

[P]REHAB

# The amount of people experiencing musculoskeletal (MSK) pain is higher than ever.



**1.7B**

people globally living  
with musculoskeletal  
conditions.



**1 in 3**

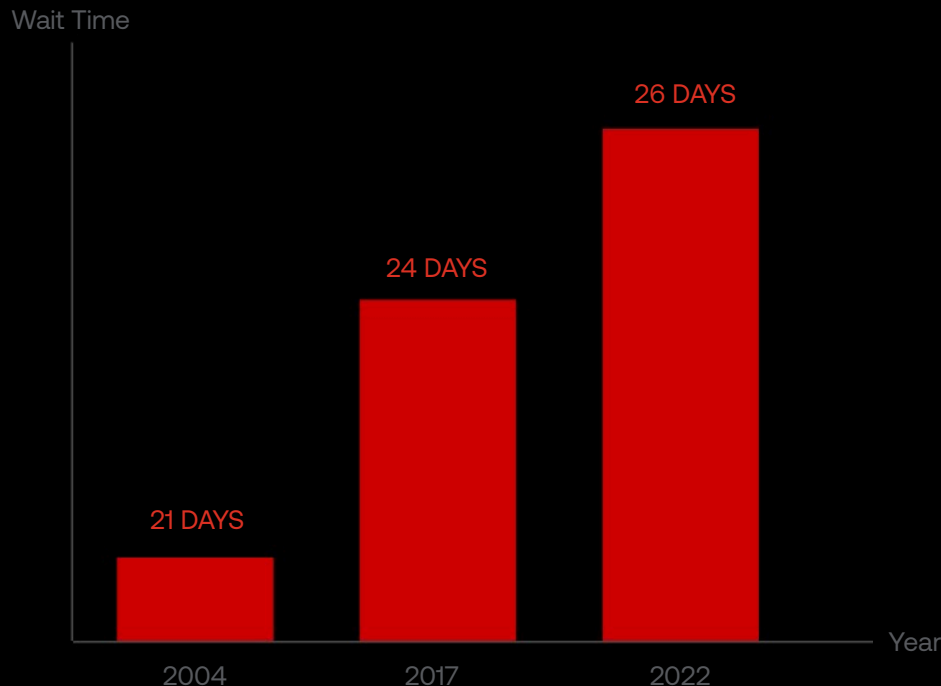
people could benefit  
from rehabilitation.



**69.4%**

increase in years  
lived with disability  
since 1990.

# The amount of people waiting for medical appointments is growing.



**24%**

Increase in Wait  
Time Since 2004

There is a mismatch between  
the burden of musculoskeletal  
pain conditions and  
appropriate health policy  
response and planning  
internationally.



**There is a growing desire amongst consumers to  
have more control over their health & wellness.**

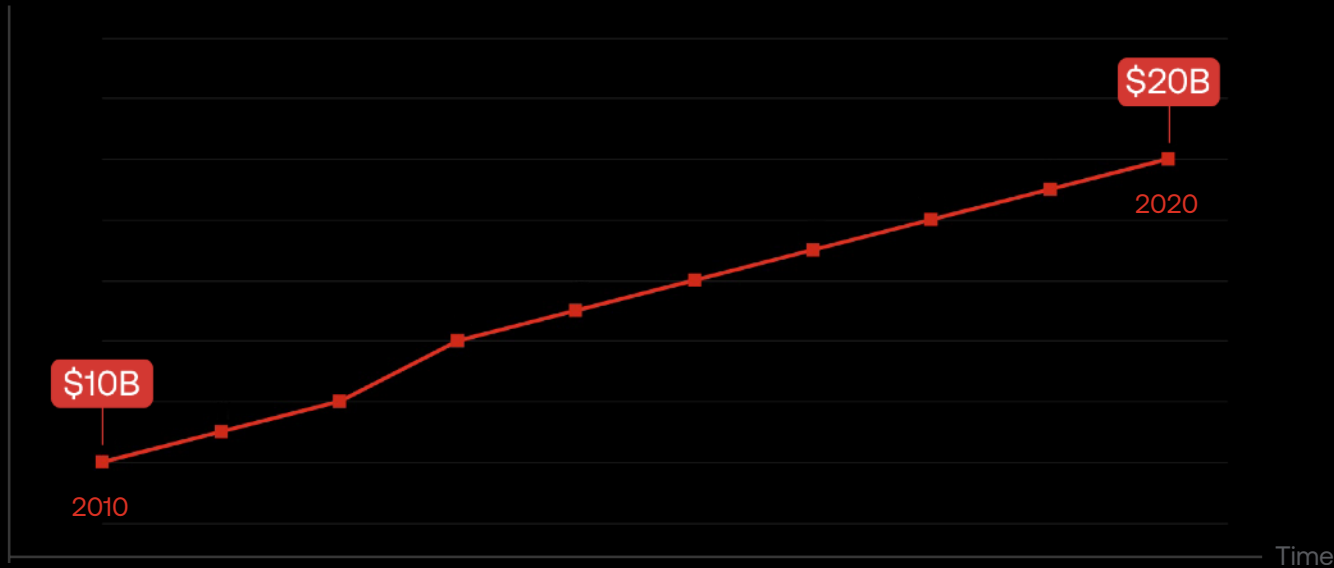
*“People feel like they’re climbing a mountain when it comes to managing their health and wellness, which has exploded as a consumer category with compounding interest but too few support pathways for achieving sustainable improvement.”*

*Forerunner Ventures, 2022*



# The amount of money employers & employees are paying for MSK pain solutions is higher than ever.

Dollars Spent



# 2x

MSK costs doubled  
in the last decade



# While costs continue to increase, patient outcomes have not improved.

*“Benefits leaders and health plans should focus their efforts earlier in a patient’s MSK journey with prevention programs before MSK issues lead to expensive surgeries and ER visits downstream.”*

Hinge Health’s State of MSK Report 2021

# Existing solutions don't cut it anymore.



## Ergonomic Solutions

Ergonomics & workplace changes have shown little to help



## Traditional Physical Therapy

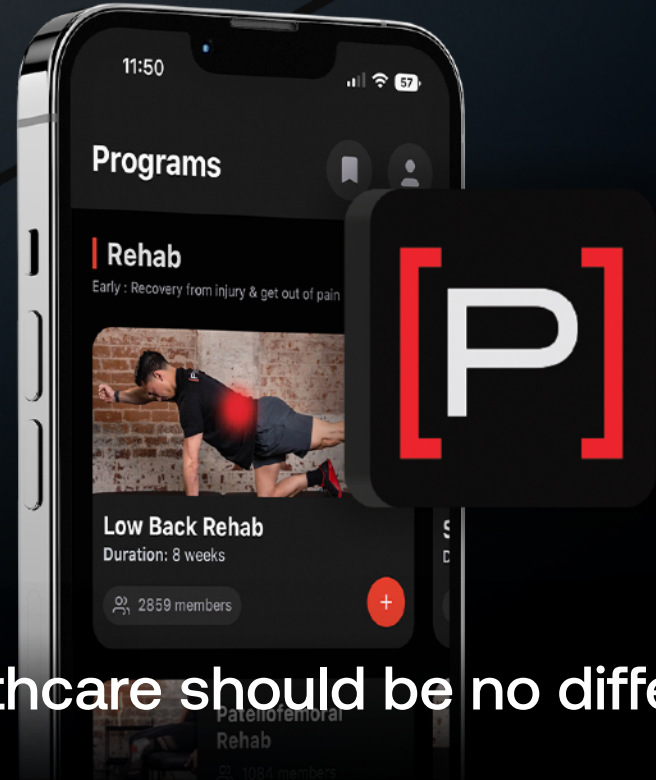
No longer convenient or accessible in the 21st century, unpredictable quality of care.



## Pharmaceuticals

Pain medications are over prescribed, create huge medical bills and are not a long term solution.

The world continues to adapt to decrease barriers for basic needs...



healthcare should be no different.



Michael Lau, Craig Lindell, Arash Maghsoodi (Co-founders)

**[P]rehab is the anti-barrier  
solution to musculoskeletal pain.**

**Our mission is simple:**

We make healthcare accessible by teaching people 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 teach the same 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.

# Introducing the [P]rehab app.

The [P]rehab app is an all-in-one state of the art physical therapy solution offering personalized programs, expert-led classes, and extensive resources to eliminate pain, prevent injuries, and optimize overall fitness.

We make it easy for people to get out of pain, avoid injury and optimize their health, putting them back in the driver's seat of their health.



50+ Programs



3000+ Exercises



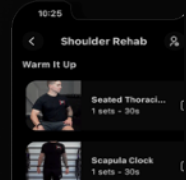
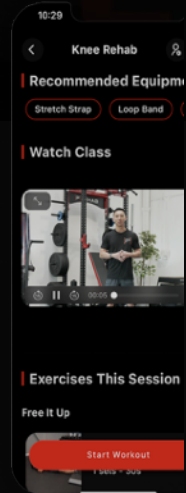
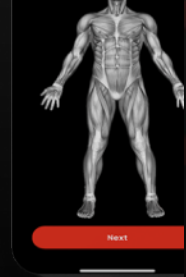
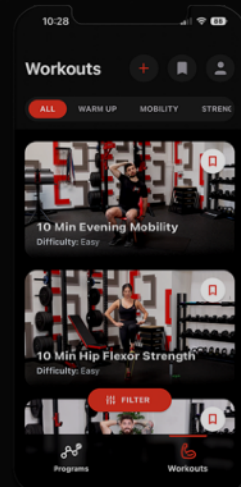
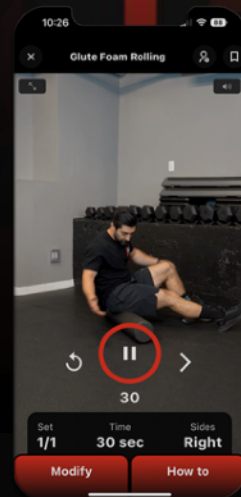
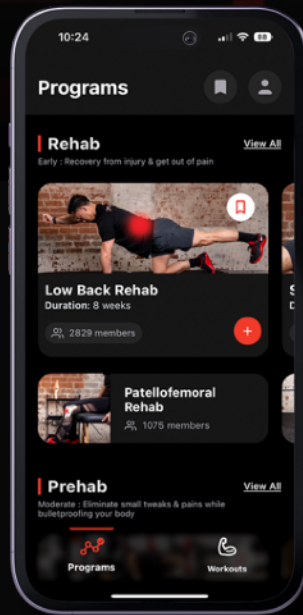
100+ Workouts



On Demand Classes



New Content Added Regularly





# [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:

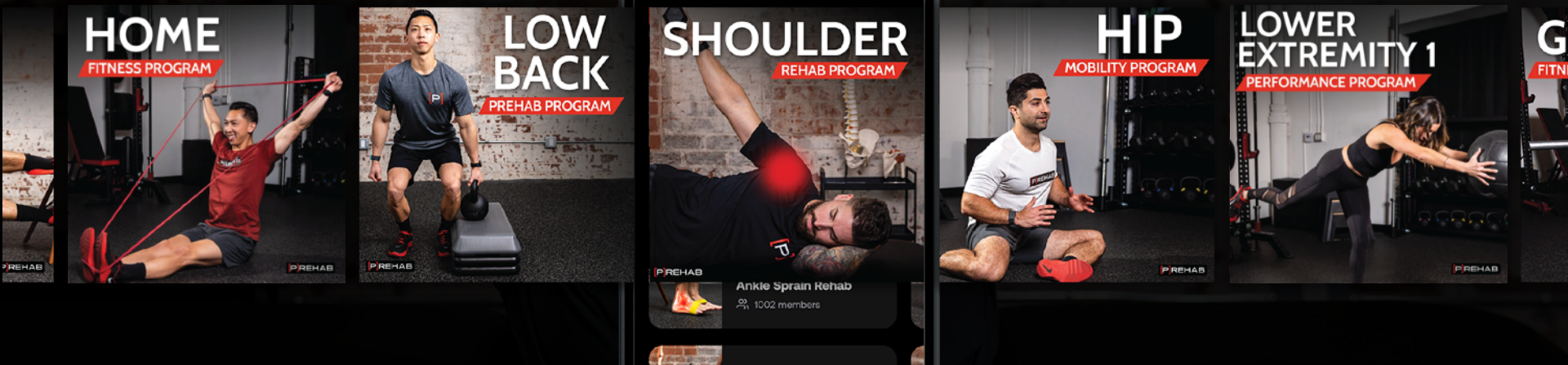
REHAB

PREHAB

PERFORMANCE

FITNESS

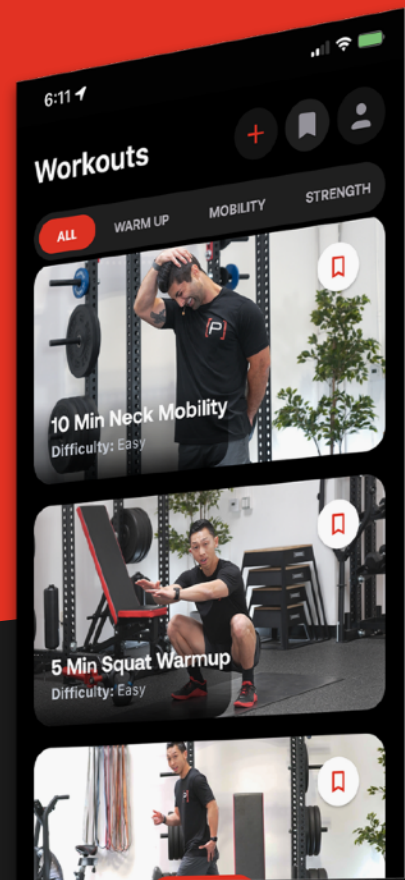
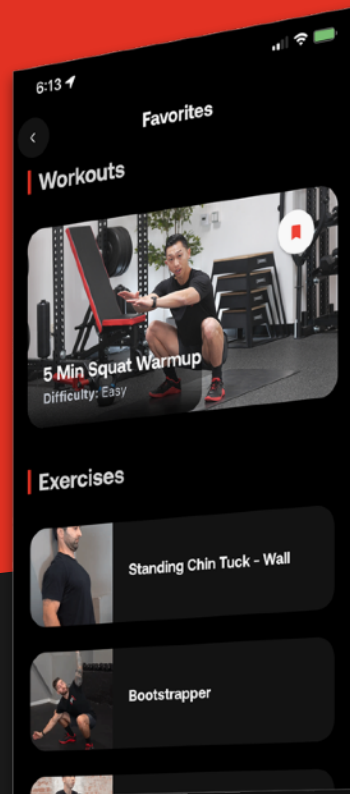
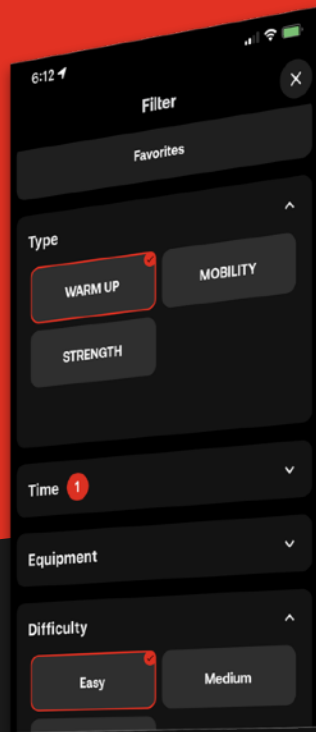
MOBILITY



# 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.





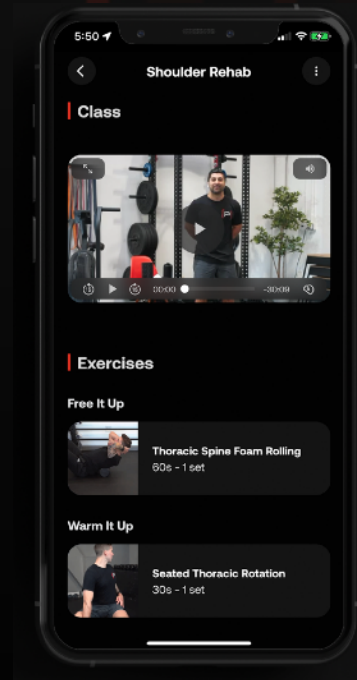
# The BodyScan

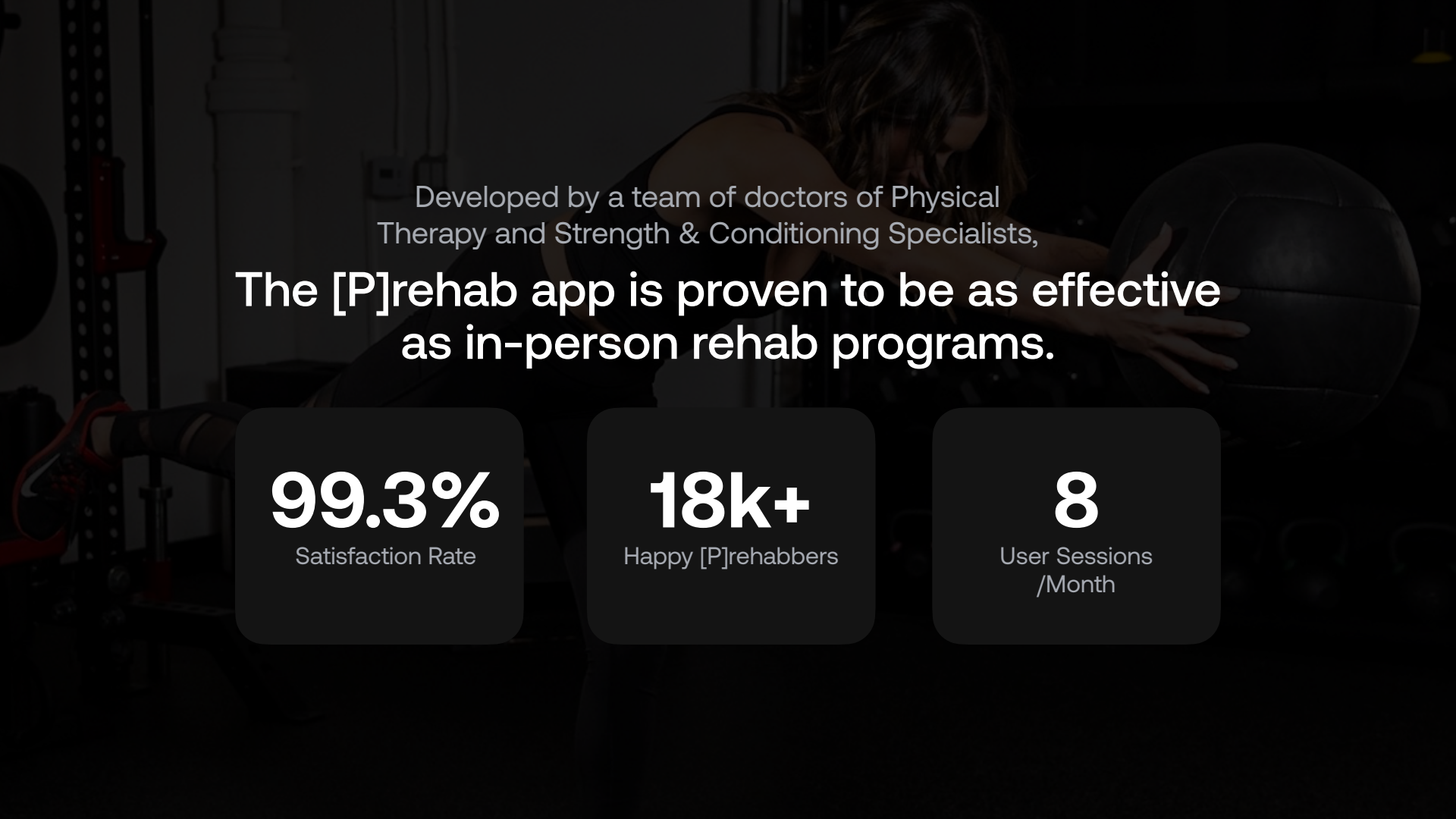
With so many programs to choose from, how do members know where to start? Our **BodyScan** feature is a short questionnaire that will recommend the best program based on individual needs, creating a clear starting point in each user's health journey.



## On Demand Classes

We introduced a first of its kind and industry-leading **on demand class style 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 without ever stepping foot in the doctor's office!





Developed by a team of doctors of Physical  
Therapy and Strength & Conditioning Specialists,

**The [P]rehab app is proven to be as effective  
as in-person rehab programs.**

**99.3%**

Satisfaction Rate

**18k+**

Happy [P]rehabbers

**8**

User Sessions  
/Month



# Why Prehab?

***“An ounce of prevention is worth a pound of cure”***

Prehab is a proactive approach to injury prevention and optimized health. We take the reactive strategies that healthcare providers use with patients in the rehab & sports medicine fields and teach people how to perform them on their own in a proactive manner.

By enhancing daily activities, workout routines, and reducing nagging pains, Prehab reduces the risk of injury and the burden on the healthcare system for musculoskeletal issues.

# This is 21st Century Healthcare.

[P]rehab allows people to get the care they need, when they need it, at a fraction of the cost.



No wait times



No appointments



No time off work



No insurance  
limitations



Accessible from  
anywhere, anytime

Trusted by:



THINKWELL™  
A TAIT Company



Therabody



PRINCETON  
UNIVERSITY



SMART  TOOLS

# [P]rehab Milestones

## Founded [P]rehab

With the goal of providing free education on social media to decrease the healthcare burden.

2016

## Exercise Library

Released a B to B to C exercise database that allows healthcare practitioners, coaches, and trainers to build custom programs for their clients.

2017

## 1st MVP

Released programs to help people rehab from the comfort of their home. Sold over 11,000 programs, providing proof of concept & product-market fit.

2019

## Custom [P]rehab App

Released the world's first all-in-one state of the art physical therapy solution. 21,000 current users & counting.

2022



# See What Our Members Have to Say



blakeybo, 03/07/2023

## Healing and progress thanks to Prehab 🙏

Felt the need to share my story as Prehab has gotten me in the path to recovery. I'm distance runner, avg 50-70 miles a week, and a few months back my hip flared and sidelined me from doing what I love modr I had never dealt with anything as severe and was immediately concerned. Prehab provided me with the framework and confidence to get right again. It easily allowed me to prioritize my hip and leg strength and once that gets right, everything will fall into place. I just completed the hip rehab and then runningn rehab programs and I just completed my first run in over 2 months that didn't include walking. Highly recommend this app to anyone struggling with a nagging injury or for those just looking to strengthen areas of their body the don't know how to properly activate. My work with Prehab has allowed me to prioritize my strength and recovery, and set me up for long term success moving forward.



andrew\_boyd, 16/09/2022

## Highly Recommended

I've followed the Prehab Guys for a number of years now and always found their material informational, however, I never got around to purchasing one of their individual programs. As soon as I saw they switched to a subscription model, I took the plunge and quickly began the neck and mid back rehab program. Early days, however signs of improvement are there. The app itself is super easy to use



Icarus Likes, 09/26/2022

## A Most Versatile and Indispensable Resource

As a Personal Trainer, Corrective Exercise, and Post-Rehab Specialist, I utilize many resources for professional development and application. In my opinion, this is by far the most comprehensive and navigable app available, and it keeps getting better. No need for superlatives, it is simply the best out of many apps that approach it's quality of production, presentation, and content, but cannot match it.



marnieanne, 08/18/2022

## Extremely pleased with new Prehab app!!

I started using the old [P]rehab app a couple years ago when I experienced glute med tendinosis. I started seeing a physical therapist but found with the use of the prehab app and the excellent pacing of the program I was able to advance my hip recovery better at home, with greater flexibility and improved focus. The old app was a bit clunky at times but still manageable. I am so excited about this new app!! I am able to access my old hip program but it also includes tons of other content. I am working on arms, wrists and shoulders right now and have added general hip mobility to keep those hips moving. I LOVE that all of this content is included. The explanatory videos are very clear and written explanations are available as well. There is a ton of content and I feel like I've only scratched the surface of what's on this app. I also appreciate that they continue to make adjustments and improve the app by listening to customer input. I am a huge fan!!!



\_lorih2, 02/06/2023

## Love!!

I have had hip and shoulder issues for several years, and they got worse after having a baby. I've been to traditional PT, massage therapy, the chiropractor, etc and this app has made the most difference out of any of those things! I've been telling everybody I know about this app because it's helped me so much already and I've only been using it for a few weeks. I'm so much more consistent with doing my exercises because I can quickly just go through them on the app and watch a demo/learn how to modify if I need to. This has made all the difference! I love the handy timer on each exercise too! Although it seems like a splurge for an app, it actually works out to be cheaper than if I went to regular PT once a week and used my insurance! And it has other programs as well, like full workouts, so to me it's definitely worth the money! So happy with this app and I can't wait to see how much progress I will make in a few more weeks!



LP-754, 24/01/2023

## If I could give more stars I would!

My son put me on to Prehab, as it was the most effective rehab program he had encountered. I have experienced hip and back pain for several years and seen various professionals along the journey. I started with a free trial but then signed up for a full account. The short video explanations and the varied program are my highlights. I have had a substantial reduction in pain and my flexibility and strength have improved.



Caton Smith, 02/16/2023

## Picks up where tradition PT fails

I've been to physical therapy multiple times for the same chronic pain. As a young active (and previously avid) weightlifter it's been very frustrating to give up my hobby the past 1.5 years because of chronic neck pain. The PTs have always been able to get me functional again but then I'm released and left to my own where I fall back into the same pain within a few weeks to months. What I like about this app and where I feel like traditional PT has failed me, is not only rehabbing the muscles but actually improving strength and mobility beyond what the bare minimum is to get me through my day.




shahla Mag, 06/28/2022

## POCKET BRAIN

This Prehab App has helped me so much with my neck and back pain + tightness. I had a car accident 3 months ago and anytime I went to my medical doctors, all they did gave me bunch of medication and told me to rest. So I got weaker and tighter all over. Since I started using Prehab App which is very easy to follow I feel so much better. Pain level has gone down and I can do more of my daily activities. Why should I get in the car drive on the crazy roads to go to Physical Therapy clinics when I can have 3 Doctors of Physical Therapy helping me in comfort of my house. They even have conditioning program which I'm planing to use when my pain completely goes away. I definitely recommend this Prehab App. It definitely worth it. Thank you Guys ( Pocket Brain) to make me better. Shana M.


# See What Our Members Have to Say

**Martha Pfeifer**

⋮

★★★★★ November 7, 2022


I had a problem with my Achilles. Thankfully I found this app. The regime was perfect. I easily followed the video guidance with ease. The exercises were all encompassing. Nothing like going to a typical clinical physical therapist. These movements helped to heal and strengthen the entire region. Typical PT seems to only work inside a clinically described box....I found prehab to be innovative and new. Very refreshing! I love this app.

**Daron Cam**

⋮

★★★★★ November 7, 2022


Great value and simple to use. At age 44 I find my body frayed with all sorts of aches and pains from overuse at the gym. I have pain in my right knee right hip right ankle right shoulder and sometimes my right tricep. I am finishing week 8 on knee prehab and Achilles prehab. Slowly but surely my pain is going away. I realize that this is going to take a long time, and this app is easy to use. Every day I load it up and I follow the instructional videos. Great customer service as well.

**Borislav Ivanov**

⋮

★★★★★ January 26, 2023


I'm working as a personal trainer. I work with people with different disabilities. This app is a lifesaver when it comes to choosing the right exercises or even the right program for them. I have learned so much and my whole way of training people has changed to a better and healthier one. Easy to use, tons of stuff. I highly recommend it!

**Ciaran**

⋮

★★★★★ March 15, 2023


Prehab has been great for rehabbing my rotator cuff injury. Previously unable to press anything overhead for a few months, now back to building up strength and movement within my shoulders.

**Leonard P**

⋮

★★★★★ November 22, 2022


I wish I had found the Prehab app a few months (or years really) earlier! I have been in and out of therapy for low back pain for over 5 years. This year I added "shoulder impingement" to the mix. Long story short, I ended with a ridiculously high medical bill and minimal results. With no end in sight to PT visits, I stopped and decided to try the Prehab programs and am very impressed! Low back for the first time is drastically improved and shoulder is also improving. This app is a game changer!

**Patrick Ferguson**

⋮

★★★★★ February 10, 2023


Love the Prehab guys, and the App makes it easier than ever. I am using several of the programs to make progress. It is really helpful having the experts tell you what to focus on.

**Grant Waller**

⋮

★★★★★ March 12, 2023


A mate recommended the people at Prehab just after I had been discharged from hospital after surgery on my badly broken R Leg. I studied up during my recovery, as soon as I could I dove right in to foot and ankle rehab course. Aided my recovery no end. Surgeons didn't bat an eyelid when I said I was taking care of physio myself with the help of the team at a Prehab and the 5 star app. Appreciated from me

**My Name**

⋮

★★★★★ October 13, 2022


Amazing quality programmes. App is well laid out with lots of good information. I've bought programmes direct from the website before and liked the format but this app takes the team's work to another level. Well worth the monthly investment for what you.

**Chris Horn**

⋮

★★★★★ September 14, 2022


The Prehabguys are expert physiotherapists and their programs work. I've used them to recover from both rotator cuff and hamstring strains. The programs are split into 2 phases: 1) recovery and 2) build strength the prevent future injuries. Their new app is excellent and an improvement on their previous version.

**Jennifer Strauss**

⋮

★★★★★ November 10, 2022


Very effective for treating my Achilles tendonitis. Instructional videos are excellent and the program is easy to follow. I love that the exercises change each week - it's very motivating to move through the progression.

**Ben Legg**

⋮

★★★★★ November 7, 2022

I had Patellofemoral Syndrome for 5 months and nothing was working. Within the first 5 weeks of their Patellofemoral Prehab program, the pain had reduced so significantly. I was able to squat pain free again. Their customer service was exceptional when I had a question regarding the program I was on. The app is worth any amount of money!

**Joel Norris**

⋮

★★★★★ October 28, 2022

I was getting tired of injuring myself at the gym, so I went looking for a routine to get to the root cause of my issues, then I found Prehab! The app is everything I wanted, the routines are great, fixing issues in my form and really bullet proofing my weak spots. Being able to track your progress is a big motivator and keeps me coming back!