

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

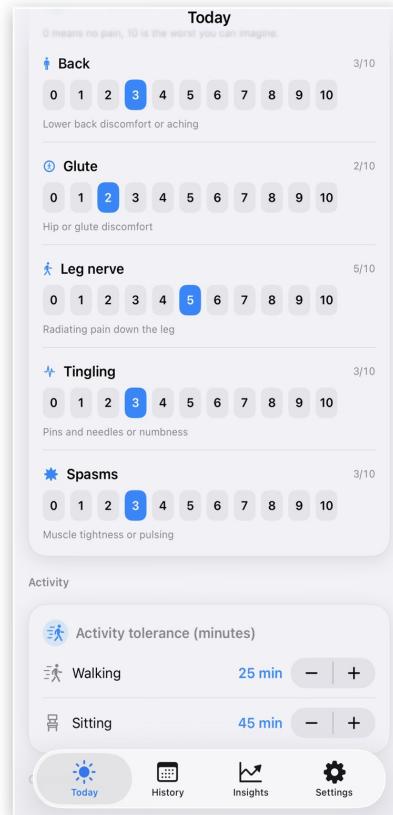
Patients log symptoms once per day. Over time, patterns become visible, and users can optionally export a PDF summary to share during appointments.

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.



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/>