

## Apps for clinicians

App	Description	Cost
ANZCA Opioid calculator		Free
Physiotherapy Exercises	Allows searches for exercises appropriate for people with spinal cord injuries and other neurological conditions. There have also been some hand and orthopaedic exercises added recently.	Free
My physio App	Has a free 30 day trial period then three different pricing structures. A simple web based interface allows you to prescribe and progress rehab programs in seconds. High quality photos, videos and program timers ensure maximum participation. It is possible to send home exercises directly to a phone. Use a tablet or laptop to prescribe exercises when away from the clinic.	\$13/month or \$8/month for 12 months
Arthritis physio	Good advice on healthy eating and being active with arthritis.	Free
Recognise Hand Recognise Foot Recognise Shoulder Recognise Back Recognise Neck Recognise knee	Reduces pain, improves performance and assists with rehabilitation in a range of complex pain and injury states, when used as part of a Graded Motor Imagery programme. Tests patients to see if they might have central mechanisms contributing to part of their pain picture.	\$9.99 each

## Apps for consumers

App	Description	Cost
Sleep soundly Hypnosis	Assistance with sleep strategies	Free
Smiling mind	Smiling Mind is a unique app-based program developed by psychologists and educators to help bring balance to people's lives, using mindfulness meditation.	Free
Insight Meditation Timer	Meditation strategies	Free
Relax melodies: Sleep and yoga	Sleep strategies and yoga	Free
Pzizz Deep sleep & power nap	Sleep strategies	Free
Headspace	Headspace has in app purchases. There is a free 10 minute mindfulness exercise to use everyday.	\$12.50/ month for 12 months.
Simply yoga	Personal trainer app for quick home yoga	Free
Daily yoga – Fitness on the go	A coaching app providing Yoga Classes, Asanas, Scheduled Plans, and Guided Meditation , suitable for all levels - beginners, intermediate and advanced.	Free
Myfitnesspal	Calorie counter	Free
Goal Tracker & Habit List	Goal Tracker & Habit Streak will help you by keeping track of your progress.	Free
Loop Habit tracker	Loop helps you create and maintain good habits, allowing you to achieve your long-term goals. Detailed graphs and statistics show you how your habits improved over time.	Free
Pedometer	Measure the number of steps you take each day	Free
Recognise Hand Recognise Foot Recognise Shoulder Recognise Back Recognise Neck Recognise knee	Reduces pain, improves performance and assists with rehabilitation in a range of complex pain and injury states, when used as part of a Graded Motor Imagery program.	\$9.99 each
Quit Now: My QuitBuddy	App to quit smoking	Free
Carbs & Cals – Diabetes & Diet	Count calories and carbs with this app	\$5.99
Protectometer	The Protectometer helps you understand your pain and discover all the factors that contribute to why you hurt. Whether you are experiencing ongoing back pain, neck pain, shoulder or knee pain, headaches, or have been diagnosed with fibromyalgia, neuropathic pain, Complex Regional Pain Syndrome or any other chronic pain state,	\$15 only available on ipads



AGENCY FOR  
**CLINICAL  
INNOVATION**

## Pain Network

	the Protectometer App will help reduce your pain.	
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