



**P.E.I.R.**  
(PHYSICAL EXERCISE FOR INJURY RECOVERY)

**Project**

# Meet the group

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# INTRODUCTION

Injury is a common problem among us. It can be happened anywhere and anytime. Thus, recovery time for the injury must be shorten so that we can live our lives normally without any distraction from the injury. One of the ways to recover the injury quickly is by doing physical exercises. However, the process of finding the exercise for specific injuries can be challenging without professional guidance. To address this challenge, we decided to design a physical exercise app for injury.

# Implement Design thinking phase

Stage 1

EMPATHY

Stage 2

DEFINE

Stage 3

IDEATE

Stage 4

PROTOTYPE

Stage 5

TEST

# EMPATHY

In the empathy stage, this stage required us to gather views from those that are facing problems which are going to be the users of our product. With the views obtained, we may then understand the needs or requirements from users so that the solution or product made can fulfil the needs of users.

Question list :

- 1.How often do you experience physical injuries as a student?
- 2.Do you think it is important to properly treat and recover from a physical injury?
- 3.Have you used any treatments or remedies for the injury so far? If so, what were they?
- 4.Are there any activities that make the pain worse or better?
- 5.If there was an app that could help monitor and support your recovery from a physical injury, would you use it?

With these questions, we already send a survey to users where these questions were asked and the responses has been recorded.

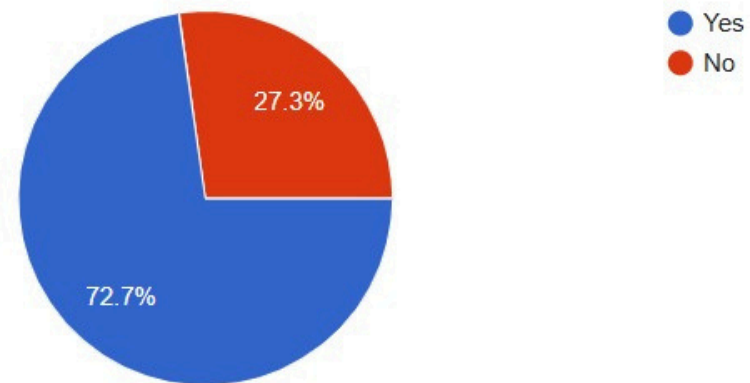


# SURVEY

Do you have any experienced on exercise that make your physical condition worse?

22 responses

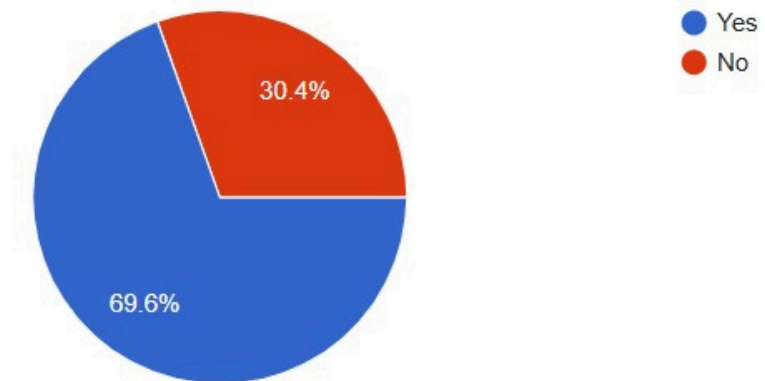
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If there was an app that could help monitor and support your recovery from physical injury, would you use it?

23 responses

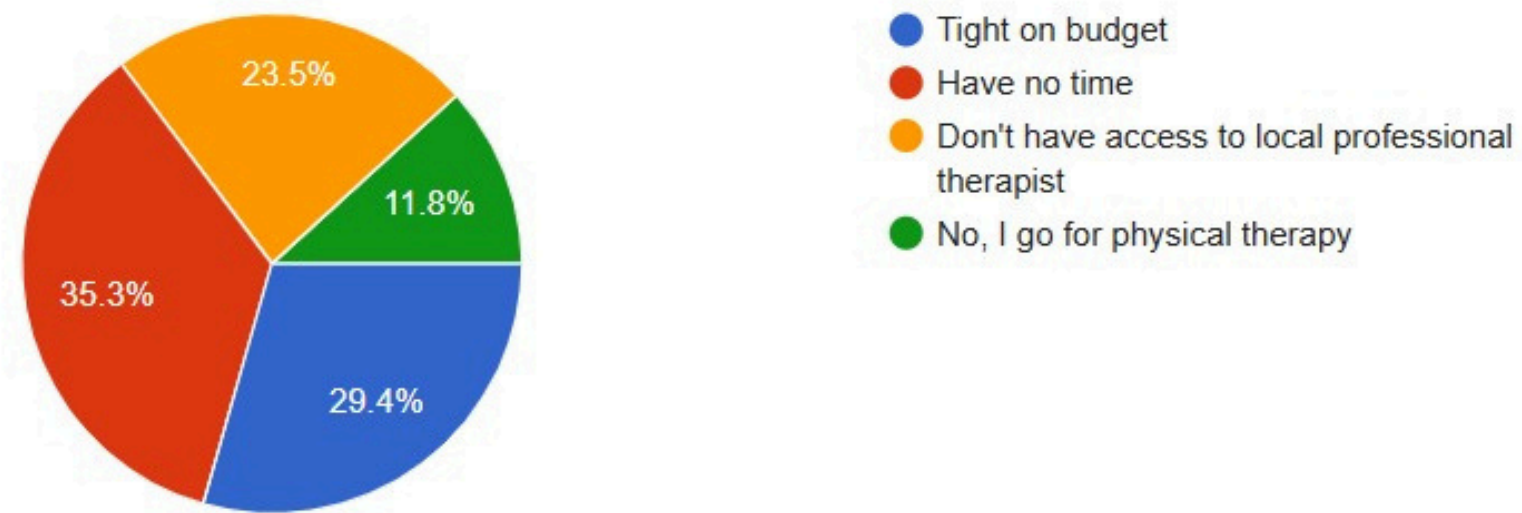
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What is the reason you don't go to physical therapy?

17 responses

 [Copy chart](#)

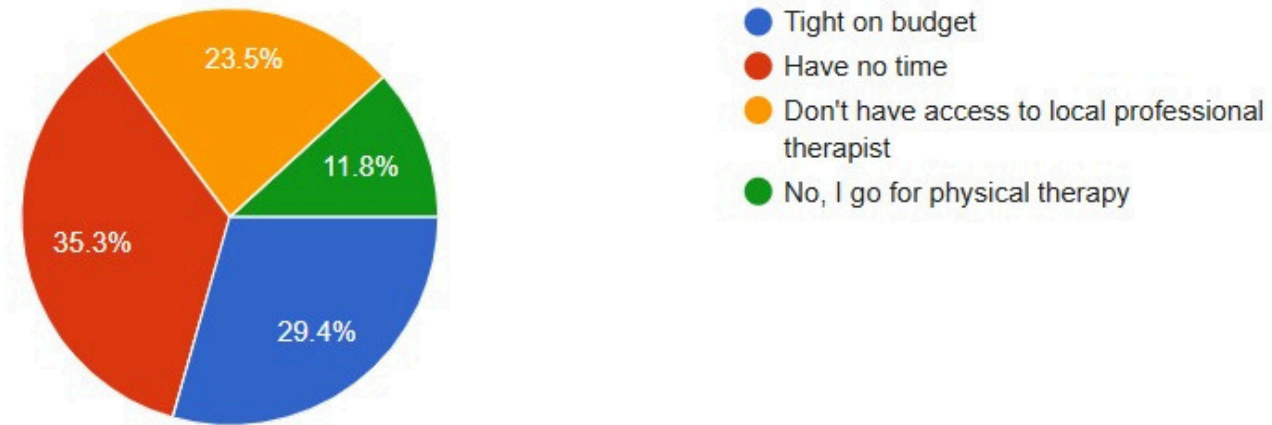


# SURVEY

What is the reason you don't go to physical therapy?

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17 responses



Have you used any treatments or remedies for the injury so far? If so, what were they?

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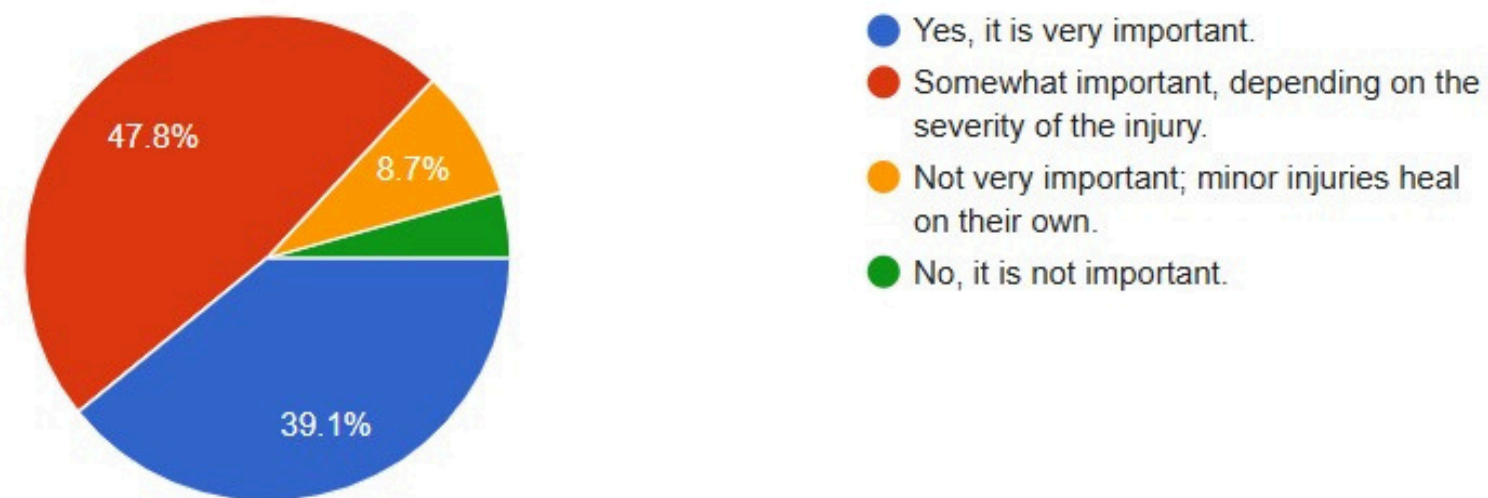
23 responses



Do you think it is important to properly treat and recover from a physical injury?

[Copy chart](#)

23 responses



# DEFINE

During this phase, we gathered all the answers that we gathered from the Google Form (Survey) from the users and collected all the various of answers from them to make our application improve the accuracy of our analysis about the physical injury.





# DEFINE: CONCLUSION

Injury is common things among them, so they need something that is easy and quick to access

They are interested to use an app to help monitor and support their recovery from a physical injury.

Medication is an important thing for them

They have no budget and time to do physical therapy

Most of them have an experience on exercise that make their physical condition worse

Injury is the things that need to be treated from them

# IDEATE



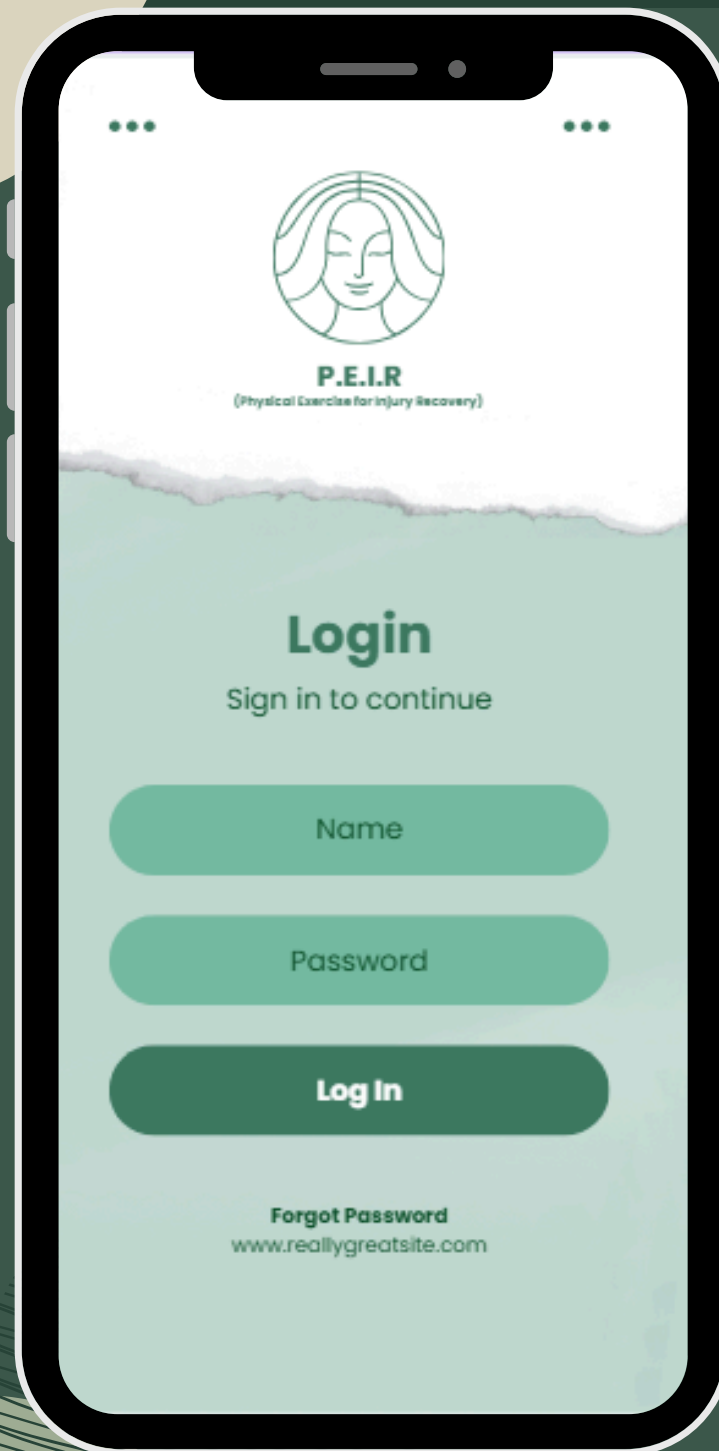
We have had several meetings to brainstorm solving the problem of our users. Behind proofs the discussion sessions we had as a team.

# IDEATE



| ideas                              | reason  |
|------------------------------------|---|
| create an app                      | <ul style="list-style-type: none"><li>• can access it anywhere and anytime</li></ul>  |
| add features for AI chat           | <ul style="list-style-type: none"><li>• Ask recommendation for medication that suitable for injury faced.</li><li>• To guide users on what exercise is suitable for the recovery injury</li></ul> |
| no subscription needed for the app | <ul style="list-style-type: none"><li>• Make it easier for users and they don't need to spend money on our application</li></ul>  |

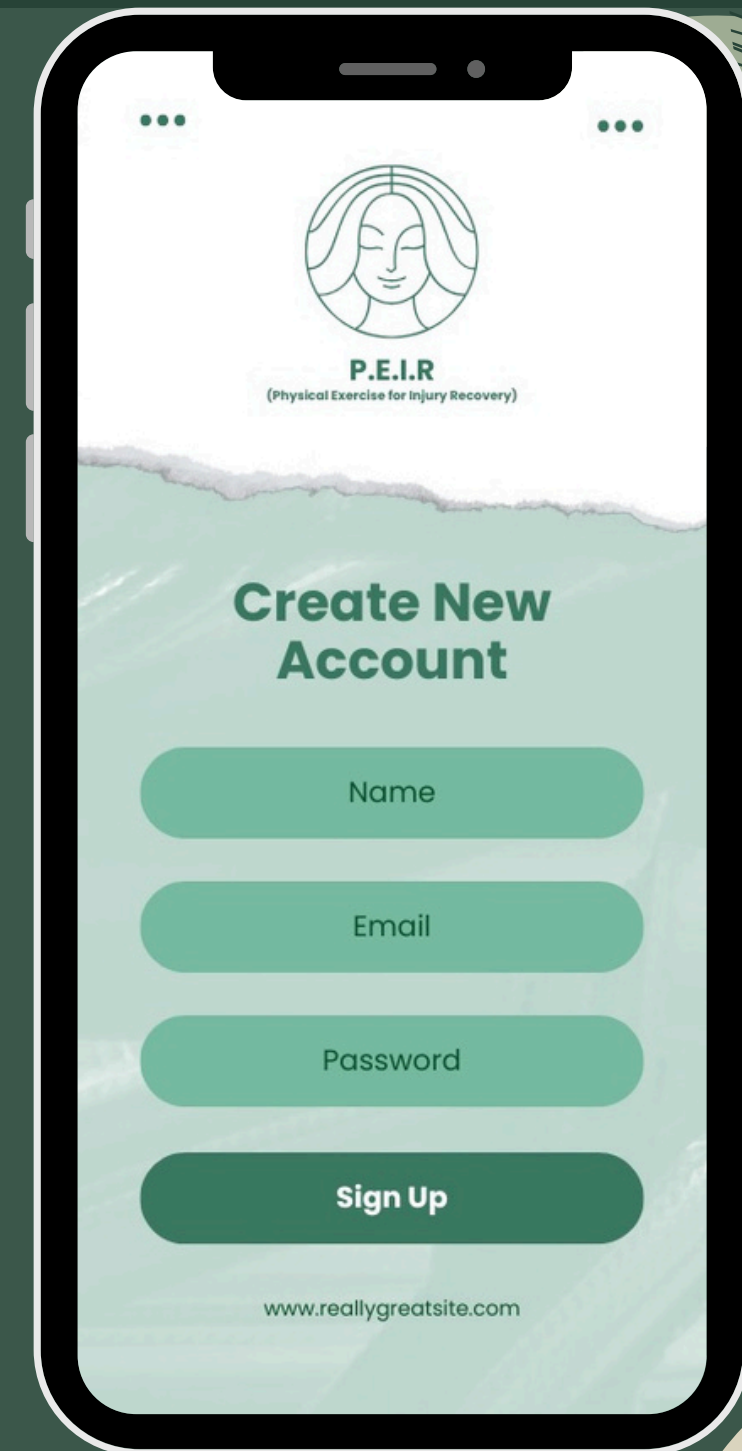
# Prototype



## Login / Create Account

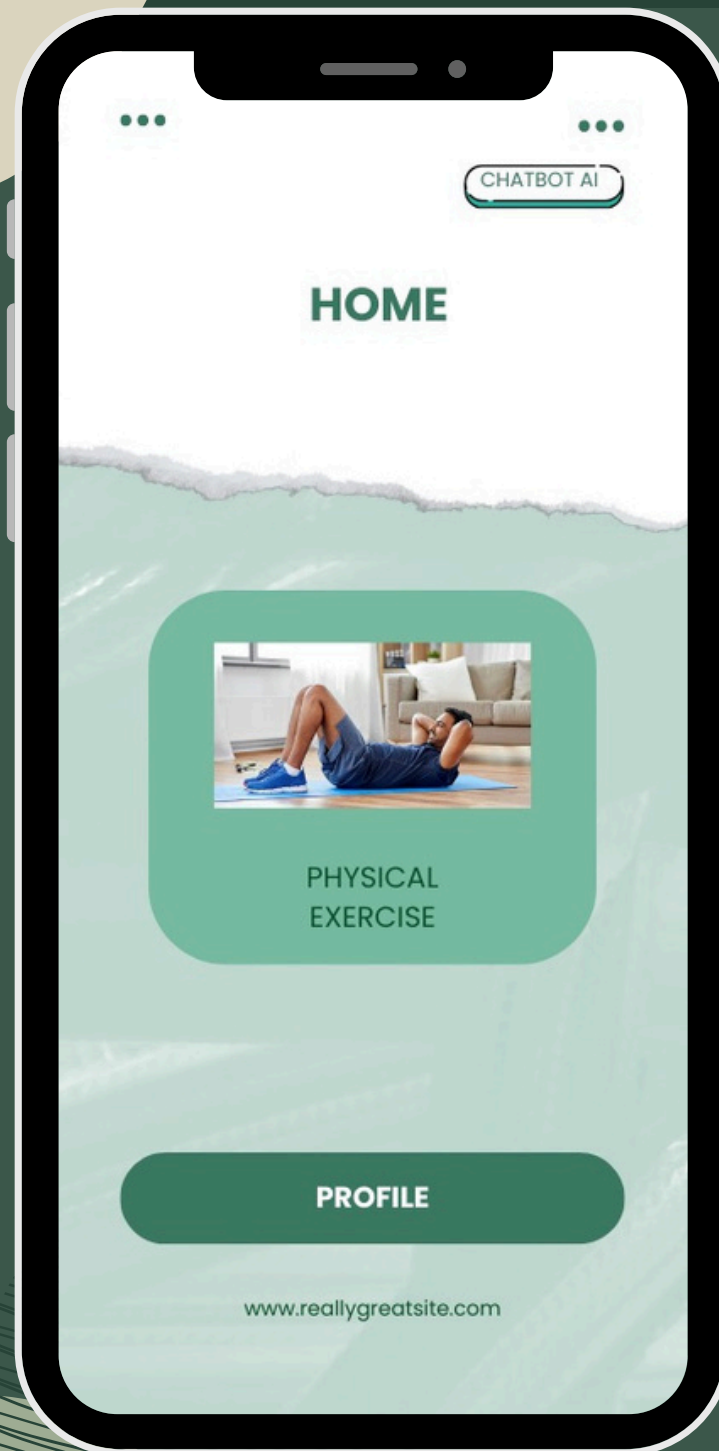
Login page for sign in to decide which account to use.

Account creating page for user to register an account for our apps.





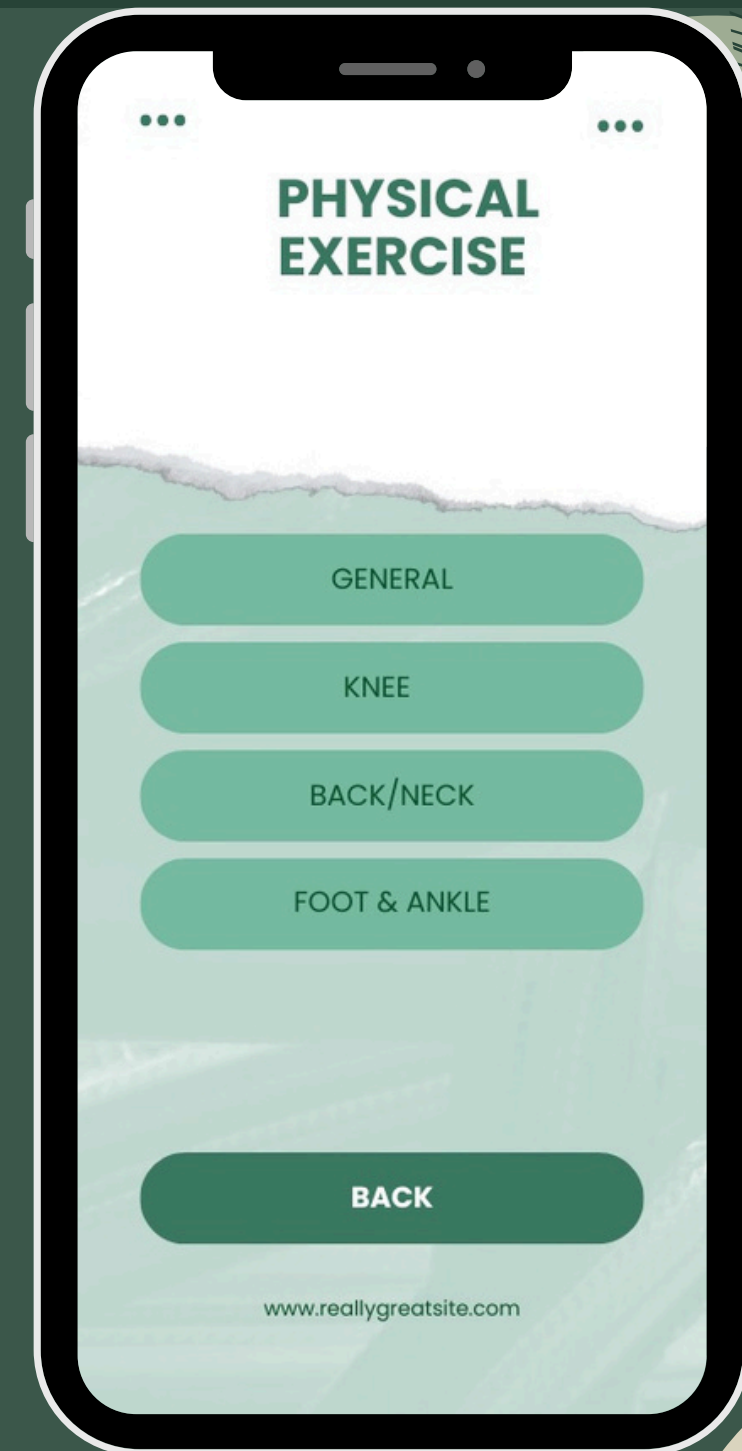
# Prototype



## Home / Physical Exercise

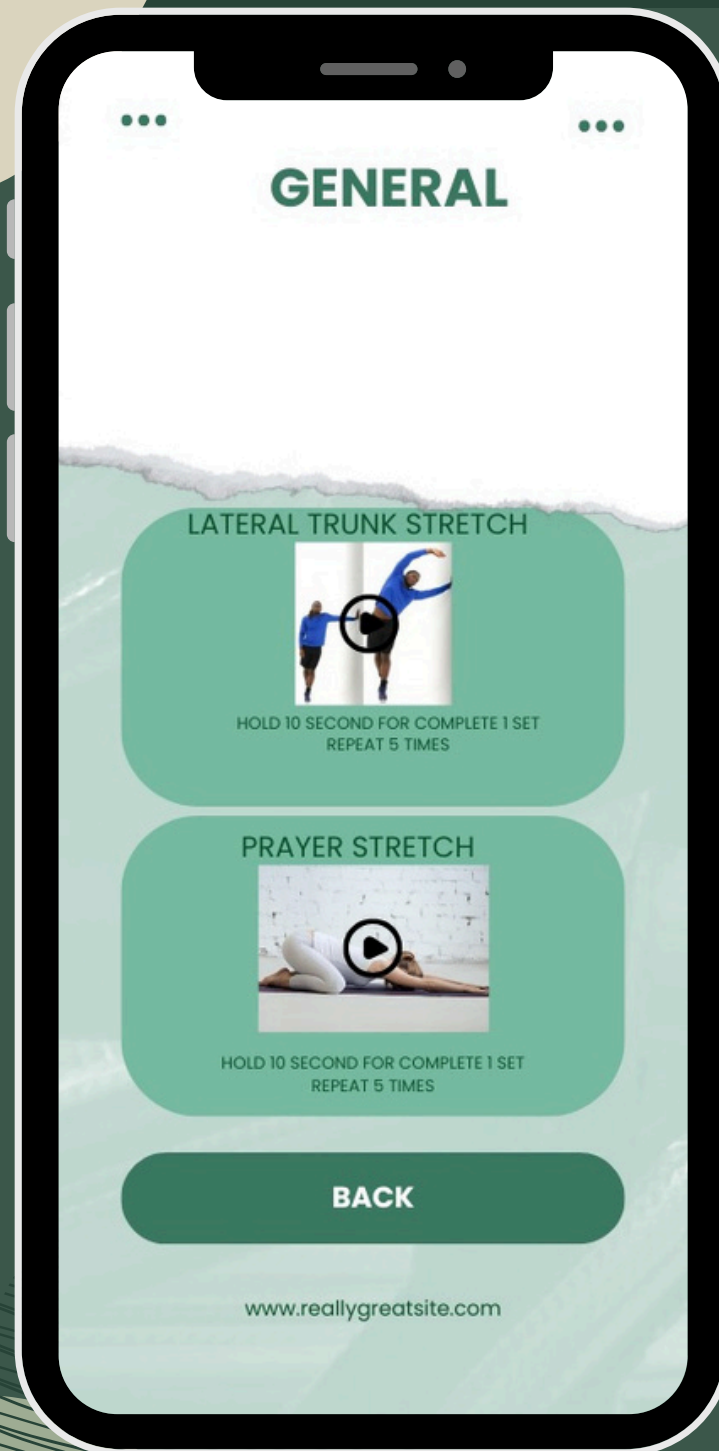
Home page to choose either physical exercise that provided or chat with AI.

Physical exercise selection page will appear if the physical exercise button was clicked. it will ask user to choose the area of the injury.





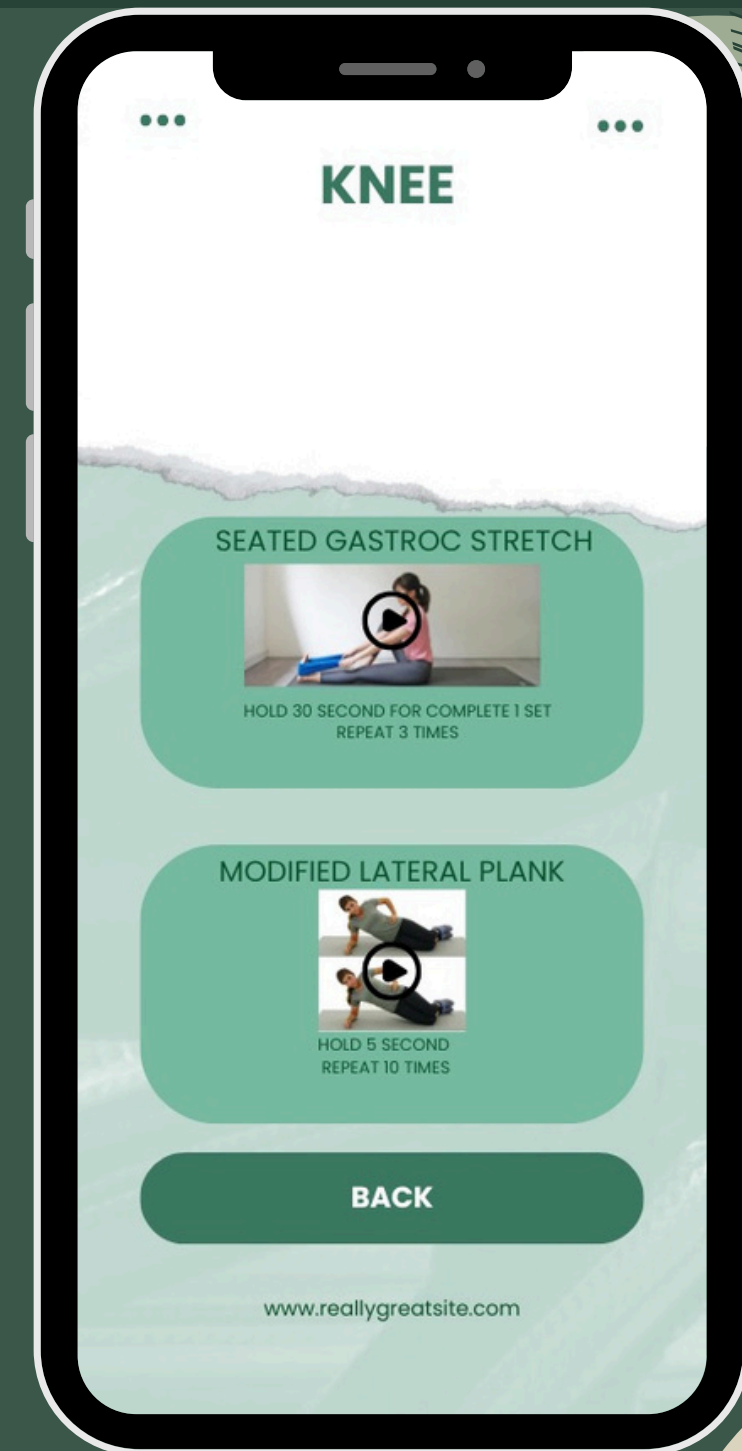
# Prototype



## General/Knee

This page appear if the user choose the physical exercise for general.

This page appear if the user choose the physical exercise for knee

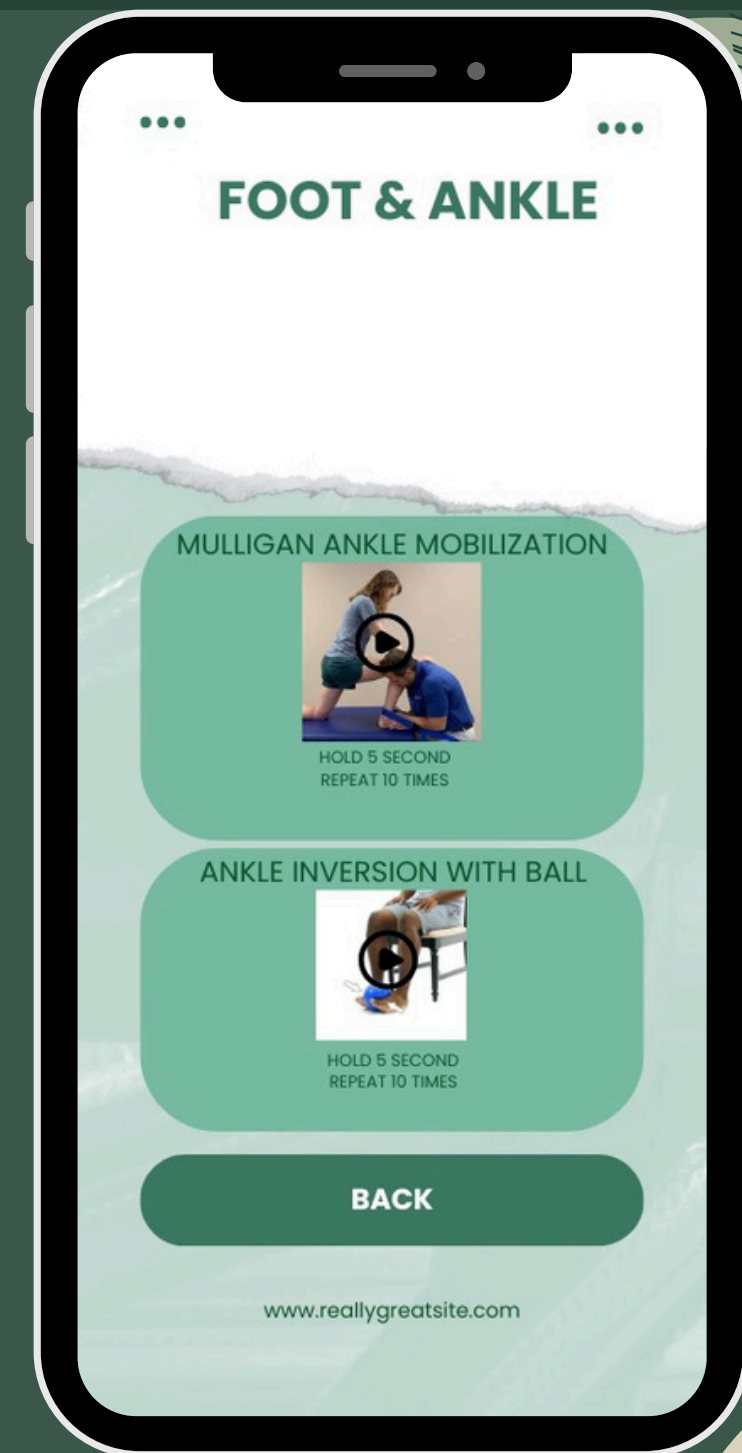
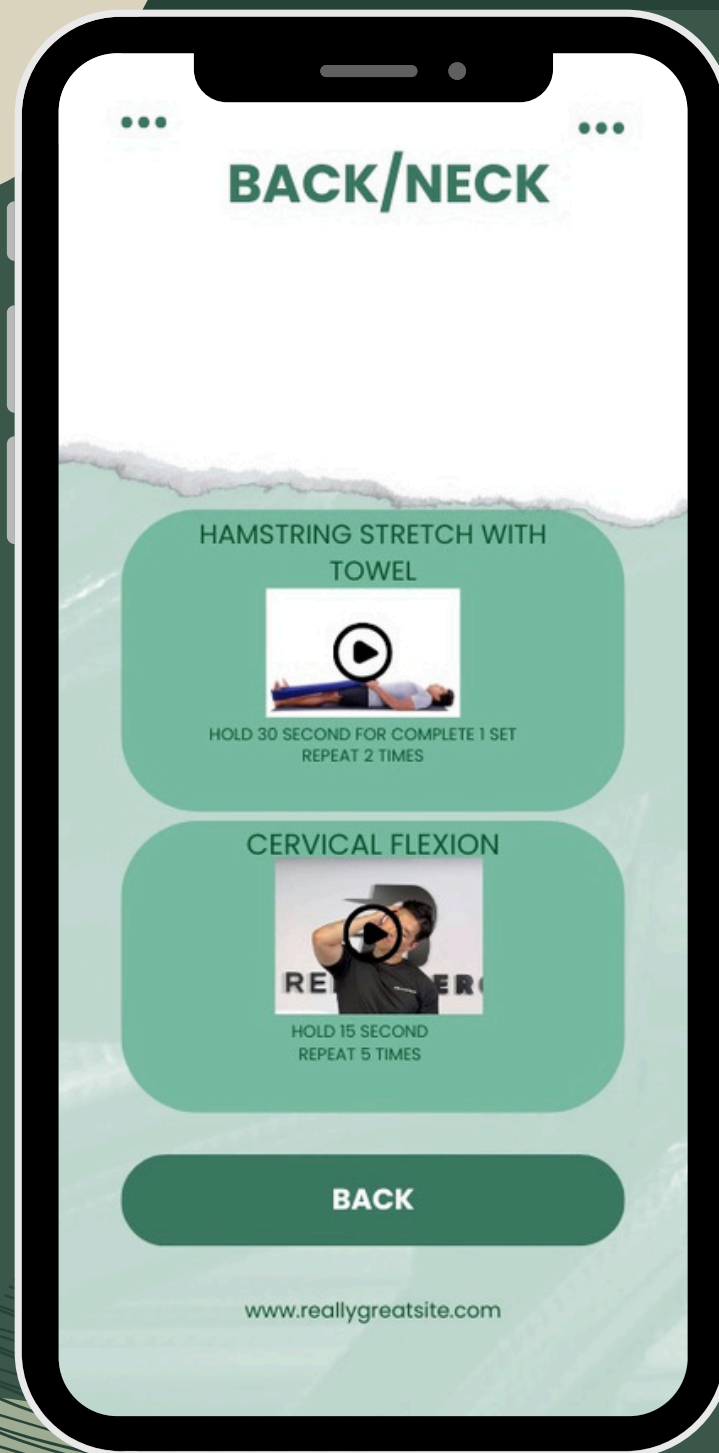


# Prototype

## Back/Neck / Foot&Ankle

This page appear if the user choose the physical exercise for back or neck.

This page appear if the user choose the physical exercise for foot and ankle

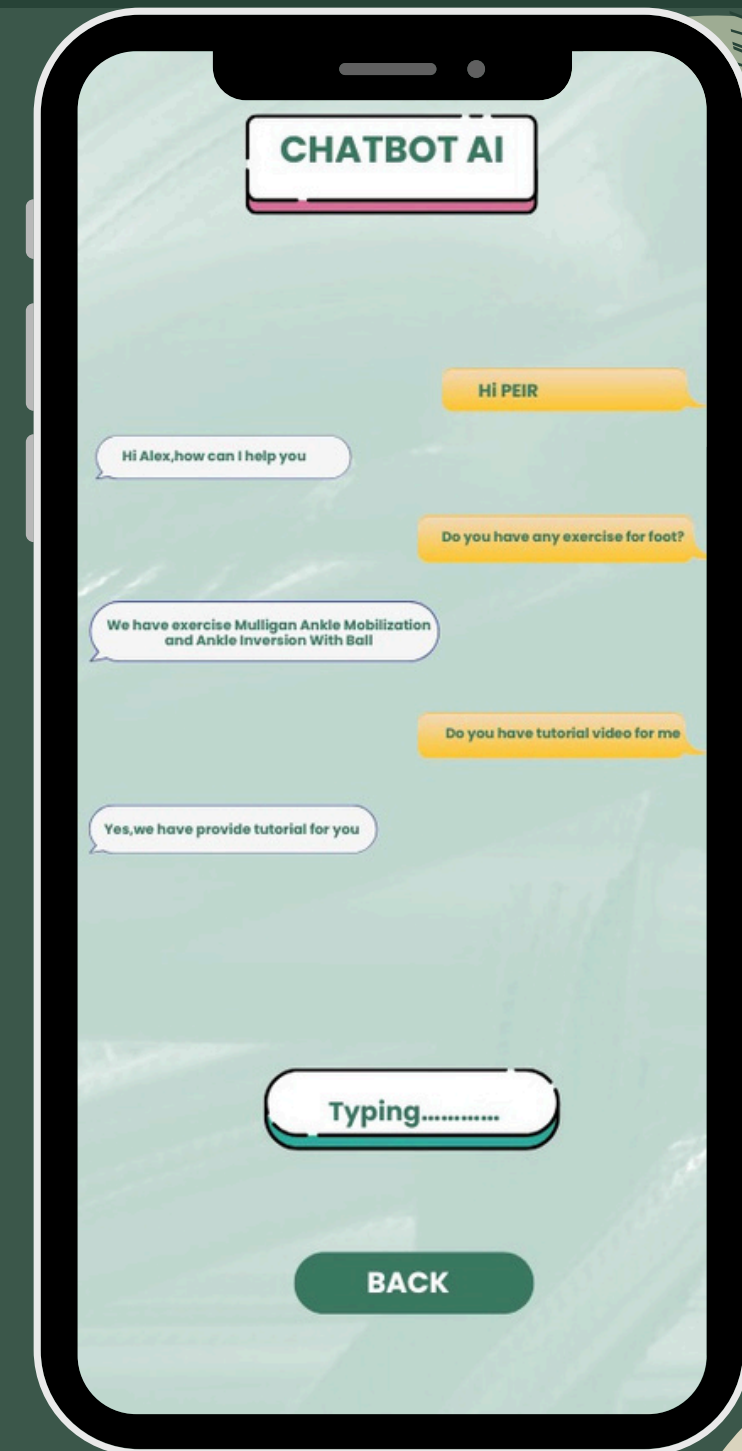
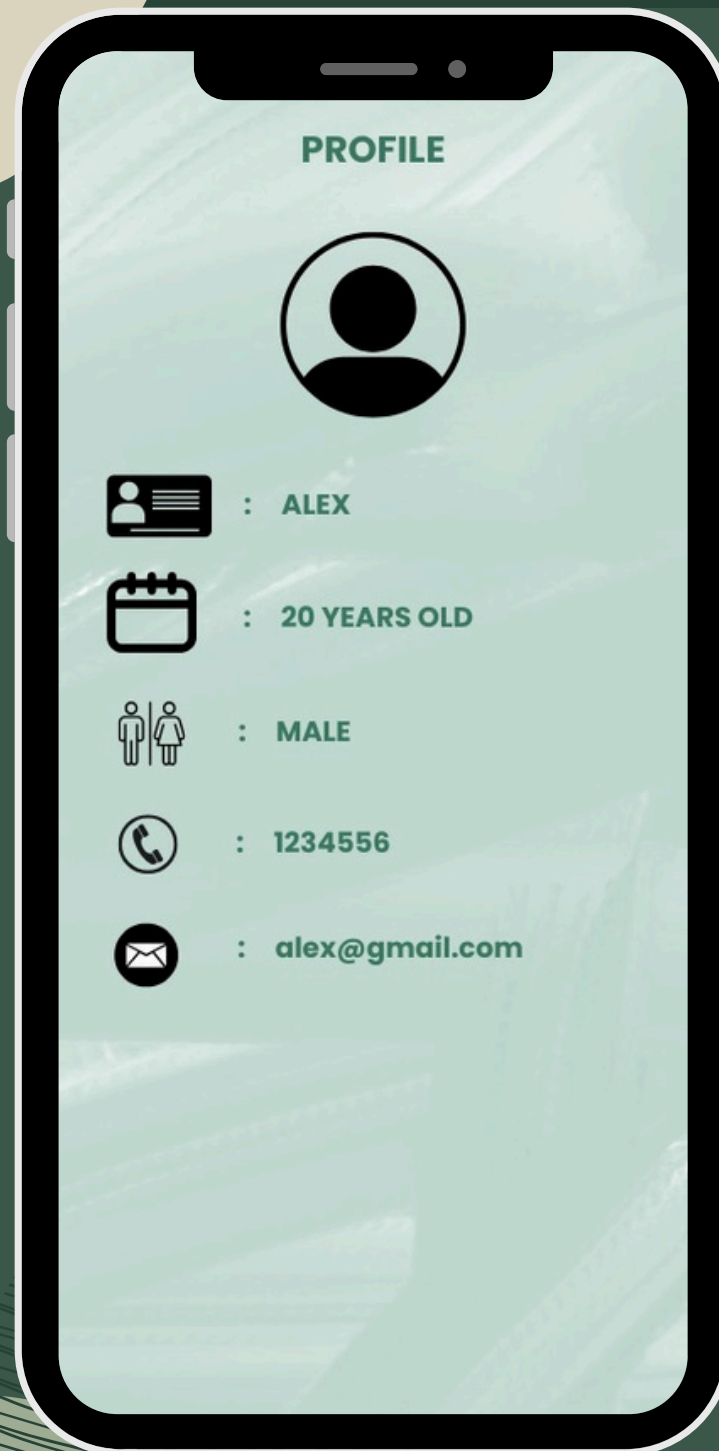


# Prototype

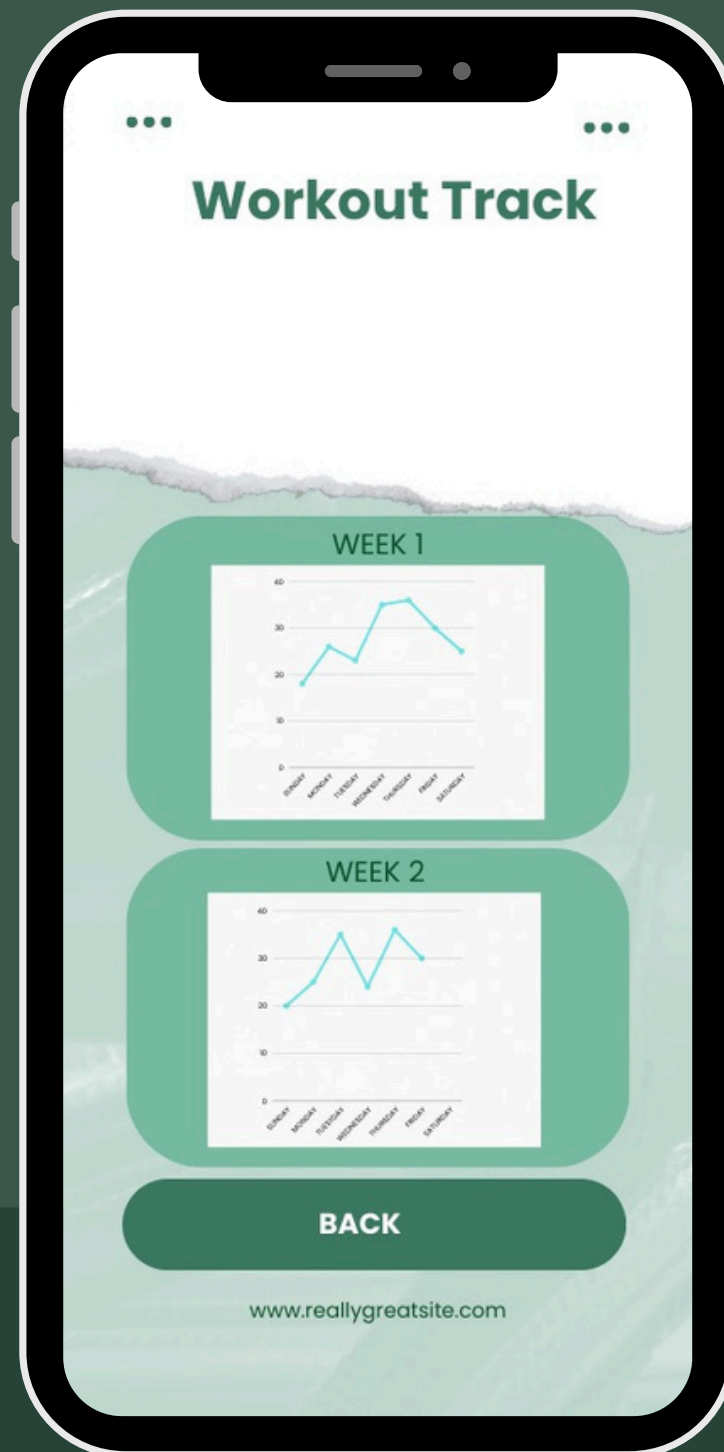
## Profile / Chatbot AI

Profile page to see the information of the user.

Chatbot AI page for chat with AI to ask for help . for example, asking for the physical exercise for the area that was not prepared in this app.



# Prototype



## Workout Track

Workout page to track the consistency of exercise with this app.



# TEST

We let our user survey and test our prototype. Most of them said that our prototype is good enough to solve their problem. some of them give some recommendation to improve our application.

**Provide more type of area for physical exercise.**

**Provide common mistakes while doing the exercise.**

**Add features for friend making so that they have more fun in this app to share experience**





# Conclusion

To sum up, we have gained invaluable insights and hands-on experience throughout the design thinking process. This journey has not only our problem solving and creative thinking abilities but also deepened our understanding of how technology can address real world challenges.

We sincerely hope that our concept for the P.E.I.R App can create a significant positive impact on individuals in need of physical exercise.



**Thank  
You**