



Virtual Sports Injury Rehabilitation & Prevention



• Personalized Daily Videos

Personalized daily exercise videos for the athlete to follow providing a program that adapts to the individual's recovery progress. Videos are automatically selected from a catalog of specialized content developed by our licensed medical professionals, athletic trainers, physical therapists, and strength and conditioning specialists.

• Technology Enabled

Athletes can access the LifeFyt platform from any device at any time- eliminating any barriers to recovery.

• Professional Program Oversight

Our platform provides professional oversight of the athlete's recovery either working with your physical therapists and athletic trainers or using ours. Our solution integrates direct message capability between the athlete and the physical therapist or athletic trainer—facilitating good communication and a personalized recovery experience.

• Progress Tracking

Our progress tracking keeps everyone informed about the athlete's progress and adherence to the program.

The Problem

Injured athletes frequently have incomplete rehabilitation for various reasons

- Lack of health insurance
- Affordability
- Lack of access to care
- Transportation difficulties

Our Solution

We provide the next generation of injury rehabilitation and prevention specifically tailored to the high school and college athlete. Students access a daily rehab program tailored specifically for them using LifeFyt's app either on a phone, tablet or desktop.

Each day a curated set of follow-along and demonstration videos are available to ensure a fast and safe recovery for the athlete. The LifeFyt platform provides video recommendations based on the athlete's specific situation. The videos are selected from LifeFyt's rehab video library.

Licensed physical therapists, athletic trainers and personal trainers are available via a direct messaging feature so that communication is easy.

For coaches, the LifeFyt app tracks the student's completion of exercises and progress towards recovery allowing oversight even when the student is away from campus.