Physitrack PLC: Notification of Managers' Transactions

Physitrack PLC ("Physitrack" or the "Company") today announces notifications of transactions by persons discharging managerial responsibilities, received in accordance with Article 19 of the EU Market Abuse Regulation.

On 20 August 2026, the Company granted share options to three persons discharging managerial responsibilities under the Physitrack PLC Share Option Plan 2026, adopted on 16 August 2026. The options were granted for no consideration and carry an exercise price of SEK 8.40 per ordinary share, being the closing price of the Company's share on 19 August 2026.

The options are subject to performance conditions based on revenue growth over a three-year period, with an EBITDA underpin, and vest on 20 August 2029. They are exercisable in two equal tranches between the fifth and sixth anniversaries of grant and thereafter until the final exercise date. The Company intends to satisfy exercises using shares held in treasury.

Name	Per Henrik Molin	
Position	Chief Executive Officer	
Instrument	Call option over ordinary shares	ISIN GB00BK80TJ35
Nature of transaction	Allotment, linked to a share option programme	
Volume	118,071	Price: SEK 0
Date / venue	20 August 2026 / outside a trading venue	

Name	Matthew John Poulter	
Position	Chief Financial Officer	
Instrument	Call option over ordinary shares	ISIN GB00BK80TJ35
Nature of transaction	Allotment, linked to a share option programme	
Volume	66,545	Price: SEK 0
Date / venue	20 August 2026 / outside a trading venue	

Name	Jack Goodwin	
Position	Chief Operating Officer	
Instrument	Call option over ordinary shares	ISIN GB00BK80TJ35
Nature of transaction	Allotment, linked to a share option programme	
Volume	55,071	Price: SEK 0
Date / venue	20 August 2026 / outside a trading venue	

The notifications have been submitted to Finansinspektionen and are available in its PDMR transactions register.

About Physitrack

Physitrack plc (Nasdaq First North: PTRK), d/b/a Physitrack Group, is a global digital health and wellness SaaS delivering personalized, scalable remote care through its Physitrack and Champion Health platforms.
Physitrack enables healthcare providers to deliver and manage app-guided physical and occupational rehabilitation with measurable patient outcomes and built-in billing and reimbursement support, while Champion Health provides businesses with mental, physical, and financial wellbeing solutions to support workforce health and productivity.

Physitrack Group's solutions seamlessly integrate with existing systems, including EMR/EHR /PMS connectivity, and are trusted by more than 80,000 providers and organizations across 180+ countries. For more information, visit **www.physitrackgroup.com** and follow us on **LinkedIn** and **X**.

Enquiries regarding this announcement should be addressed to:

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This information is information that Physitrack PLC is obliged to make public pursuant to the EU Market Abuse Regulation. The information was submitted for publication, through the agency of the contact persons set out above, at 2026-08-26 08:00 CEST.

Attachments

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