

RehabHub 3D: Make Rehab Plans That Patients Actually Follow

Clinical Resource | MM Podiatry & Orthotics

Our Rehabilitation Philosophy

RehabHub 3D is built around evidence-informed principles that reflect how we approach patient care:

Load First, Structure Second

Most common foot and ankle problems are load-management issues before they are pure alignment problems. Orthoses, exercises, footwear, pacing, and education are all tools to redistribute and tolerate load more intelligently.

Orthoses as Enablers, Not Crutches

When orthoses are used, we see them as a way to make painful movement more tolerable so patients can actually perform the rehab they need. The long-term goal is improved capacity and self-management, not permanent dependence on devices.

Pathway Over "Product"

We favor clear pathways: indications, review points, adjustment options, and a plan if the first iteration isn't ideal. That applies equally to orthoses, exercise, and education.

Realistic Timelines and Honest Messaging

We support you to set realistic expectations. Change is usually measured in weeks and months, not days. We provide language and patient materials that emphasize gradual improvement, shared responsibility, and active participation.

Evidence-Informed and Clinically Pragmatic

Where strong evidence exists we follow it; where it is limited, we use transparent, load-based reasoning. Interventions should be explainable to patients and workable in a busy clinic.

Built for Busy MSK and Podiatry Clinics

RehabHub 3D helps you deliver rehab that patients engage with, without adding admin or forcing you to relearn your whole workflow.

Easy to Try, Low Risk

- 30-day full-access trial, no card required
 - Use with real patients from day one, not a fake "demo" environment
 - Cancel anytime during the trial if it is not a good fit
 - You will usually know within a few clinics if it fits your workflow
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Fast, Supported Onboarding

- 20–30 minute 1:1 onboarding call or video demo
 - Set up your account, add colleagues, and send your first plans in under 10 minutes
 - See how to use 3D views, patient videos, and compliance tools in routine clinics
 - Optional short group sessions for clinic teams, led by clinicians who work in podiatry and MSK practice
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Your Protocols, Ready on Day One

- Send us 3–5 of your most-used protocols (e.g., plantar heel pain, Achilles tendinopathy, patellofemoral pain, low back pain, return-to-running)
 - We pre-build them as reusable templates in your account, ready to personalize per patient
 - We can mirror your own exercise names and cues wherever possible
 - Result: no blank screens—just pick a protocol, tweak, and send
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Switching From Another Rehab App

- We help you recreate key exercise lists and education assets in RehabHub 3D
 - We highlight equivalent or better 3D exercises and where to request new content
 - Your current workflow can be mirrored or streamlined, rather than starting again from scratch
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Support for Complex Cases

- Short case-support calls or asynchronous case reviews for tricky presentations
 - Suggestions on combining 3D exercises, patient-recorded videos, and education for complex or recurrent cases
 - Any effective plan can be saved as a template for future similar patients
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Works for Solo Clinicians and Teams

- Solo, small-team, and larger-team plans so everyone can use the same system
 - We help you invite colleagues, set simple "house rules," and build a quick internal how-to for new starters
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Use With or Without Orthoses

Standalone Rehab Platform

Use our load-based rehab pathways, exercise progressions, and patient education for conditions such as plantar heel pain, PTTD, MTSS, and peroneal tendinopathy—even if you do not prescribe orthoses. Orthoses can be added later for selected patients if they would materially improve load management.

Integrated With MM Orthoses

When orthoses are indicated, we design devices that fit your rehab plan (e.g., enough support to reduce pain and allow strengthening, without blocking desired loading). You get a coherent package: assessment → orthoses (where needed) → rehab → review and refinement.

How RehabHub 3D Links to MM Podiatry & Orthotics

- MM provides the orthotic engine: digital workflow from scan/foam to CAD to 3D-printed devices
- RehabHub 3D is the clinical interface: pathways that link devices, exercises, footwear, and education
- Build condition-specific pathways (e.g., "Plantar Fascia—Orthoses + Rehab") your whole team can use consistently

Making Your Package Truly Complete

Through the MM Podiatry & Orthotics platform, you can extend your RehabHub 3D pathways with additional rehab aids and curated external resources:

Physical Aids Used Alongside Orthoses and Exercises

Resistance bands and tubing, stretching bands and straps, sliders for closed-chain and control work, balance and wobble boards, foam pads—simple, clinic-friendly tools that support strength, control, and proprioception.

Return to Activity Guidance

For broader topics such as return to running, strength training, walking programs, or general physical activity, we signpost to carefully selected external resources and providers. This allows you to offer patients structured, high-quality guidance beyond the immediate foot and ankle problem.

In combination, you can offer: assessment and diagnosis, a clear load-management and rehab plan, bespoke orthoses where indicated, simple adjunct tools to support the plan, and trusted external guidance on returning to meaningful activities.

See It in Your Clinic

Book a 20-minute call and we will:

- Set up your 30-day free trial
- Build your top 3–5 protocols into RehabHub 3D
- Show you how to send your first 3D rehab plan in under 10 minutes

No obligations, no hard sell—just a chance to see if it fits the way you already work.

MM Podiatry & Orthotics | Founded and run by working MSK clinicians

www.mmpodiatryandorthotics.co.uk | [contact details]