App name	Data privacy transp- arency	Companion app	Platform	App focus	Physio specialty	Targeted behaviors if evident:	Simplified target behaviors	Country (origin)	Developer qualifications	Google Play (app version)	Google Play Payment Method	Google Play cost (AUD\$)	Apple app version)	Apple Payment method	Apple cost (AUD\$)
						Perform	Performing						-		
						training/rehabil	therapeutic								
						itation exercise	exercise								
						program, track	(general);								
						movement, set	Recording								
						goals,	information								
						compliance,	about exercise;								
						RPE and pain	Communication								
						throughout	with health								
A Rehab Diary	Y	-	Both	General	-	program	professional	Australia	HCP	1.1	Free	Free	-	Free	Free
							Performing								
							therapeutic								
							exercise								
						Perform	(general);								
						rehabilitation	Recording								
						exercises;	information								
						communicate	about exercise;				F (:			-	
						with health	Communication				Free (in			Free (subscription	
						professional;	with health				арр			· ·	
AlluCara	Y	Y	Both	General	MSK	track progress;	professional;	Cinganara	Not clear	1.4.11	purchases available)	Free	1.4.11	version also available)	Free
AllyCare	ř	ř	воти	General	IVISK	set goals	setting goals	Singapore	NOT Clear	1.4.11	avaliable)	Free	1.4.11		Free
														Free	
							Recording					\$4.89 -		(subscription	
				Back			information				In-app	\$32.99 /		version also	
Back Pain Diary	Y	-	Both	pain	MSK		about exercise	Netherlands	Not clear	1.0.3	purchases	item	1.1	available)	Free
							Performing								
							therapeutic								
							exercise								
							(general);								
							Recording								
						Perform home	information								
						exercise	about exercise;								
						program;	Recording								
						communicate	information about health								
						with your									
						therapist; log pain and	condition; Communication								
Bluelay Engage						movement	with health								
BlueJay Engage - Patient	Y	Y	Both	General	_	progress	professional	United States	Not clear	8.1.7	Free	Free	8.1.7	Free	Free
, aucit	-		both	General		Perform	professional	Since States	Not cicai	0.1.7	THEE	TICC	0.1.7	ince	
						flexibility and	Performing								
				Core,		strength	therapeutic								
	1	1		corc,	1	Jucigui	incrapeutic	1				1	1	1	I
Complex				arm,		training, and	exercise				One off			One off	

						and endurance training									
							Performing								
							therapeutic								
							exercise								
							(paediatrics-								
							cerebral palsy);								
						5.6	Recording								
				Cerebal		Perform	information							-	-
CP-Fit	Y	-	Apple	palsy	Paeds	exercises	about exercise	United States	Not clear	-	-	-	-	Free	Free
						Access and									
						perform your	Performing								
						personalised	therapeutic								
						home exercise	exercise								
						program; track	(general);								
						your adherence	Recording								
						and progress;	information								
						securely	about exercise;								
						communication	Communication								
Each a dia	Y	Y	Deth	Contract		with your	with health	Net dese	Net steen	2.2.0	F	E.e.e.	420	F	F ire a
Embodia	Ŷ	Ŷ	Both	General	-	practitioner	professional	Not clear	Not clear	3.3.0	Free	Free	4.3.0	Free	Free
							Performing								
							therapeutic								
						Perform	exercise								
						training/rehabil	(general);								
						itation exercise	Recording								
						program; track	information								
						movement, set	about exercise;							Face (in ease	
						goals,	Communication							Free (in app	
Eventing Co	Y	Y	Deth	Conservation	NACK	compliance,	with health	News	LICD	102	F	E.e.e.	102	purchases	E.e.e.
ExorLive Go	Ŷ	Ý	Both	General	MSK	progress	professional	Norway	HCP	4.0.3	Free	Free	4.0.3	available)	Free
							Performing								
							therapeutic								
						shows you how	exercise								
						shows you how	(general);								
						to perform your	Recording								
						exercises;	information							E	
						remember how	about exercise;							Free	
Extensor						to do your	Communication							(subscription version also	
Extensor	Y	Y	Dath	Conorel		exercises within	with health	Austria	Net clear	121	Free	Free	125		Free
Physio Patients	Y	Ŷ	Both	General	-	app reminders	professional	Austria	Not clear	1.2.1	Free	Free	1.2.5	available)	Free

Guided Physio	Y	-	Both	General	MSK	pre-determined programs for the patients particular condition Complete	Performing therapeutic exercise (general)	Not clear	НСР	1.9.5	One off payment	\$4.99	1.9.4	One off payment	\$4.49
Haem				Наетор		personalised exercise plan (on own or in consultation with physiotherapist); evaluate how you feel before and after exercise; set reminders to perform	Performing therapeutic exercise (haemophilia); Recording information								
Active	Y	-	Both	hilia	-	exercises	about exercise Performing therapeutic exercise (general); Recording	Unclear	НСР	1.3.0	Free	Free	1.3.4	Free	Free
Home Physio	N	-	Both	General Osteoa- rthritis	-	Perform exercise plan Setting exercise goals, recording & monitoring of completed exercise sessions, inputting barriers to adherence & receipt of messages to overcome	information about exercise Recording information about exercise;	Not clear	Not clear	1.9.41	Free	Free	1.9.31	Free	Free
My Exercise				(lower		exercise	setting goals,								

My Exercise Program	Y	-	Both	General	_	complete exercise program; log your symptoms and progress	Performing therapeutic exercise (general); Recording information about exercise; Communication with health professional	Australia	НСР	1.0.4	Free	Free	1.0.4	Free	Free
My Injury	Ν	-	Apple	General		Perform strengthening and flexibility exercises for injury recovery; perform taping techniques; read tips for recovery	Performing therapeutic exercise (general); General self- care	Unclear	Not clear	_	-	_	1.6	One off payment	\$1.49
OT App Lite	Y	-	Apple	General	Paeds/ MSK	Perform exercises in flash-card form, including full body movements that focus on shoulder, wrist, elbow and finger movement	Performing therapeutic exercise (paediatrics)	United States	Not clear	-	-	-	1.1	Free	Free
PhysiApp	Y	Y	Both	General	-	Shows you how to perform your exercises; remember how to do your exercises within app reminders	Performing therapeutic exercise (general); Recording information about exercise; Communication with health professional	United Kingdom	Not clear	4.6.1	Free	Free	2.2.7	Free	Free
Physiotools Trainer	Y	Y	Both	General	-	Motivates and reminds you to complete the exercises; set up automatic reminders and preview upcoming exercises to plan your schedule; supports you in	Performing therapeutic exercise (general); Recording information about exercise	Not clear	Not clear	1.0.919	Free	Free	1.0.904	Free	Free

						reaching your rehabilitation and fitness goals									
						Perform strengthening and flexibility exercises; perform taping techniques; engage in injury rehabilitation	Performing therapeutic exercise (peri- operative); Post-surgical							One off	
Pocket Physio	N	-	Apple	General	-	information	self-care Performing	Not clear	НСР	-	-	-	2.0.4	payment	\$1.49
PT Timer: Stretch & Exercise	Y	_	Apple	General	_	Perform exercises; schedule your exercises and receive reminders	therapeutic exercise (general); Recording information about exercise	Not clear	Not clear	-	-	-	3.3.12	Free (in app purchases available)	Free
PT-Helper Pro	Y	Y	Both	General	MSK	Perform home exercise program (focusing on fitness/wellness exercises for the ankle, back, elbow, fingers, hip, knee, neck, shoulder and wrist); set daily reminders	Performing therapeutic exercise (general); Recording information about exercise	United States	Non-HCP	2.5.3	One off payment	\$4.89	1.3.0	One off	\$4.49
				General	WJK	Self- management of ongoing knee conditions	Performing therapeutic exercise (knee); Recording information about exercise; Recording	Since States	NUTFICE	2.3.3	payment	د ی.+پ	1.3.0	payment	ر ۲ ۰.۰۹۷
RecovAware Knee Health Fitness	Y	-	Apple	Knee	MSK	(arthritis, patellofemoral pain etc)	information about health condition;	Unclear	НСР	-	-	-	2.1.4	Free (in app purchases available)	Free

View your exercise program; program; feedback on pain and wellness; track your progress; Recording						
Rehab Guru Y Y Both General - exercises condition United	3.0.5	Free	Free	3.0.3	Free	Free
Output Output Output Output Rehand, Hand Y - Both Finger - Perform Performing Rehabilitation Y - Both Finger - Perform Finger	3.4.5	In-app purchases	\$50.99 per item	3.4.5	Free	Free
Smart Therapist N - Apple General - more appointment) Australia Non-HCP				2.3.0	Free	Free

							Performing therapeutic								
							exercise								
							(women's health);								
							Recording								
							information								
						Help women to	about exercise;								
					Pelvic	remember to	Recording								
					health	do their pelvic	information								
<i>c</i>				Pelvic	(Wome	floor muscle	about health	United			One off	<u> </u>	274	One off	<i></i>
Squeezy	Y	-	Both	health	n's)	exercises	condition Performing	Kingdom	HCP	4.2.1	payment	\$4.99	2.7.1	payment	\$4.49
						Support pelvic floor muscle	therapeutic								
						exercise	exercise (men's								
						program; set to	health);								
					Pelvic	remind you	Recording								
Squeezy for				Pelvic	health	when to do	information	United			One off			One off	
Men	Y	-	Both	health	(Men's)	your exercises	about exercise	Kingdom	HCP	4.2.1	payment	\$4.99	4.0.0	payment	\$4.49
						C	Performing								
						Support pelvic floor muscle	therapeutic								
						exercise	exercise (pelvic floor in cystic								
				Pelvic		program; set to	fibrosis);								
				health		remind you	Recording								
				(cyctic	Pelvic	when to do	information	United			One off			One off	
Squeezy: CF	Y	-	Apple	fibrosis)	health	your exercises	about exercise	Kingdom	HCP	1.2.11	payment	\$4.99	1.0.1	payment	\$4.99
							Performing								
						D (therapeutic								
						Perform exercises	exercise (general):								
						prescribed by	(general); Recording								
Switchback						your physical	information								
Health	Y	Y	Apple	General	-	therapist	about exercise	United States	HCP	-	-	-	1.4	Free	Free
							Performing								
						Perform	therapeutic								
						training/rehabil	exercise								
						itation exercise	(general);								
						program; track movement	Recording information								
						compliance,	about exercise;								
						RPE and pain	Communication								
						throughout	with health								
TeleHab	Y	Y	Both	General	-	program	professional	Australia	HCP	1.2	Free	Free	2.2.6	Free	Free
							Performing								
						Perform	therapeutic								
						rehabilitation	exercise (general);								
						exercises;	Recording							Free	
						communicate	information							(subscription	
						with	about exercise;	United						version also	
Track Rehab	Y	Y	Apple	General	MSK	physiotherapist	Communication	Kingdom	HCP	-	-	-	-	available)	Free

							with health professional								
							Performing therapeutic exercise (general);								
l							Recording information								
I							about exercise;								
						Complete	Connect with								
						exercise	health								
						programs; log	professional								
TrackActive Pro						your symptoms	(make								
- Patient App	Y	Y	Both	General	-	and progress	appointment)	Not clear	Not clear	1.1.5	Free	Free	1.8.2	Free	Free
							Performing								
							therapeutic								
						Perform	exercise								
						rehabilitation	(general); Recording								
						exercises;	information				Free				
						communicate	about exercise;				(subscripti				
						with health	Communication				on version				
Vrsteps Home			Google			professional,	with health				also				
rehabilitation	Y	Y	play	General	MSK	track progress	professional	Isreal	НСР	0.975	available)	Free	-	_	-
						Perform									
						exercises in									
						flash-card form,	Performing								
						including some	therapeutic								
Wheelchair				Wheelc	Paeds/	full body	exercise				One off			One off	
Exercises	Y	-	Apple	hair	MSK	movements	(paediatrics)	United States	Not clear	2	payment	\$7.49	-	payment	\$7.99
							Performing								
						Perform	therapeutic								
						rehabilitation	exercise								
						exercises;	(general);							Free	
						communicate	Recording							(subscription	
YRMOVE	Y	_	Apple	General	MSK	with physiotherapist	information about exercise	Not clear	Not clear		_	_	1.0.6	version also available)	Free
									NULLICAL		-	-	1.0.0	available)	1166

Abbreviations: HCP = Healthcare Professional; MSK = Musculoskeletal; Paeds = Paediatrics