

# Back up and Restore Data in Posture Pro

You can use two methods of backing up and restoring Posture Pro patient data.

1. Copy the C:\PP8\PPDATA folder (C:\PPV\PPDATA on older versions) and paste it into c:\PP8. Caution: This will overwrite any data that is in the PPDATA folder on the new machine.

or

2. Use the Backup/Restore feature to automatically create a backup copy of PPDATA and restore it at a later date.

Here a short movie on how to do that:

<http://www.posturepro.com/help/Backup%20or%20Restore%20Database/Backup%20or%20Restore%20Database.html>

<http://www.posturepro.com/help/Backup%20or%20Restore%20Database/Bac>

[kup%20or%20Restore%20Database.html](#)

Online URL: <https://posturepro.phpkb.cloud/article.php?id=16>