

AI Support Disclosure & Client Consent for Physical Therapy

Please read this before you start using Psybird · Version pt-2026-10-16 · October 16, 2026

1. Introduction

Psybird.ai ("Psybird" or "Psy"), operated by Any Percent LLC, is software your physical therapist may use to support the home exercise program they set for you between visits. Psybird is used only as part of the care your physical therapist directs. It is not a physical therapist, doctor, healthcare provider or emergency service, and it does not replace your physical therapist. Please read this carefully and ask your physical therapist about anything that is unclear.

2. You are talking with an AI, not a person

Psy is an artificial-intelligence system, not a person and not a physical therapist. The app says so where you chat with Psy, and if you ask Psy what it is, it tells you plainly.

3. What Psy does

Psy is a companion for the program your physical therapist set. It can talk you through your exercises, answer your questions about them, including about pain and symptoms, and tell you what published research says. It may suggest easing off, doing more, or trying a different exercise. **Psy's suggestions are general information, not your physical therapist's instructions, and they never change your program.** You decide whether to follow one; you can, for example, use fewer repetitions for one day. Psy never recommends anything that goes against a precaution your physical therapist recorded, and its suggestions are passed to your physical therapist to look at. AI responses may not always be accurate: when something Psy says does not match what your physical therapist told you, follow your physical therapist.

4. Exercise carries risk

Exercise, including your home program, can cause injury, and the risk is never zero, even when the program is right for you. Do only the exercises your physical therapist assigned, at the amount they set and within the precautions they gave you. **Stop if you feel sharp pain, pain that keeps getting worse, dizziness, new numbness or tingling, or anything that feels wrong,** and tell your physical therapist. Section 3A of the Terms of Use for Clients says what you accept about that risk as between you and Psybird.

5. Not for emergencies, and not watched live

No one watches your Psybird activity as it happens. Your physical therapist sees what you log and what you write later, not live. **If something feels wrong during an exercise, stop.** Call 911 for chest pain or tightness, trouble breathing at rest, fainting, sudden weakness or numbness, slurred speech, a fall with a head injury, or any other emergency, and tell your physical therapist about new or worsening pain, numbness, tingling or swelling. If you tell Psy about something that may be an emergency, it tells you to call 911 or go to the emergency room, and your physical therapist is told later. If you are thinking about harming yourself, call or text 988. Never rely on Psybird as your only source of help.

6. Your physical therapist's involvement

Your physical therapist may review information from your use of Psybird, including your conversations with Psy, the messages you exchange with them, the exercises you complete, the pain and effort ratings you give, and your activity in the app, to follow your progress and support your care. They may use it to document your care, including for remote monitoring they bill to your insurance.

If your physical therapist works within a clinic. If your physical therapist's practice is part of a clinic that uses Psybird, people at the clinic can see what the clinic allows each of them to see. Those it allows to see clinical records can see everything your physical therapist can see in Psybird, including your conversations with Psy, your messages and your exercise logs, and including what was recorded before your physical therapist joined the clinic. The clinic may book, move or cancel your visits, and Psybird tells you when it does. The clinic may also move your care to another physical therapist in the same clinic; if it does, Psybird tells you your new physical therapist's name, and your booked times stay the same with them. The clinic may add to your documents a form you signed outside Psybird, which you can open in the app. If the clinic removes your physical therapist from the clinic, it keeps a read-only copy of your record as it stood that day. People at the clinic do not write your physical therapist's notes and do not message you or call you as your physical therapist.

Messages from the clinic. The clinic may write to you in the app, in a conversation of its own that shows the clinic's name, and you can reply there. You see that conversation only once the clinic has written to you. Everyone at the clinic who uses Psybird can read it and write in it. Your physical therapist does not see it in their own practice, unless the clinic has also given them access to the clinic's side of Psybird. A notification of a new message there says only that you have a new message from your clinic, and the clinic does not email you through Psybird. The clinic may send you a superbill there, a record of the visits you have paid for that you can give your insurer. If you leave your physical therapist's practice, or their practice leaves the clinic, you can no longer see that conversation, and the clinic keeps its record of it.

7. Your home program

Your physical therapist may use Psy, an AI, to draft your home program. Your physical therapist reviews every exercise before it is assigned to you. Where your physical therapist set up easier and harder versions of an exercise, the app may move you to another of those versions, for example after a run of workouts you rated too easy or after your pain rose past the limit your physical therapist set; your physical therapist is told each time and can undo it.

8. Your plan of care and your coverage

Where Medicare requires it, your physical therapist is responsible for having your plan of care approved by your doctor on time. Under Medicare's rules, a claim denied because that approval was missing or late can be your responsibility to pay. Ask your physical therapist if you have questions about your coverage.

If a physical therapist assistant provides part of a visit under your physical therapist, your superbill names the assistant, and insurance claims for that visit say that an assistant provided part of it.

9. Your information

Psybird collects, uses and shares your health-related information through the app with your physical therapist, and with their clinic if they work within one, as this document and the Privacy Policy describe, and protects it as the business associate of your physical therapist under HIPAA. When Psy looks up published research to answer you, only the topic of your question is searched, never your own words or your name. No AI is trained on your data.

10. Adults only

You must be an adult to use Psybird with a physical therapist: 18 or older, and at least the age of majority where you live.

11. Your choices

Using Psybird is your choice. You can stop at any time, tell your physical therapist, and delete your account in the app's Settings. Your physical therapist keeps their own records of your care.

12. Your consent

In the app you check each statement below; checking them records your consent like a signature, with the date and time:

- I understand my physical therapist may review my PsyBird conversations, messages, exercise logs and activity; that if my physical therapist works within a clinic on PsyBird, people at the clinic may see them too; and that messages I exchange with the clinic itself are read by people at the clinic.
- I understand PsyBird is not monitored in real time and is not for emergencies. If something feels wrong during an exercise, I stop, and for an emergency I call 911.
- I understand Psy is an AI, not a person and not a physical therapist, and it does not replace my physical therapist, who directs my care.
- I understand AI responses may not always be accurate, and that Psy's suggestions about my exercises are not my physical therapist's instructions.
- I understand exercise can cause injury. I follow the program and precautions my physical therapist set, and I stop and tell them if something feels wrong.
- I understand my physical therapist may use Psy, an AI, to draft my home program, and reviews every exercise before it is assigned to me.
- I understand no AI is trained off of my data.
- I consent to the collection, use, and sharing of my health-related information through this app with my physical therapist, and with my physical therapist's clinic if they work within one, as described in the consent document and privacy policy.
- I consent to using PsyBird as part of the care directed by my physical therapist.
- If my physical therapist bills my insurance, I assign my insurance benefits to my physical therapist, or to the practice that bills for them, and allow them to share with my insurer what it needs to pay my claims.

The Terms of Use for Clients is a separate agreement. The last box in the app is your agreement with Psybird about using the app, not part of this consent: "I agree to the PsyBird Terms of Use for Clients, the agreement between me and PsyBird about using the app, including Section 3A on the risks of exercise and the limit on PsyBird's responsibility in Section 12."

12A. Insurance billing: assignment of benefits and release of information

If my physical therapist bills my health insurance for my care, I assign to my physical therapist, or to the practice that bills for them, the insurance benefits that would otherwise be paid to me for those services. I authorize my physical therapist and that practice to release to my insurer, and to the clearinghouse that sends claims for them, the information my insurer needs to process and pay my claims, such as who I am, my diagnosis, and the dates and kinds of services, and, when my insurer asks for them, the records of those services. This lasts while I receive care and until my claims are settled. I may revoke it in writing at any time, but not for claims already sent. A copy of this consent is as valid as the original.