TherapEase

Syncing Patient Movement with Care

TherapEase

At-Home Physiotherapy Monitoring App

MEET THE DEVELOPERS

SOMAY SINGH

Backend And Machine Learning Engineer

BSc (Hons.) Computer Science 3rd year
Applied AI Engineer focusing on, real world applications

KESHAV PAL

Frontend Dev And Database Architect

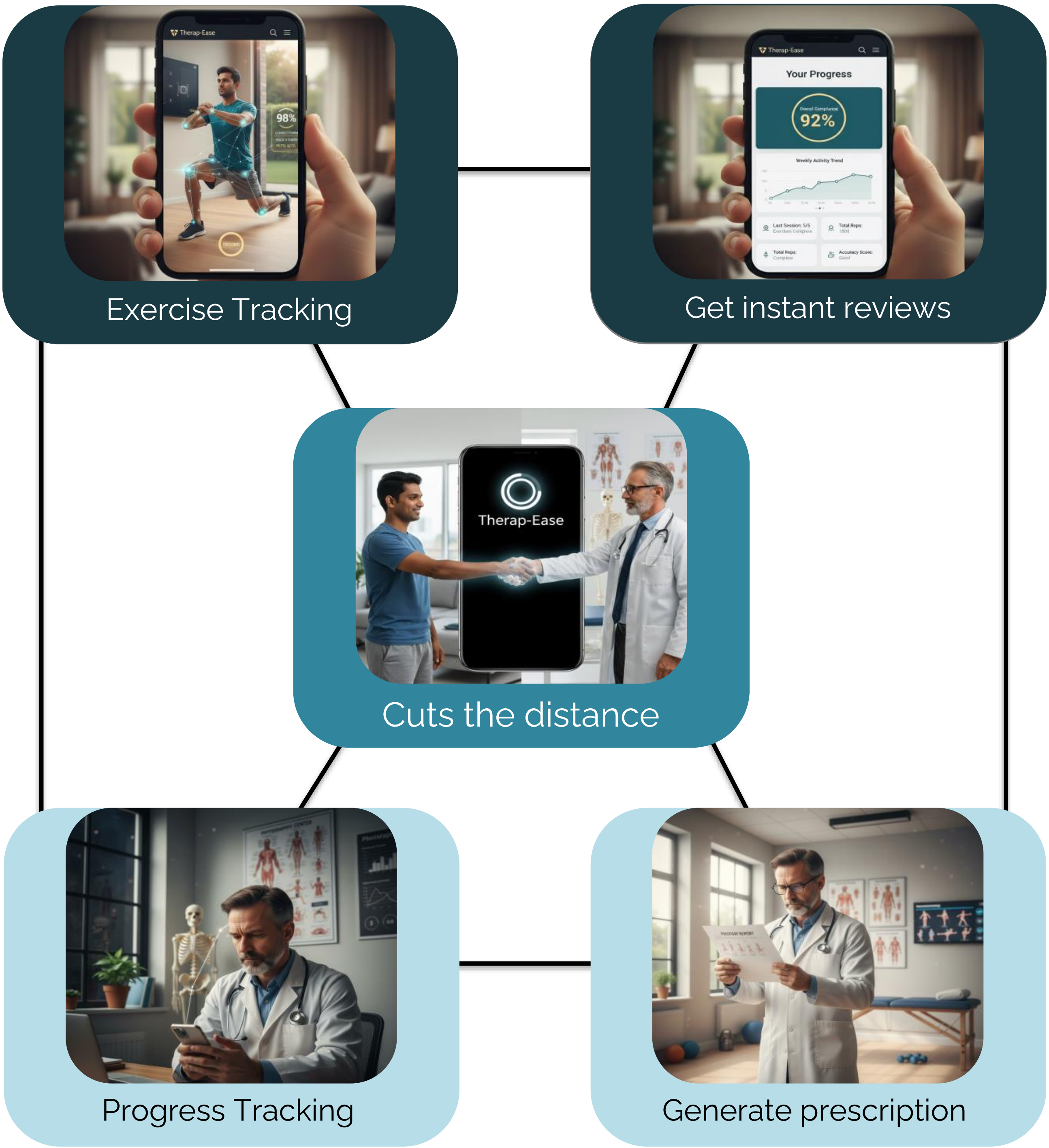
BSc (Hons.) Computer Science 3rd year
Software Developer, with a focus on Data & Automation

SHIVAM YADAV

Lead Product Strategist And Researcher

BSc (Hons.) Computer Science 3rd year
Specializing in Python-driven research for ML models

THE CORE ECOSYSTEM


Therap-Ease
98%
Therap-Ease
Your Progress
92%
Weekly Activity Trend
Therap-Ease

Exercise Tracking

Get instant reviews

Cuts the distance

Progress Tracking

Generate prescription

GENESIS VISION

The moment of discovery happened in August 2025, first aimed as a college project.

Somay was the one to come up with the idea of TherapEase!

Keshav took this opportunity to learn about mobile app development!

Project development began during late September, aiming to make it a mobile app

The majority of UI was done and the designing of backend started in mid October

By November, the prototype was ready and the work on tracking function began

Shivam analyzed the roadmap and performed risk analysis!

Now to scale it, with enhanced functionalities was decided in the late December.

BEHIND THE WORKFLOW

Doctors can review the reports and adjust exercise plans, intensity, or frequency without needing an in-person visit.

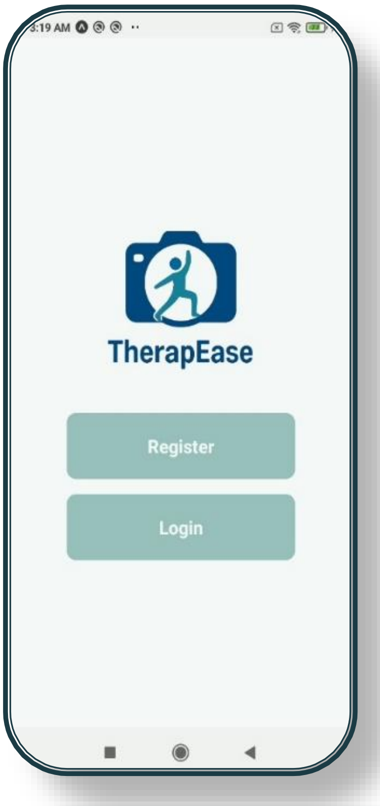
The app monitors patients' exercises through camera or and provides feedback on their performance and progressions.

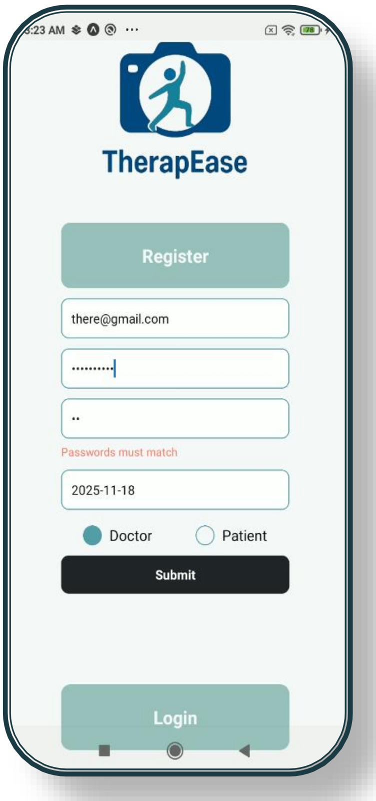
` Greatly reduce the need for frequent hospital visits, easing overcrowding and avoid financial burden on travel expenses.

Designed for all age groups, with easy to learn navigation, exercise steps, and reminders to improve the posture for speedy recovery and correct rep count.

` All exercise data will be automatically collected and converted into a clear, structured PDF report.

WHAT'S INSIDE


3:19 AM
TherapEase
Register
Login


3:23 AM
TherapEase
Register

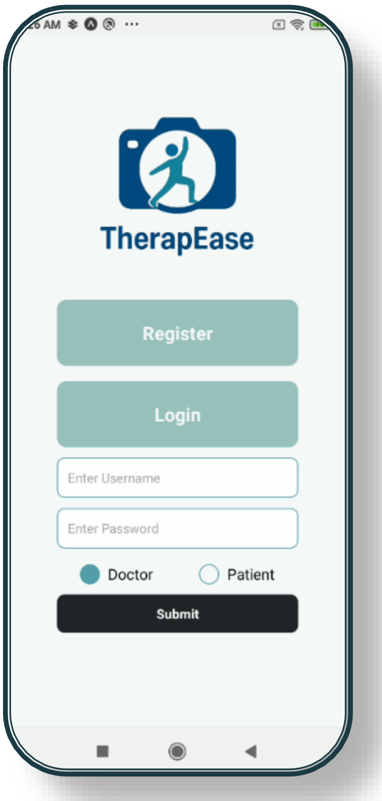
there@gmail.com

Passwords must match

2025-11-18

● Doctor ○ Patient

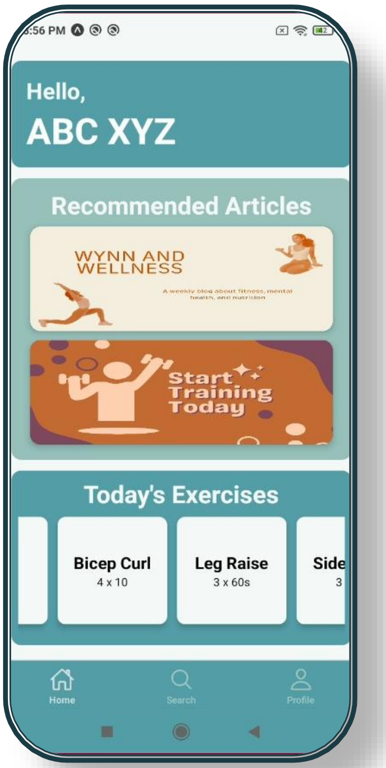
Submit
Login


TherapEase
Register
Login
Enter Username
Enter Password

● Doctor ○ Patient

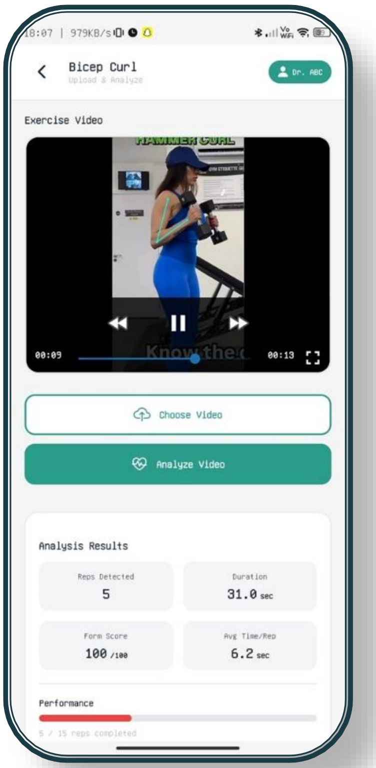
Submit

LOGIN / REGISTERATION PAGE


5:56 PM

Hello,
ABC XYZ

Recommended Articles
WYNN AND WELLNESS
Start Training Today
Today's Exercises
Bicep Curl
4 x 10
Leg Raise
3 x 60s
Side
3
Home
Search
Profile

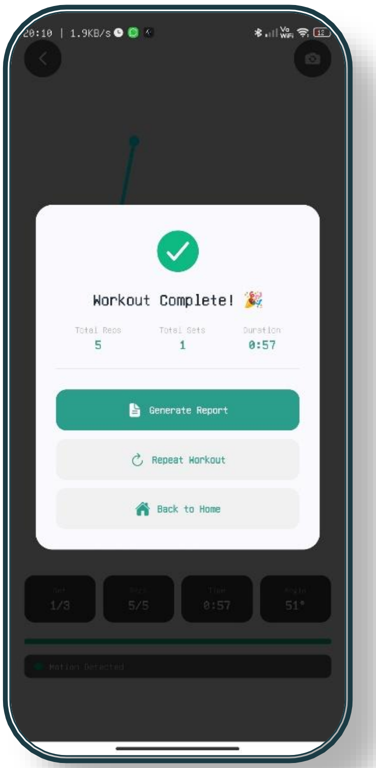

18:07 | 979KB/s
Bicep Curl
Upload & Analyze
Dr. ABC
Exercise Video
HAMMER CURL
00:09
00:13
Choose Video
Analyze Video

Analysis Results

Reps Detected 5	Duration 31.0 sec
Form Score 100 /100	Avg Time/Rep 6.2 sec

Performance

5 / 15 reps completed

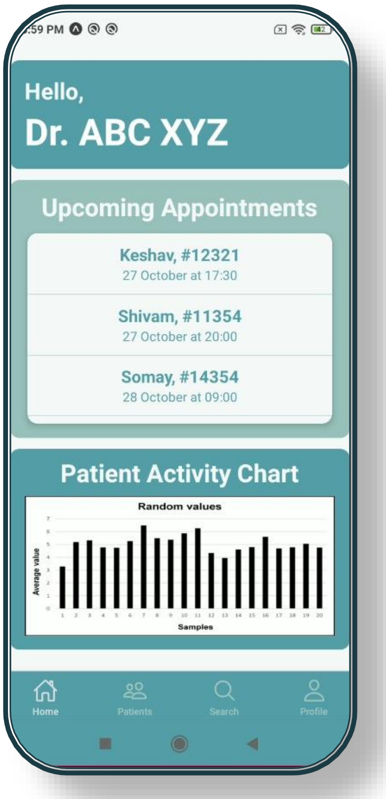

20:10 | 1.9KB/s

Workout Complete! 🎉

Total Reps	Total Sets	Duration
5	1	0:57

Generate Report
Repeat Workout
Back to Home
1/3
5/5
0:57
51°
Motion Detected

PATIENT SCREEN


Hello,

Dr. ABC XYZ

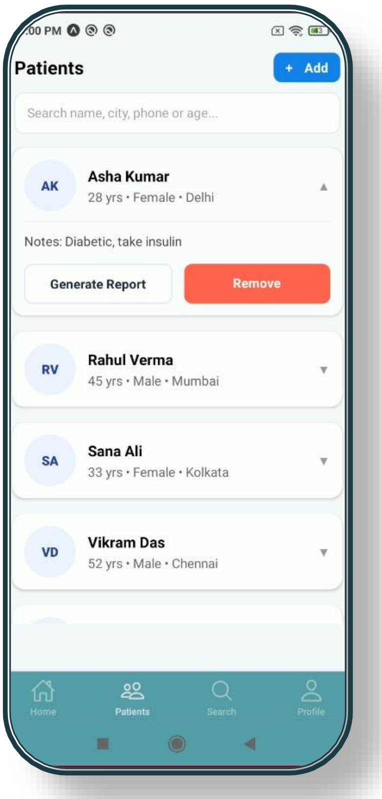
Upcoming Appointments

Keshav, #12321
27 October at 17:30

Shivam, #11354
27 October at 20:00

Somay, #14354
28 October at 09:00

Patient Activity Chart
Random values
Average value
Samples
Home
Patients
Search
Profile


Patients

Search name, city, phone or age...

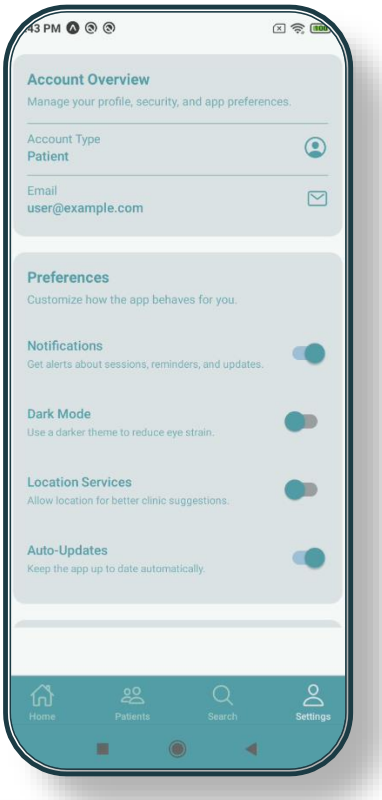
Asha Kumar
28 yrs • Female • Delhi

Notes: Diabetic, take insulin

Rahul Verma
45 yrs • Male • Mumbai

Sana Ali
33 yrs • Female • Kolkata

Vikram Das
52 yrs • Male • Chennai
+ Add
AK
Generate Report
Remove
RV
SA
VD
Home
Patients
Search
Profile


Account Overview

Manage your profile, security, and app preferences.

Account Type: Patient

Email: user@example.com

Preferences

Customize how the app behaves for you.

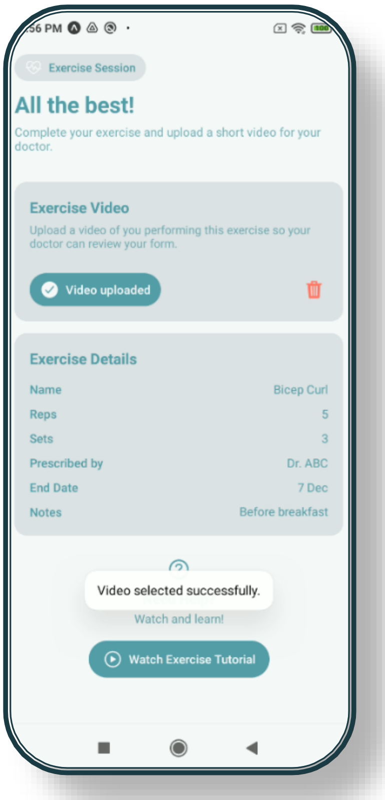
Notifications: Get alerts about sessions, reminders, and updates.

Dark Mode: Use a darker theme to reduce eye strain.

Location Services: Allow location for better clinic suggestions.

Auto-Updates: Keep the app up to date automatically.
Home
Patients
Search
Settings

DOCTOR SCREEN


Exercise Session

All the best!

Complete your exercise and upload a short video for your doctor.

Exercise Video

Upload a video of you performing this exercise so your doctor can review your form.

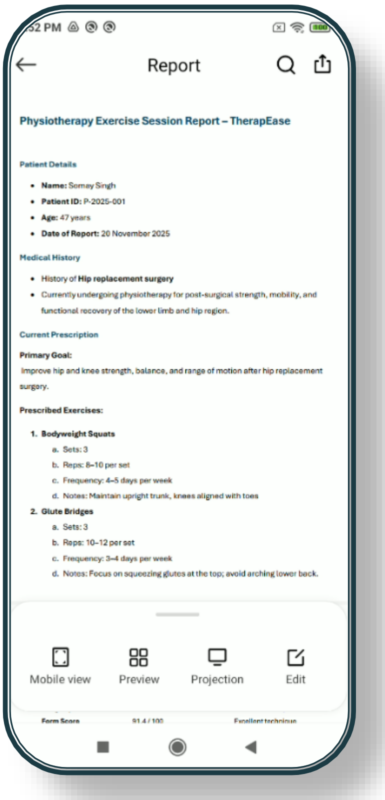
Video uploaded

Exercise Details

Name	Bicep Curl
Reps	5
Sets	3
Prescribed by	Dr. ABC
End Date	7 Dec
Notes	Before breakfast

Video selected successfully.

Watch and learn!
Watch Exercise Tutorial


Report

Physiotherapy Exercise Session Report – TherapEase

Patient Details

- **Name:** Somay Singh
- **Patient ID:** P-2025-001
- **Age:** 47 years
- **Date of Report:** 20 November 2025

Medical History

- History of **Hip replacement surgery**
- Currently undergoing physiotherapy for post-surgical strength, mobility, and functional recovery of the lower limb and hip region.

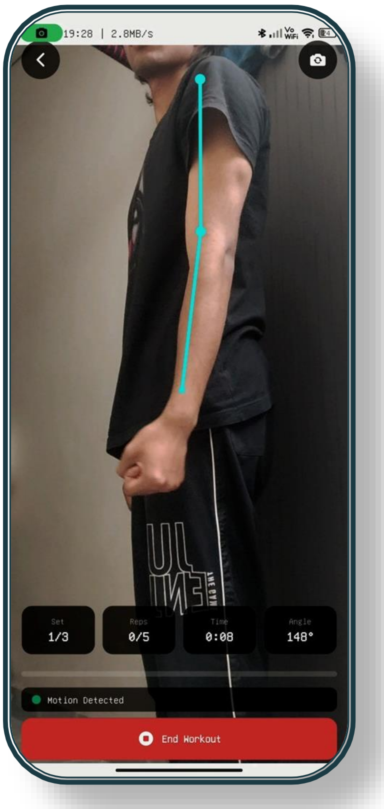
Current Prescription

Primary Goal:
Improve hip and knee strength, balance, and range of motion after hip replacement surgery.

Prescribed Exercises:

1. **Bodyweight Squats**
   a. Sets: 3
   b. Reps: 8–10 per set
   c. Frequency: 4–5 days per week
   d. Notes: Maintain upright trunk, knees aligned with toes
2. **Glute Bridges**
   a. Sets: 3
   b. Reps: 10–12 per set
   c. Frequency: 3–4 days per week
   d. Notes: Focus on squeezing glutes at the top; avoid arching lower back.

Form Score 91.4 / 100 Excellent technique
Mobile view
Preview
Projection
Edit


19:28 | 2.8MB/s
Set
1/3
Reps
0/5
Time
0:08
Angle
148°
Motion Detected
End Workout

EXTRA SCREENS (Report, Upload, Camera)

IMPACT BEYOND THE CODE

The ultimate **ambition** of the project extends far beyond algorithmic precision. The team is driven by a singular **mission**: to ensure that high-quality rehabilitative care is no longer a luxury, but a fundamental **right**.

By leveraging **open-source** technology and standard mobile hardware, the initiative seeks to bridge the global healthcare gap, transforming every smartphone into a **clinical ally** and bringing expert-guided **recovery** to the most underserved corners of the world.

NOTE: TherapEase is currently in active development. Interested in making an impact? Contact the developers to collaborate.

ARTICLE BY:

Keshav Pal
BSc (H.) Computer Science 3rd year

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