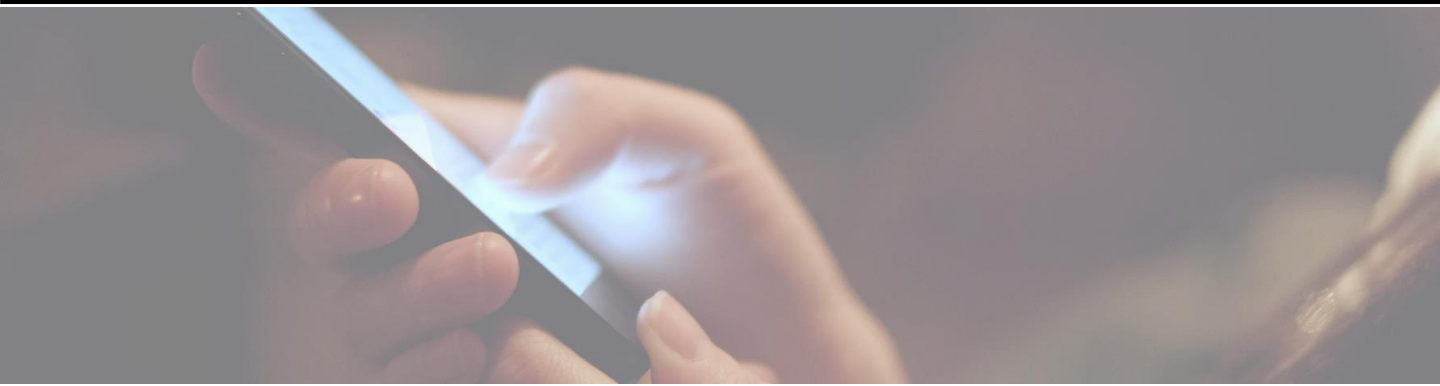


THE MOST USEFUL APPS AS VOTED BY YOU!

BY: SAMANTHA DORALP, PHD, PT



Results are in! After receiving your input about which apps are your favourite, we have compiled the top three as per your suggestions.

#1: ROST Moves Mamas

Cost: Free

Purpose: Designed to provide guidance for health professionals and mamas on how to perform daily activities in the most comfortable way

Why it is great:

Easy to understand pictures and descriptions for the most common daily activities

Includes both correct and incorrect examples of activities

Simple interface to enable clients to use app as an adjunct to your recommendations

#2 Calm App

Cost: Free with in-app purchases available

Purpose: Mindfulness and meditation which offers both guided and unguided meditation sessions

Why it is great:

Choose the length of your sessions to fit your schedule

Can target specific goals, such as stress management or sleep improvement

Allows you to track your progress, which can be great for motivating clients and following their progress

#3 Pelvic Floor Trainer

Cost: \$5.49

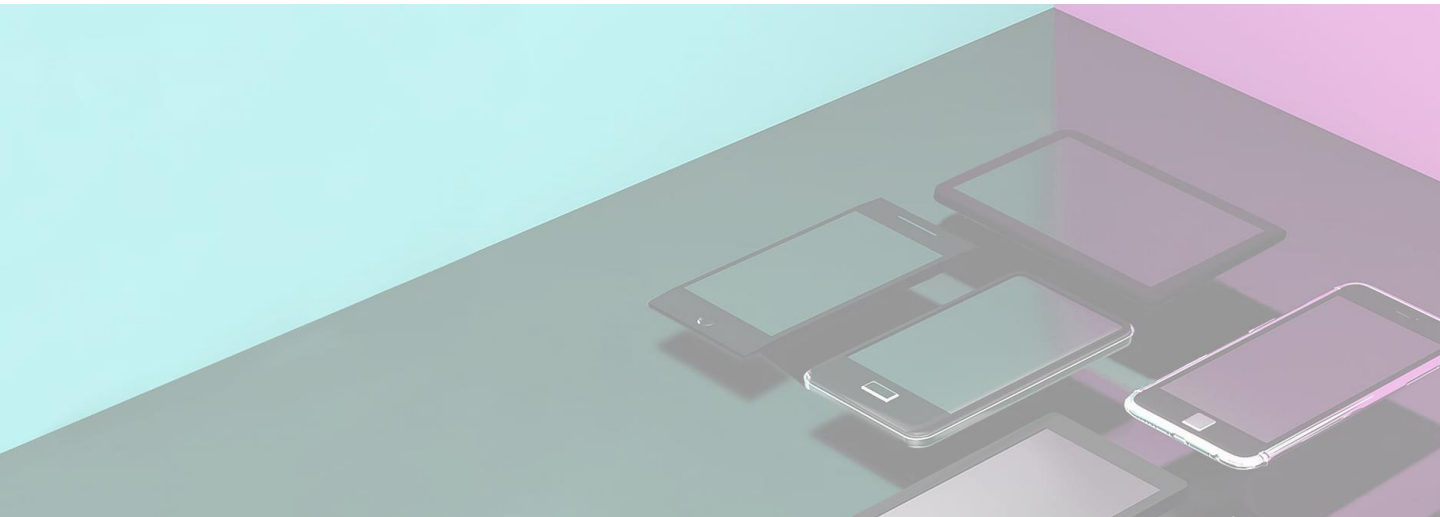
Purpose: Pelvic floor strengthening

Why it is great:

Different programs for beginners, or those interested in a moderate or advanced program

Audio explanations with pictures and videos to highlight positioning and technique that can be easily used by clients

Includes pelvic floor strengthening exercises to complete while transporting or carrying objects and walking



Links

#1: ROST Moves Mamas

<https://itunes.apple.com/ca/app/rost-moves-mamas/id1037318395?mt=8>

#2 Calm App

<https://itunes.apple.com/ca/app/calm-meditation-to-relax-focus/id571800810?mt=8>

#3 Pelvic Floor Trainer

<https://www.elvie.com/>