# I. Overview:

The app is a physical therapy tracking and educational tool designed for use by physical therapy patients. It includes features for exercise tracking, progress monitoring, reminders, communication with therapists, and educational resources.

# II. Features & Functionalities:

## 1. User Authentication:

* Sign up/login functionality using email/password or social accounts.
* Password recovery option.
* Profile creation with personal information (name, age, gender, injury details, therapist's name).

## 2. Home Screen:

* Grid of icons leading to different features: Exercises, Daily Plan, Progress, Reminders, Chat, Settings, and Educational Resources.

## 3. Exercises:

* Library of exercises prescribed by the physical therapist.
* Each exercise includes instructional video, description, and recommended sets/reps.
* Search function to find specific exercises.

## 4. Daily Plan:

* List of prescribed exercises for the day.
* Each listed exercise includes a brief description, thumbnail image, and prescribed sets/reps.
* Option to mark exercises as completed.
* "Complete All" button to mark all exercises as done.

## 5. Progress:

* Interactive graphs/charts tracking improvements in pain levels, range of motion, strength, etc.
* Photo log feature for patients to visually track changes over time.

## 6. Reminders:

* Functionality to set reminders for exercise times.
* Integration with device's native calendar app and push notifications.

## 7. Chat/Support:

* Messaging feature to facilitate communication between patients and their physical therapists.
* Real-time message notifications.

## 8. Settings:

* Option to change reminder times, adjust profile information, and manage notifications.
* Option to deactivate account or delete personal data.

## 9. Educational Resources:

* Library of articles, tips, and advice related to physical therapy, recovery, and overall health.
* Search function to find specific resources.

# III. Technical Requirements:

* The app should be compatible with both iOS and Android platforms.
* Use a cross-platform framework like React Native or Flutter for front-end development.
* Use Firebase for back-end services: Firebase Authentication for user authentication, Firestore for database, and Firebase Cloud Messaging for push notifications.
* Use Firebase Cloud Storage or Amazon S3 for storing user-generated content like photos or videos.
* Implement necessary security measures to protect user data.

# IV. Design & UI/UX Requirements:

* The design should be clean, intuitive, and easy to navigate.
* The color scheme should be calming and comforting.
* Text size should be adjustable for accessibility.
* The app should include a tutorial or onboarding process for first-time users.

# V. Testing & Deployment:

* The app should be thoroughly tested for functionality and usability on various devices and screen sizes.
* The app should be prepared for deployment following the guidelines of the Apple App Store and Google Play Store.
* Any bugs or issues found during testing should be documented and addressed before final deployment.

# VI. Maintenance & Updates:

* The developer should provide maintenance support for a specified period after the launch to address any potential issues and updates.
* The app should be designed with scalability in mind to accommodate future additions and improvements.