



## *Physical Therapy Apps Make your Smart Phone even Smarter*

*“Physical therapy reference apps provide easy access to diagnosing and clinical reference tools.”*

It’s hard to imagine that just a few decades ago the primary way to find clinical reference material was to refer back to a textbook or dig through journals. The internet was just starting to become available to the masses and smart phones were a figment of someone’s imagination.

Today, the internet and smart phones allow you to have access to information in an instant. These technological advances can also help you become a better physical therapist by making reference material available to you when you need it most.

A quick search on any mobile device app store will reveal over 10,000 apps in the Medical, Healthcare and Fitness categories. Physical therapy apps range from physiotherapy glossaries, videos showing proper exercise technique and clinical prediction aids. One of the leaders in the musculoskeletal smart phone apps arena is Clinically Relevant Technologies. Daniel Rhon, MPT, DPT, DSc, Chief Operating Officer at [Clinically Relevant Technologies](#) believes the technology can help health care practitioners improve their patient outcomes by having easier access to evidence-based techniques and diagnostic.

Clinically Relevant Technologies has developed several medical software applications to help physical therapists and other medical professionals diagnose musculoskeletal conditions and make decisions based on evidence-supported principles. Applications like the Clinical Orthopaedic Exam (CORE) serves as a reference tool for diagnosing musculoskeletal and orthopedic disorders. The database features nearly 250 clinical tests with easy-to-follow instructions on how to perform the tests. Video demonstrations provide a visual reference for physical therapists. The application also has links direct to medical references for additional information. This application covers everything from tendinous to ligamentous problems for each body part. Updates are also provided when new tests are available. Rhon states “The CORE app helps physical



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Rehab Equipment & Supplies

*“Physical therapy apps keep valuable diagnosing tools at your fingertips.”*

therapists find and use the best test to determine the right diagnosis for patients.”

Other applications developed by Clinical Relevant Technologies cover everything from clinical tests for musculoskeletal exams, low back pain management and spinal manipulation.

In addition to serving as a clinical reference tool, several universities offer students the choice of using the Clinically Relevant Technologies applications or a traditional textbook.

*Learn more about CORE applications for the iPhone and other smart phone devices by listening to a podcast with Daniel Rhon, MPT, DPT, Dsc at [PTTalker.com](http://PTTalker.com).*

[www.pttalker.com](http://www.pttalker.com)

[www.advantagemedical.com](http://www.advantagemedical.com)

Smart Physical Therapy Reference Tools

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## *About the Author*

After helping design and market the first preventative knee brace for football players as an Athletic Trainer at Iowa State University in the late 1970's, Jeff has made physical therapy equipment his passion since 1986. He launched Advantage Medical in 1994 with a commitment to help Physical Therapists and rehab professionals improve clinical outcomes as well as save time and costs through pioneering, creative solutions. Jeff's entrepreneurial approach keeps Advantage Medical and its clients at the forefront of innovations and best practices in the PT industry.

Jeff was also one of four original founders of the National Medical Alliance in 1988 which later changed its name to Motion1. He served as the Chief Operating Officer for 10 years and was instrumental in its growth and reputation as a leading supplier to independent rehabilitation distributors across the country. He is also the host of the long running podcast "PT Talker" featuring a physical therapy expert for listeners every week. Subscribe to the free, informative broadcast designed to help therapists grow their business at [www.PTTalker.com](http://www.PTTalker.com)

## *About Advantage Medical*

Advantage Medical was established in 1994 to meet the growing needs of rehab professionals in a variety of medical disciplines. Advantage Medical has become a leading provider of expert advice as well as quality therapy equipment and supplies, offering innovative solutions to challenges faced by physical therapists, clinic directors, chiropractors, athlete trainers and other medical professionals.

In October of 2010, Advantage Medical joined the family of Scrip Companies of Bolingbrook, IL as an operating division. Now with access to a wider variety of products and large scale purchasing power, Advantage Medical is poised to raise the level of value we bring to our clients. Scrip Companies serves markets in massage therapy, chiropractic, spa and now physical therapy.

## *About PT Talker*

Stay up-to-date on the latest industry trends and news by connecting with a community of your fellow experts. Advantage Medical's PT Talker is the online resource for business news and ideas for physical therapists. Our podcasts, blog and newsletters keep you informed with new ways to help grow your business, save time, provide improved clinical outcomes or lower costs. Review updates on the newest equipment and products, find tips and techniques for improved patient outcomes, and hear from other clinics about their best business practices. You'll find everything you need to stay ahead of the curve in physical therapy at [PTTalker.com](http://PTTalker.com).