

# Recoverly

A simple symptom tracker for spine recovery  
Built by a patient, for patients

After my L5/S1 microdiscectomy, my symptoms blurred together day to day — glute pain, tingling, spasms, and the constant question of whether things were improving or just different. When my PT or surgeon asked how I was doing, I struggled to answer clearly.

I built **Recoverly** to help myself track symptoms consistently and notice patterns over time.

## What Recoverly Helps With

- Log daily symptoms in seconds
- See trends over days and weeks instead of relying on memory
- Reduce second-guessing about progress or setbacks
- Prepare clearer updates for PT or follow-up visits

## How It's Used

Patients log symptoms once per day. Over time, patterns become visible, and users can optionally export a PDF summary to share during appointments.

## Free vs. Premium

**Free:** Unlimited daily tracking; view the most recent 3 days

**Premium (one-time \$14.99):** Full history, insights & trends, and PDF export

*The free version is fully usable. Premium is optional.*

The screenshot displays the 'Today' screen of the Recoverly app. At the top, it says 'Today' and '0 means no pain, 10 is the worst you can imagine.' Below this are five symptom categories, each with a rating scale from 0 to 10:

- Back** (3/10): Lower back discomfort or aching. Rating: 3.
- Glute** (2/10): Hip or glute discomfort. Rating: 2.
- Leg nerve** (5/10): Radiating pain down the leg. Rating: 5.
- Tingling** (3/10): Pins and needles or numbness. Rating: 3.
- Spasms** (3/10): Muscle tightness or pulsing. Rating: 3.

Below the symptoms is an 'Activity' section with 'Activity tolerance (minutes)':

- Walking**: 25 min
- Sitting**: 45 min

At the bottom are four navigation icons: Today (selected), History, Insights, and Settings.

## Privacy & Medical Disclaimer

Recoverly does not provide medical advice. Data stays on the user's device and is intended only to support clearer conversations with care providers.



**Download on the App Store**  
Scan to install Recoverly on iPhone

*Info & screenshots:*  
<https://richr44.github.io/recoverly/>