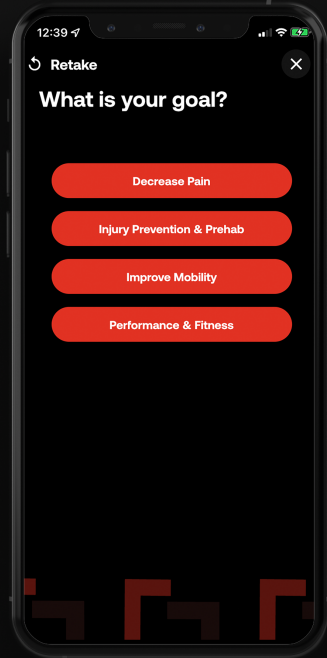
[PREHAB]

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FITNE

The BodyScan

With so many programs to choose from, how do members know where to start? Our **BodyScan** feature is a short questionnaire that will recommend the best program based on individual needs, creating a clear starting point in each user's health journey.



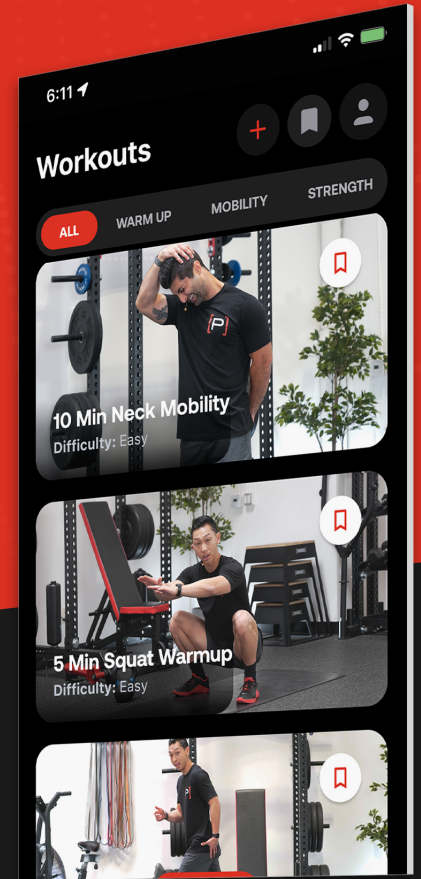
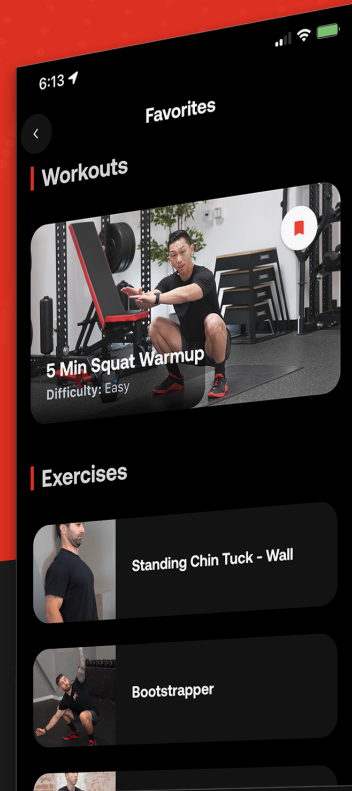
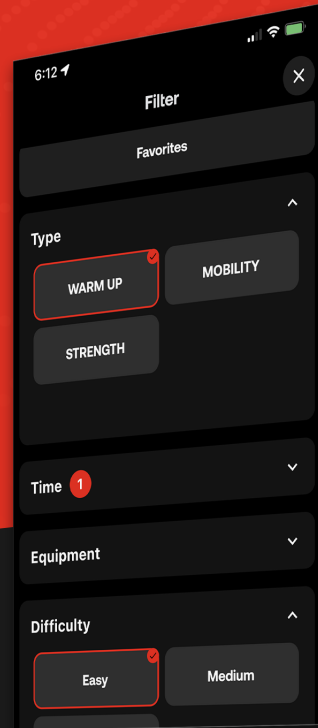
Follow Along Classes

We have also introduced **brand new follow along class-style rehab programs!** This is the first time EVER that a rehab solution is being offered in a follow-along format. Members hit play and are fully guided through their session with a [P]rehab Doctor of Physical Therapy.

Workouts

The [P]rehab membership offers 100+ daily workouts in the areas of mobility, strength, performance and more! This is for members who prefer effective single-day workouts or who want to supplement their programs with one-off workouts.

We also offer a **custom workout builder** that allows members to build their own workouts from a library of over 3000 exercise videos.



What Our Members Say



Skyler D.

“There are so many workout apps out there but this one is so unique! Not only is it user friendly and good looking but it’s very educational and includes injury prevention and rehab. I really enjoyed using this app as PT student because it helps me see the many different exercises available and for certain regions of the body as well as hearing patient education from different providers. I highly recommend this app for rehab and overall health!”



Andrew S.

“I have finally found something that I can actually benefit from that’s tailored to me, my strengths, and more importantly my weaknesses. I’ve tried all the training apps from Nike Training apps, influencer apps, etc. From finding them on social media and following their development as a team has been amazing to see. YOU GUYS HAVE DONE IT AGAIN.”



Craig A.

“The exercises are professionally recorded and explained, very easy to understand. I like the simplicity of the app and find it super educational, so much more than any other app!”



Lauren F.

“This app has everything you need for self-rehab with the guidance of a PT-led and created program. As a PT, I’m always looking for ways to keep my clients accountable at home. This provides a fool-proof way to continue your fitness and wellness journey on your own at home.”