PRESS RELEASE
21 July 2026 15:35:00 CEST

Physitrack PLC — Notification of Managers' Transactions

Physitrack PLC ("Physitrack" or the "Company") announces that it has received notification of the following transaction in the Company's shares by a Person Discharging Managerial Responsibilities (PDMR).

On 21 July 2026, Henrik Molin, CEO and Founder, acquired 30,000 ordinary shares in Physitrack PLC at a price of 8.2116 per share. Following the transaction, Henrik Molin holds 4,112,700 shares, representing approximately 25.3% of the Company's issued share capital.
This notification is made in accordance with Article 19 of the Market Abuse Regulation (EU 596/2014).

Notification of transaction

1. Name	Henrik Molin
2. Reason for notification	
a) Position	Chief Executive Officer (PDMR)
b) Initial/amendment	Initial notification
3. Issuer	Physitrack PLC
LEI	213800PC4QYNWHPCP774
4. Transaction details	
a) Instrument / ISIN	Ordinary shares / GB00BYX22590
b) Nature of transaction	Acquisition
c) Price and volume	Price: 8.2116 SEK— Volume: 30,000
d) Aggregated information	4,112,700 shares
e) Date of transaction	21 July 2026
f) Place of transaction	Nasdaq First North Growth Market Stockholm (PTRK)

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 2026-07-21 15:35 CEST.

Attachments

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