User: Hey Siri, how am I looking for this week?

Siri: Hello Darsh, it’s been a busy week for you. You did a fair amount of heavy lifting on Monday. How are you feeling?

User: Yeah my left shoulder has been feeling a little weird after that. I am not sure whether its a muscular pain or there is an issue with my joint.

Siri: Yes, as you can see on you can see infront of you, at 12:52pm on Monday, you lifted a heavy box in an unconventional manner, this has caused a pinching of your rear deltoid, causing your torso to be twisted by 3 degrees, causing you discomfort in your muscles.

User: What is your advice??

Siri: I would skip the wednesday sports sessions you usually attend. I will now show you an exercise, carry out this exercise every morning using a light weight, around 1.5-2kg. Are you ready?

User: Yeah let’s go

Siri: Okay, start by relaxing your shoulders

User: \*follows\*

Siri: Now rotate your forearm about your elbow at 90 degrees.

User: \*follows\*

Siri; Rotate it 180 degrees in the horizontal direction, as I am showing you through your VR.

User: \*follows\* Oh okay, like this?

Siri: Yes Perfect, you’ve got it. Do this every morning for 3 sets of 10 and rest your shoulder during the day.