M-Health and Physiotherapy

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Abstract

Rehabilitation exercises are those exercises that help in improving joint and muscle function, helping people stand, balance, walked. But these exercises work if done regularly and done as proposed by the therapist. Sometimes the patients has problems like scheduling their daily tasks, their commitment for doing those exercises, and some other difficulties similar to this. Thus failing to do the movements and get benefit from the exercises. This paper proposes a system that provides an intuitive way for rehabilitation. This system contains use of pervasive health technologies for addressing the difficulty. The system would provide a graphical interface that would help the physiotherapist to create exercises in 3D environment, wherein he would be animating a humanoid to show how the exercise is to be done. This would show to be more intuitive to patients rather than on paper. The system would also let therapist to monitor patient while he/she is exercising.

References


**Index Terms**

Computer Science  
Bio-medical

**Keywords**

Mobile Application  Rehabilitation Exercises  Intuitive Exercise Program  smart Health.