

New Pocket Therapy 1.0 App Puts a Physical Therapist in Your iPhone

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ScavoMed today released Pocket Therapy 1.0 for iPhone and iPod touch users. It is the only application available that gives very specific therapeutic routines for the fifteen most common injuries. The Pocket Therapy app is like having a physical therapist in your iPhone, providing injury specific information, advice and exercises, complete with photo and video demonstrations. The included photos and video demonstrations serve to help patients understand and safely follow the treatment steps.

Corel Springs, FL - Announcing that ScavoMed, the developers of Pocket Therapy 1.0, is proud to launch a unique product. It is the only application available that gives very specific therapeutic routines for the fifteen most common injuries. The Pocket Therapy app is like having a physical therapist in your iPhone, providing injury specific information, advice and exercises, complete with photo and video demonstrations.

Pocket Therapy was developed to answer a growing need. "The inspiration for this app came from patients of mine who were seeking home physical therapy. Many didn't have accepted insurance or the time to be seen by a physical therapist," explained Ross Scavo, certified athletic trainer and owner of ScavoMed. He designed the application to also provide answers to an array of common questions that came up during patient visits.

To date, Pocket Therapy is the only app available that offers very specific therapeutic routines for fifteen of the most common injuries, including achilles tendonitis, ankle sprain, calf strain, epicondylitis, groin strain, hamstring strain, plantar fasciitis, sciatica, shin splints, shoulder impingement, TMJ, rotator cuff strain, knee pain, low back pain, and neck pain.

Each injury listing contains basic information and advice to inform and guide sufferers to a more comfortable life. All of the recommendations are specific for each injury, letting users know about whether or not to take an over-the-counter medication, which types of massage may help and if they should apply heat or not. This is all very practical and necessary to help users achieve maximum success with the exercise portion of the program.

The feeling of having a physical therapist in a device hits home with the strengthening and stretching exercises, which are meant to help users overcome pain and regain flexibility. Scavo has included photos and video demonstrations to help patients understand and safely follow the treatment steps. Thanks to Scavo's background in athletic training, the therapeutic routines are professionally based and users can trust the source.

Pocket Therapy Features:

- * Physical therapy instructions for 15 most common injuries
- * Injury information
- * Strengthening and/or stretching exercises
- * Pictures of each pose for exercises
- * Video demonstration
- * Advice about when to use heat treatment, when to use certain types of massage and over-the-counter medication to take
- * App was created by a Certified Athletic Trainer

To assist in future, ScavoMed is including one of their previous apps, R.I.C.E., which is a quick, first-aid reference manual for a wide variety of common injuries. For anyone in need of physical therapy for one of the listed conditions, Pocket Therapy may be the perfect answer. It's low cost, private, convenient and well worth checking out.

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Device Requirements

- * iPhone 3GS and iPod touch
- * Requires iPhone OS 3.1.3 or later
- * 206 MB

Pricing and Availability

Pocket Therapy 1.0 is only \$3.99 (USD) and available worldwide exclusively through the App Store in the Medical category. Promo codes are available for qualified reviewers. Please specify the website or blog you represent when making your request.

Pocket Therapy 1.0 :

<http://www.scavomed.com>

Purchase and Download:

<http://itunes.apple.com/us/app/pocket-therapy/id358891512?mt=8>

Media Assets:

<http://s754.photobucket.com/albums/xx187/scavo25/PocketTherapy/>

ScavoMed is a privately owned company which is dedicated to providing innovative ways to improve the physical well-being of every individual. Owner, Ross Scavo, is a Certified Athletic Trainer who lends his expertise and professional training to the development of applications for iPhone and iPod touch users. (c) Copyright Edward Turner. All Rights Reserved. Apple, the Apple logo, iPhone and iPod are registered trademarks of Apple Inc. in the U.S. and/or other countries.

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