

Get Started With DJO MotionIQ

You will receive an email to start your personal messaging and recovery program.

1. Open the DJO MotionIQ™ email.
2. Click the “Get Started” button at the bottom of the email.
3. Create and confirm a password.
4. Agree to the terms of use.
5. The DJO MotionIQ™ system will begin sending you messages from my office.
6. If you have questions, please email support@trainerrx.com or call 1-833-LIVE-TRX. (1-833-548-3879)

DJO MotionIQ™ is a communications and recovery solution designed by medical experts to help guide you through surgery. MotionIQ is accessible anytime and anywhere on your computer, tablet or smartphone.



Experience. Excellence.

Your road to recovery begins with Desert Orthopaedic Center and DJO MotionIQ™





Experience. Excellence.

As your surgeon, I am committed to helping you regain your health and mobility.

At Desert Orthopaedic Center, you will receive world-class medical care – along with a personal touch.

Your successful outcome starts by closely following all instructions regarding your preparation for surgery and recovery. Because of this, we have adopted the DJO MotionIQ™ software solution to keep you connected to my office throughout the entire journey.

DJO MotionIQ™ technology is a personalized messaging system and personalized home exercise program designed by medical experts to help support you every step of the way toward your full recovery.

Please follow the instructions provided to get started.

Thank you for entrusting my team with your care. We are excited to help restore your health and mobility.

Sincerely,

John Baldauf, MD

Top 5 reasons why you should download DJO MotionIQ™ today:

- 1 Receive important information about your care, including key reminders about deadlines and treatment requirements.
- 2 Watch patient education videos about your procedure and learn more about what you can do to help ensure your full recovery.
- 3 Follow along with simple pre-surgery stretches and exercises (which research shows helps support a full recovery).
- 4 Accelerate your recovery through daily exercise using convenient exercise reminders.
- 5 Track your progress and get motivated to achieve a full recovery.

Since 2015, patients using DJO MotionIQ technology have completed more than one million exercise sessions. Download now to take control of your recovery.

