

Novartis Gene Therapies
Flexterity™



flexterity™

A guide for parents and caregivers

Welcome to Flexterity™, an app designed to provide physiotherapy support for your child with a neuromuscular disease (NMD)

 **NOVARTIS** | Reimagining Medicine

Physiotherapy and NMD

NMDs can impact walking, movement, strength, and your child's ability to play and develop. Physiotherapy can help optimise improvement in those aspects.

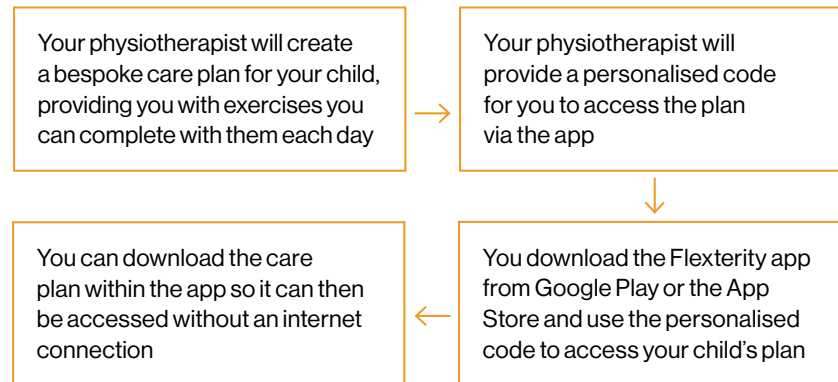
What is the Flexterity app?

The Flexterity app provides a range of exercises with supporting video and text instructions that you can complete with your child in between sessions with a specialist physiotherapist.

Flexterity has been developed by experts

Flexterity has been developed by specialist physiotherapists and other healthcare experts, along with parents and carers of children with NMDs.

How does Flexterity work?

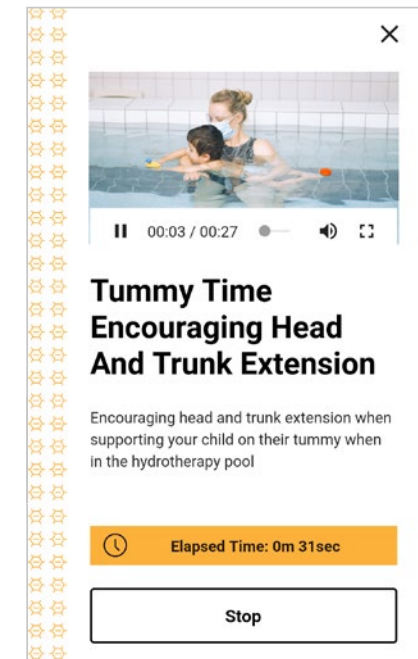


The exercises focus on building flexibility, movement, and muscle control and physiotherapists demonstrate each exercise clearly with real-life patients so that you can be confident in doing them at home with your child.

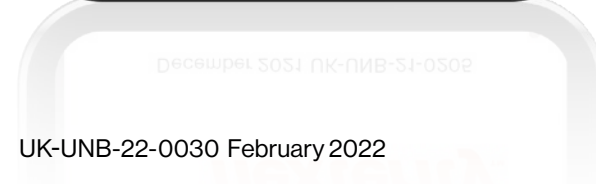
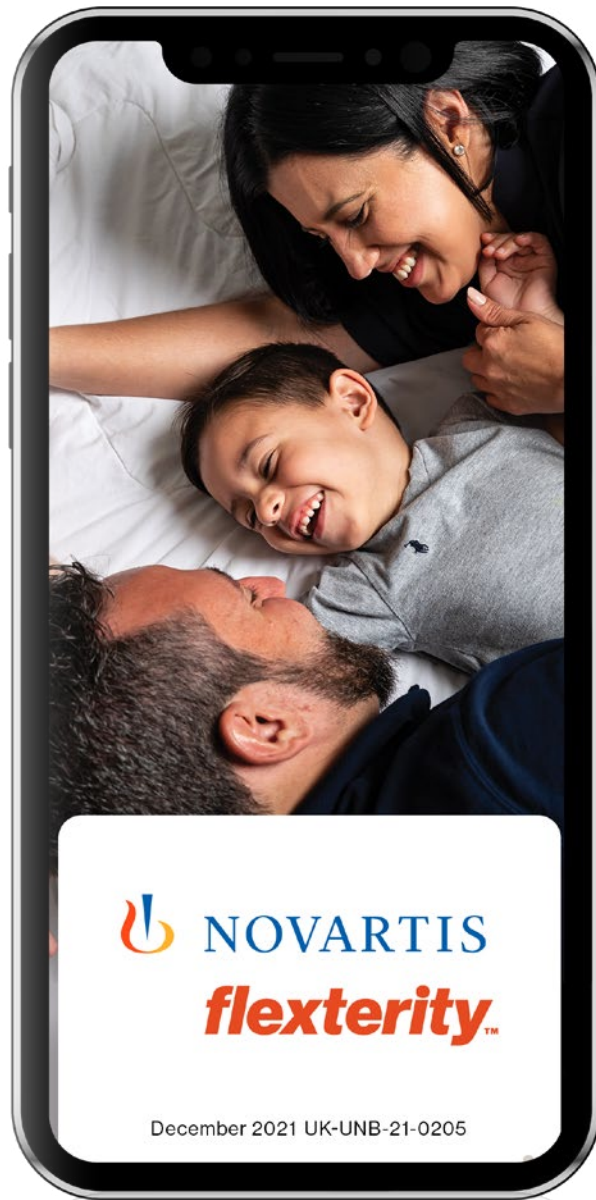
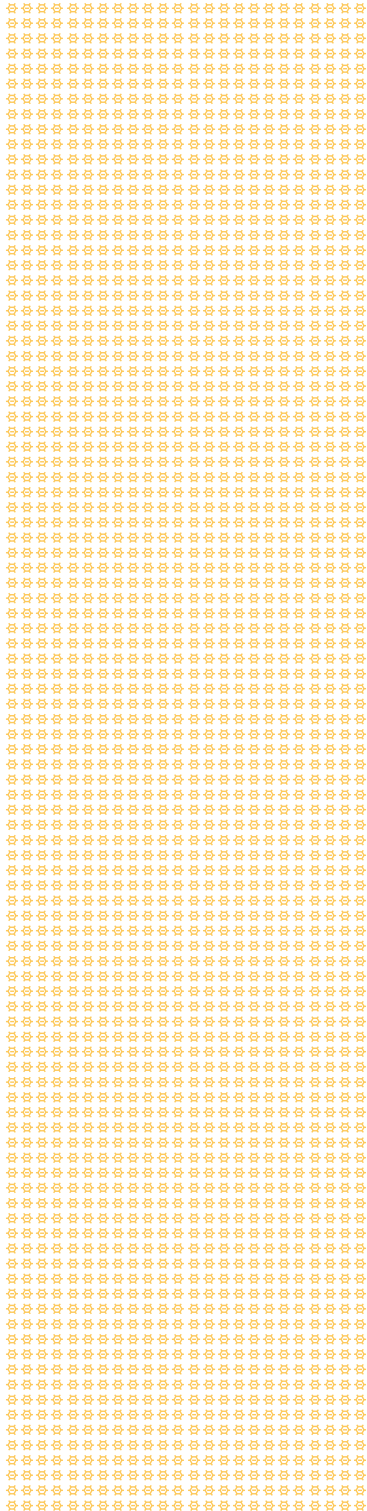


Flexterity aims to help your child reach movement milestones such as crawling and standing, depending on their individual needs and abilities.

Every day of the care plan includes video exercises based on your child's specific needs and goals. Flexterity will show you which exercises to do with your child each day.



Flexterity can help you to support your child's progress between your sessions with a specialist physiotherapist



Download the Flexterity app via Google Play and the App Store

