

PhysioTools Subscription Content

Rehabilitation	General Exercises Thera-Band® System of Progressive Resistance™ by The Hygenic Corporation Thera-Band® Exercises 1 by The Hygenic Corporation The Knee by Jenny McConnell Contracture Prevention by Leif Birath Back Care by Jean Oliver Saunders Exercises Xpress - Basic Exercises by Duane Saunders Therapeutic Ball Exercises by Joanne Posner-Mayer Muscle Retraining Strengthening & Stretching by Karen Orlando Cardiovascular and Flexibility Exercises by Glasgow Caledonian University
Occupational Therapy	Personal Care - Occupational Therapy by Siobhan Grimshaw Managing at Home Hand and Upper Extremity by Lee Ann Higginbotham
Paediatrics	Paediatrics 1 - Musculo-skeletal Paediatrics 2 - Neuro-developmental & Motor Learning Paediatrics 3 - Respiratory Burn Care at Home for the Child or Teenager by Heather Jenkins Children with Motor Delay by Sarah Crombie
Neurology	Home Care for the Stroke Patient by Margaret Johnstone General Neurology Neurological Rehabilitation by Rekryteringsgruppen Aktiv Rehabilitering
Manual Therapy	Lumbar Spine - Dynamic Stability by Mark Comerford Upper Quadrant - Dynamic Stability by Mark Comerford Cervical Spine - Dynamic Stability by Mark Comerford Movement Impairment Correction Exercises by Dr Shirley Sahrman Medical Exercise Therapy by The Norwegian MET Institute Active Rehabilitation MFT and Sequence Training by Uwe Hallmann and Tomas Lihagen
Condition Specific	Incontinence Lower Extremity Amputee Home Exercises by Robert Gailey & Ann Gailey
Information & Training	MediHelp - Musculoskeletal System by The Centre for Orthopaedic Manual Therapy Breast Self-Examination for Screening by Gisela Gästrin Sports and Exercise Injuries by Torsten Larsson & Bertil Nordström Taping Techniques by Rose Macdonald Posture, Body Mechanics & Ergonomics for the Spine by Duane Saunders Lower Back Pain by Torsten Larsson & Bertil Nordström
Hydrotherapy	Hydrotherapy
Fitness & Sports Therapy	Fitness & Sports Therapy by Peter Konrad Weight Training by Christopher Norris Stretching by Christopher Norris

Technical Requirements

PhysioTools for Windows	Windows 2000, XP, Server 2003, Vista (32 bit), 64 MB Free RAM, 2GB disk space, Windows Media Player 9 (for video) Minimum Requirements
PhysioTools Online	Internet Explorer 6, broadband internet access, minimum screen resolution 1024 x 768