

## **Motion Doctor Physical Therapy iPad App Helps Prevent Pain**

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Conshohocken Physical Therapy, Inc. and Blue Whale Web Solutions, Inc. today announces Motion Doctor 1.0, a breakthrough Physical Therapy iPad app aimed at injury and pain prevention. Motion Doctor contains over 60 high quality videos that serve as a reference of exercises categorized by body part, activity, sport and occupation. It can also be used by Physical Therapists as a reference tool, showing patients how to properly perform exercises at home.

Wellington, Florida - Conshohocken Physical Therapy, Inc. and Blue Whale Web Solutions, Inc. announced today the release of a breakthrough Physical Therapy iPad application aimed at injury and pain prevention. The application, called "Motion Doctor", is now available on the App Store for a \$14.99 download.

The Motion Doctor app contains over 60 high quality videos that serve as a reference of exercises categorized by body part, activity, sport and occupation that will help everyday people of all ages maintain a healthy and pain free body. The Motion Doctor iPad app can also be used by Physical Therapists as a reference tool, showing patients how to properly perform exercises at home by taking the iPad anywhere they may go and watching the videos on demand.

"It was important to us that we promote Physical Therapy while providing a quality product to consumers. The app is not intended to replace a PT's services, rather it aims to teach consumers how to properly maintain their bodies and prevent injuries," said Dr. Desirea Caucci, PT, DPT. If they do need the services of a Physical Therapist, the app includes a "Find a PT" section with a list of private PT practices by state. The "Find a PT" section was provided by PTPN.

"With the widespread adoption of smart phones and iDevices such as the iPad, the medical community at large must continue to keep up with the rapid pace of mobile technology. The Motion Doctor iPad app brings Physical Therapy exercises to consumers who can now practice these routines anywhere. Once the Motion Doctor iPad app is downloaded, a WiFi or 3G connection is not needed to experience over 60 high quality instructional videos" said Gregg Weiss, CEO of Blue Whale Web Solutions, Inc. the iPad App Development company responsible for developing the app.

"Physiquality is pleased to be a part of the Motion Doctor app which gives users easy access the nation's premier network of clinically trained, carefully screened physical therapists," said Stephen Moore, Director of Sales and Marketing for PTPN, Physiquality's parent company.

Physical Therapists are motion experts. They can help improve or restore the mobility you need to move forward with your life. From treating everyday aches and pains to treating more serious problems, Physical Therapists teach you how to take care of yourself, so you can prevent the pain from returning. If you are looking for a possible alternative to pain medication and/or surgery, then consider Physical Therapy. Physical Therapy is not just for post-surgical rehabilitation - it can benefit just about anyone who has pain or dysfunction. Most Physical Therapists have a Direct Access License, allowing them to evaluate and treat patients without a prescription for up to 30 days.

About Conshohocken PT:

Conshohocken Physical Therapy (CPT) is a privately owned and operated practice that delivers high quality, evidence-based care to improve their patients' quality of life. With an established reputation both locally and nationally, the practice has been voted

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the "Best Physical Therapy Practice in Montgomery County, PA," for three consecutive years (2008, 2009 and 2010). The Owner, Dr. Desirea D. Caucci, PT, DPT, has also been named one of the top 3 Physical Therapists in the nation by Advance Magazine (2008) and has been honored as the national winner of the Dorland Health People Award for Physical Therapy (2010).

Device Requirements:

- \* Compatible with iPad
- \* Requires iOS 3.2 or later
- \* 45.9 MB

Pricing and Availability:

Motion Doctor 1.0 is \$14.99 USD (or equivalent amount in other currencies) and available worldwide exclusively through the App Store in the Medical category.

Blue Whale Apps:

<http://www.bluewhaleapps.com>

Conshohocken Physical Therapy:

<http://conshypt.com/>

Motion Doctor 1.0:

<http://www.motiondoctorapp.com>

Purchase and Download:

<http://itunes.apple.com/app/id403219869>

Screenshot:

<http://conshypt.com/images/ipad/cervicalflex1000w.jpg>

App Icon:

<http://a1.phobos.apple.com/us/r1000/003/Purple/04/89/f5/mzi.ykvhtera.175x175-75.jpg>

Blue Whale Web Solutions, Inc. is a 5-year-old interactive firm with offices in West Palm Beach and New York City. We provide businesses with an array of Web and mobile services including iPhone Application Development, iPad App Development, Website Design and Development. Our team consists of highly experienced professionals who have worked with the world's leading technology, advertising and design companies. We establish Web and mobile strategies that match our clients' goals, objectives and budget. Copyright (C) 2010-2011 Blue Whale Web Solutions, Inc. All Rights Reserved. Apple, the Apple logo, iPhone, iPod and iPad are registered trademarks of Apple Inc. in the U.S. and/or other countries.

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