

# Exercise Software Evaluation Chart



There are many exercise software options on the market. Each one is slightly different and clinicians should evaluate them according to their own needs as well as the needs of the patient population that they serve. The following list of properties of exercise software is meant to help you evaluate and choose the program that best meets your needs.

Property	Considerations	Comments
Software capacity	Privacy	
	Cloud-based vs private server	
	Ability to use on mobile device (android/iDevice)	
	Available App	
	Languages	
	Ability to create templates	
	Ability to save multiple versions	
	Clinician summary sheet to add to EMR	
	Ability to modify patient program remotely	
	Maximum number of users	
	Integration/willingness to integrate with clinic management software	
	Integration with clinic website	
	Ability to save as PDF	
	Ability to retrieve password	
Clinic admin able to add/subtract users		
Printing options	Modify heading/Add clinic logo	
	Add footer	
	Images from software can be published in other clinic patient handouts	
	Clinician summary sheet (to add to paper chart)	
	Ability to print from all devices by clinician	
	Ability to print from all devices by patient	
	Different formats (small, medium, large print)	
	Ability to add clinician name and contact information	
Shareability	Ability to send to patient via email	
	Ability to send to patient via app	
	Ability to send to patient via text	
	Patient portal available on all devices	
	Ability to send to other health professionals electronically	

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<b>Usability</b>	Exercises catalogued and searchable	
	Able to modify exercise instructions	
	Able to modify pictures	
	Ability to add exercises	
	Quick and efficient	
	Easily used on any computer	
	Product support	
	Availability of templates	
	Ability to mirror the model from left to right	
	Ability to change order of exercises	
	Ability to enter reps and sets and form instructions	
	Ability to save preferences	
<b>Quality</b>	Image/Video	
	Font and size	
	Readability	
	Exercise tracking and patient compliance monitoring	
	Diversity of models (Variety of model shapes and sizes, ages, etc.)	
	Equipment	
	Anatomically correct images	
<b>Cost</b>	Institutional/ clinic cost	
	Individual practitioner cost	
	Patient cost	
	Free trial period	
<b>Versatility</b>	Pediatric	
	Cardio-respiratory	
	Neurology	
	MSK	
	Pelvic floor	
	Geriatrics	
	Vestibular Rehab/ Concussion	
	Oncology	
	Lymphedema	
	Ergonomics	
	Posture	
	Balance	
	Patient education	
Outcome measures		