

The home-based platform is the perfect solution for this busy entrepreneur.

In general, successful entrepreneurs are expert problem solvers. They have the innate ability to uncover a solution, find a new path, or champion a product. When technology entrepreneur Kate Walling injured her shoulder and needed physical therapy, she knew that she would have to find a unique solution to her problem.

"I am constantly on the go," said Walling. "I already work long hours so adding physical therapy sessions to my schedule can be challenging. My scheduling has to be very efficient and I also need to limit the time I spend driving to and from a physical therapist office."

In talking with her One Medical provider about her schedule, the doctor recommended an innovative home-based platform from Trainer Rx. As soon as Kate saw it, she was hooked.



Kate started her career in technology and marketing at a time when companies began seeing the potential to growing audiences via the Internet. She successfully launched several tech companies and moved from the East Coast to Silicon Valley. Today, she is building two startups – an online marketing agency and an online contemporary art gallery.

"I decided to try Trainer Rx because it offered the scheduling flexibility I needed while keeping my doctor informed of my progress," noted Kate. "My doctor and I watched a video about it together and she submitted the prescription that day. By that evening I had an email from Trainer Rx ready to start the program!"

Trainer Rx delivers clinical content anywhere, at any time, and in any device. The physical therapy sessions are evidence based and can be customized depending on the provider's treatment plan, the type of injury, and the patient goals.

Despite her hectic schedule, Kate participates in every session. The platform sends text reminders to make sure she doesn't forget a session. Kate's doctor also receives notifications of her progress. *"Nothing beats the accountability built into the Trainer Rx platform,"* she noted. *"My doctor can see my results, which creates more meaningful conversations during my visits."*

Does she recommend Trainer Rx? *"Absolutely! It's an incredibly powerful system for people like me who have busy lives or who work in office settings where sitting can negatively impact (or create) injury."*

Currently, Kate is working on two different pathways – one for her shoulder recovery and another for her lower back. *"What I like really like about this platform is it's designed around me."*