SimpleTherapy®

PREVENT, RECOVER, THRIVE:

The SimpleTherapy Recovery Pack – Your all-in-one MSK solution[1]



Musculoskeletal (MSK) disorders, such as back pain, arthritis, and joint injuries, are a leading cause of global healthcare costs, lost productivity and disability claims.[2] The SimpleTherapy Recovery Pack is here to change that.

Designed to eliminate traditional barriers to care, it offers instant access to personalised programmes, developed by clinicians to prevent, treat and manage MSK conditions – all in one seamless solution.

What's included:

Pain management programme

- Addresses MSK disorders across 18 body parts with personalised care plans
- Immediate and unlimited access via an intuitive, multilingual app
- Live virtual physiotherapy visits
- 1:1 support from a multidisciplinary care team
- Real-time translations in 15 languages for all care team interactions

Pelvic health programme

- Confidential, gender-inclusive support for pelvic pain, bladder and bowel issues, expecting parents, and postpartum recovery
- Personalised treatment plans crafted by pelvic health specialists
- Resilience and mental wellbeing tools including Digital Cognitive Behavioural Therapy (dCBT)

Prehab & rehab

- Covers seven different surgical paths including knee, hip and back
- Continued management to prevent reinjury
- Resolves muscular imbalances that can cause chronic pain
- Facilitates functional mobility

Lifestyle & maintenance programmes

- Keeps participants engaged after they have recovered from an MSK condition
- Tailored to the participant's lifestyle
- Helps them maintain gains and continue to build their stability, flexibility and strength

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19 occupational injury prevention programmes

- Job-specific stretches targeting injury risks and reducing strain from repetitive motions/tasks
- Simple exercises done at the workplace, promoting movement throughout the day
- Improves posture and ergonomic conditions

Unlimited live, 1:1 virtual PT consultations

- Enhanced care team monitoring and dedicated health coaching support
- Progress tracking and reminders
- Personalised care plans

Unlimited functional movement assessments powered by PreciseVision AI

- Motion analysis to detect deficiencies and adjust treatment
- In-depth muscle and joint mobility reports

Video-guided exercises

- Over 2,000 personalised video-guided exercises
- No appointments or wait times
- Up to five custom prevention programmes tailored to your team's demographics
- Quick sessions (between 5-12 minutes)
- Adaptable in real-time based on participant feedback and progress

Virtual ergonomic assessment

- 1:1 virtual meeting with a certified ergonomic specialist
- Comprehensive report
- Actionable suggestions to limit workplace strain, reduce injury risk, improve posture, and boost productivity

Educational materials

- A comprehensive catalogue of resources, including ergonomics tips, skills development guides and a library of pre-recorded webinars

Employer reporting

- Enhanced aggregate monthly reporting highlighting high-risk job types, common conditions, and potential cost and time-off impacts

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Plus, each participant gets a care pack of items to help them recover, delivered straight to their home!

With SimpleTherapy, you can lower direct costs like physiotherapy, surgical intervention, and medication[3], and also provide substantial pain relief for employees' most common and costly musculoskeletal conditions.[4]

Ready to see the difference SimpleTherapy can make?

Contact your MAXIS representative for a demo of SimpleTherapy.[5]

1 SIMPLETHERAPY, INC. incorporated and registered in DELAWARE, USA whose registered office is at 1080 W Shaw Ave., Suite 101, Fresno, CA 93711

2 Anon. MAXIS GBN (February 2024). How Do Industry, Culture and Gender Affect Your Workforce's Health? Report and insights from MAXIS GBN claims data. https://maxis-gbn.com/knowledge-centre/whitepapers/how-do-industry-cultureand-gender-affect-employee-health-insights-from/ (sourced June, 2025)

3 Anon. ValidationInstitute (2022). 2022 Validation Report. https://validationinstitute.com/wp-content/uploads/2022/09/SimpleTherapy_Metrics_2022_Final.pdf (sourced July 2025)

4 Anon. SimpleTherapy (2023). The Science Behind SimpleTherapy: Why We Don't Use Motion Tracking Devices. https://www.simpletherapy.com/en/blog/the-science-behind-simpletherapy-why-we-dont-use-motion-tracking-devices/ (sourced July 2025)

5 MAXIS GBN may receive fees, commissions and/or other remuneration from third parties in connection with the services we carry out for you.

SimpleTherapy® does not offer medical advice, diagnosis, or treatment, and is not a replacement for a physical therapist or doctor. Please consult with your physical therapist or doctor if you have any questions about incorporating the SimpleTherapy sessions into your health and well-being program. Your information is confidential. SimpleTherapy will not share it with your employer.

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If you have any questions in relation to this document or otherwise, please contact marketing@maxis-gbn.com

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For more information, please contact your MAXIS GBN representative.

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