



Internet-Based Home Exercise Program

Studies show that following a home exercise program shortens recovery time. Our office uses WebExercises® to help you at home. You can easily access WebExercises® with your regular email and you will not receive unsolicited email from us or WebExercises®. Regular email is not protected by a security process called encryption so please understand there is some level of risk that information in any regular email can be read by someone besides you. In order to get access to WebExercises® through your regular email, please check box 1 and provide your email address. If you only want to receive exercise handouts check box 2. Please sign and date this form.

1. Yes. I prefer to participate in the WebExercises® online program using my regular email. Please use the following email address:

I will let you know right away if my email address changes.

2. I prefer to receive exercise handouts only.

Name: _____

Signed: _____ Date _____

©2017 WebExercises, Inc. All Rights Reserved



Internet-Based Home Exercise Program

Studies show that following a home exercise program shortens recovery time. Our office uses WebExercises® to help you at home. You can easily access WebExercises® with your regular email and you will not receive unsolicited email from us or WebExercises®. Regular email is not protected by a security process called encryption so please understand there is some level of risk that information in any regular email can be read by someone besides you. In order to get access to WebExercises® through your regular email, please check box 1 and provide your email address. If you only want to receive exercise handouts check box 2. Please sign and date this form.

1. Yes. I prefer to participate in the WebExercises® online program using my regular email. Please use the following email address:

I will let you know right away if my email address changes.

2. I prefer to receive exercise handouts only.

Name: _____

Signed: _____ Date _____

©2017 WebExercises, Inc. All Rights Reserved