# SimpleSet

Exercise prescription software for physical and occupational therapists to create custom home exercise programs and track patient outcomes.

https://simpleset.net

## Overview

SimpleSet is a professional exercise prescription software designed for physical therapists, occupational therapists, rehabilitation professionals, and clinic owners. Its primary function is to allow practitioners to quickly build custom, professional Home Exercise Programs (HEPs) using a comprehensive library of thousands of 4K video exercises. The platform is noted for its intuitive, modern, and fast interface, utilizing drag-and-drop functionality to make program creation efficient and simple.

Key benefits include boosting patient engagement, streamlining clinical workflow, and simplifying charting. The software works seamlessly with all EMR/EHR systems, featuring "one-click charting" functionality that instantly syncs exercise program summaries into post-appointment chart notes.

SimpleSet supports comprehensive patient progress tracking, including adherence logs (sets, reps, time spent) and the automated sending of validated Patient-Reported Outcome Measures (PROMs) to monitor recovery. The platform also includes a secure and compliant TeleHealth feature. Clinicians can upload their own custom exercises and videos and share them effortlessly with colleagues within their organization.

It is designed to scale with the needs of the practice, serving single clinicians (Pro plan), small to medium teams (Clinic plan), and large organizations with multiple sites (Enterprise plan). The patient-facing component, the SimpleSet App, encourages patients to take ownership of their health by providing easy access to materials, notifications for updates, and tracking/journaling features.

**Security and Compliance:** SimpleSet is fully compliant with HIPAA, PIPEDA, and GDPR requirements. Its policies are aligned with the HITRUST Common Security Framework (CSF), and all data, including audio/video, is encrypted at rest and end-to-end.

## Key Features

- Custom Home Exercise Program (HEP) Creation

- 4K Video Exercise Library (4500+ exercises)

- Patient Progress and Adherence Tracking

- Patient-Reported Outcome Measures (PROMs)

- One-Click EMR Charting

- Custom Exercise Uploads and Sharing

- TeleHealth Platform

- Customizable Branding

## Pricing

**Model:** subscription

Tiered pricing based on team size. Pro Plan (1 Clinician): $14.99 USD/mo. Clinic Plan (2-15 Clinicians): $11.25 USD/clinician/mo. Enterprise (> 15 Clinicians): Custom pricing. Students can use the software for free.

**Starting at:** USD $14.99

**Target Company Size:** small, medium, enterprise

## Integrations

EMR/EHR systems (general), Cliniko, Nookal, Microsoft Entra ID (SSO)

## Compliance & Certifications

HIPAA, GDPR, PIPEDA, HITRUST CSF