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iPhone 16 Pro - 7

Welcome to ParkinsonPal

Enable Accessibility 

To turn on accessibility features (read aloud), please click on settings.

Settings

Skip

English | اردو

Welcome to ParkinsonPal

join us or log in to continue



Register

Sign In

English | اردو

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Create an account

Full Name *
e.g. Tanveer Hassan

Gender
Select Gender

Date of Birth
Select Date of Birth

Date of Diagnosis
Select Date of Diagnosis

Country
Select Country

Phone Number *
+92 XXX-XXXXXX

Password *
 +***** 

I accept the terms and conditions. [Read here.](#)

Keep me signed in.

Phone Number *
+92 XXX-XXXXXX

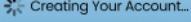
Password *
 +***** 

Password must be:
• at least 8 characters long
• containing at least one number
• containing at least one Uppercase letter
• containing at least one Lowercase letter

I accept the terms and conditions. [Read here.](#)

Keep me signed in.

Back **Finish**



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Sign In

Phone Number *
+92 XXX-XXXXXX

Password *
 +***** 

Keep me signed in. [Forgot Password?](#)

Sign In





iPhone 16 Pro - 12



Hello, Azaan

Upcoming Reminders

Panadol

1 Pill (250mg)

⌚ 03:00 PM



Track Your
Symptoms



Medication
Manager



Exercise and
Therapy



Brain
Games



بیلو، اذان

آنے والی یاد دبائیاں

پینادول

1 گولی (250 ملی گرام)

03:00 شام



اپنی علامات
کو ٹریک کریں



ادویات کا
منتظم



ورزش اور
تھراپی



دماغی کھیل

iPhone 16 Pro - 72

Profile



Name
Azaan Imran

Phone Number
+92 335 423 4801

Date of Birth
03/11/1973

Gender
Male

Date of Diagnosis
15/05/2021

Edit

iPhone 16 Pro - 73

Edit Profile

Full Name
Azaan Imran

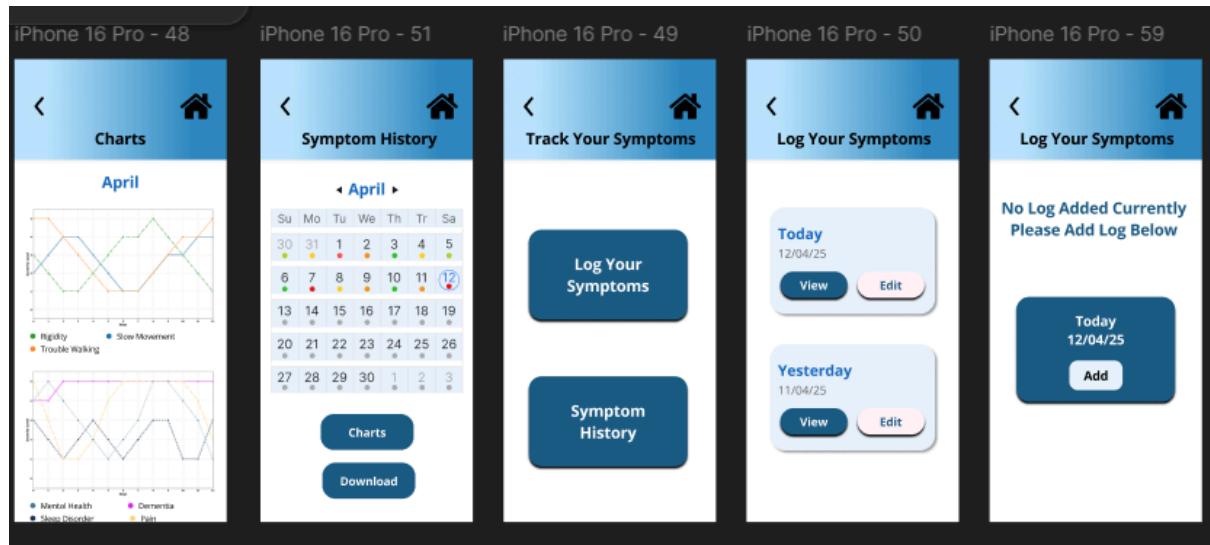
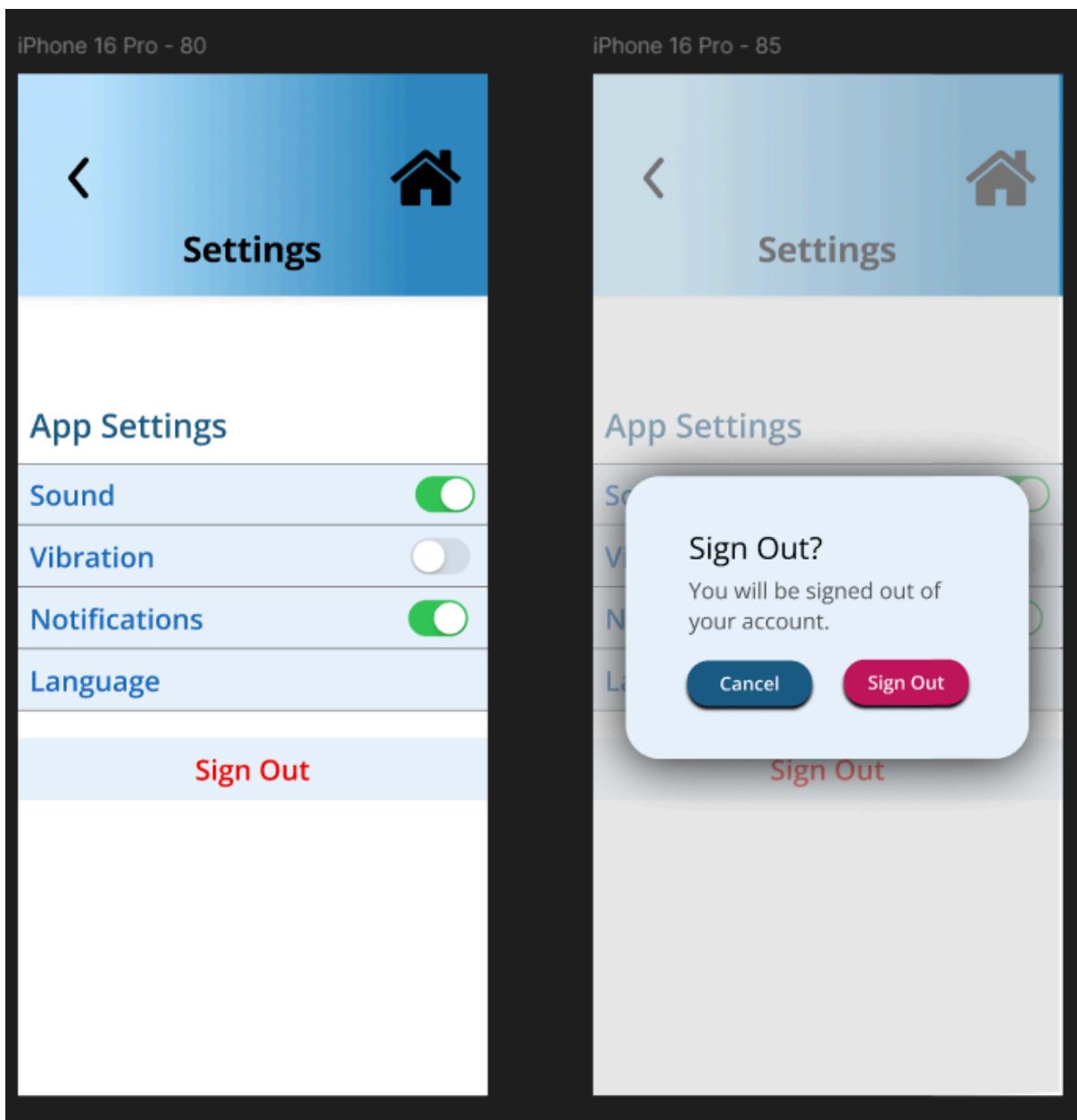
Phone Number
+92 335 423 4801

Date of Birth
03/11/1973

Gender
Male

Date of Diagnosis
15/05/2021

Cancel **Save**



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The screenshots show the 'Track Your Symptoms' app interface across four days: 12/04/25, 13/04/25, 14/04/25, and 15/04/25. Each screen displays a 'Today's Log' with 11 categories of symptoms, each represented by a 5-point Likert scale from 1 (green smiley face) to 5 (red sad face). The categories are: 1. Slow Movement, 2. Involuntary Movement, 3. Tremors, 4. Rigidity, 5. Trouble Walking, 6. Imbalance, 7. Mental Health, 8. Dementia, 9. Sleep Disorders, 10. Pain, and 11. Anything else. A 'Next' button is at the bottom of each day's log, and a 'Save' button is on the final day.

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The screenshots show the 'Track Your Symptoms' app interface across four days: 11/04/25, 12/04/25, 13/04/25, and 14/04/25. Each screen displays a 'Yesterday's Log' with 11 categories of symptoms, each represented by a 5-point Likert scale from 1 (green smiley face) to 5 (red sad face). The categories are: 1. Slow Movement, 2. Involuntary Movement, 3. Tremors, 4. Rigidity, 5. Trouble Walking, 6. Imbalance, 7. Mental Health, 8. Dementia, 9. Sleep Disorders, 10. Pain, and 11. Anything else. A 'Next' button is at the bottom of each day's log, and a 'Save' button is on the final day.

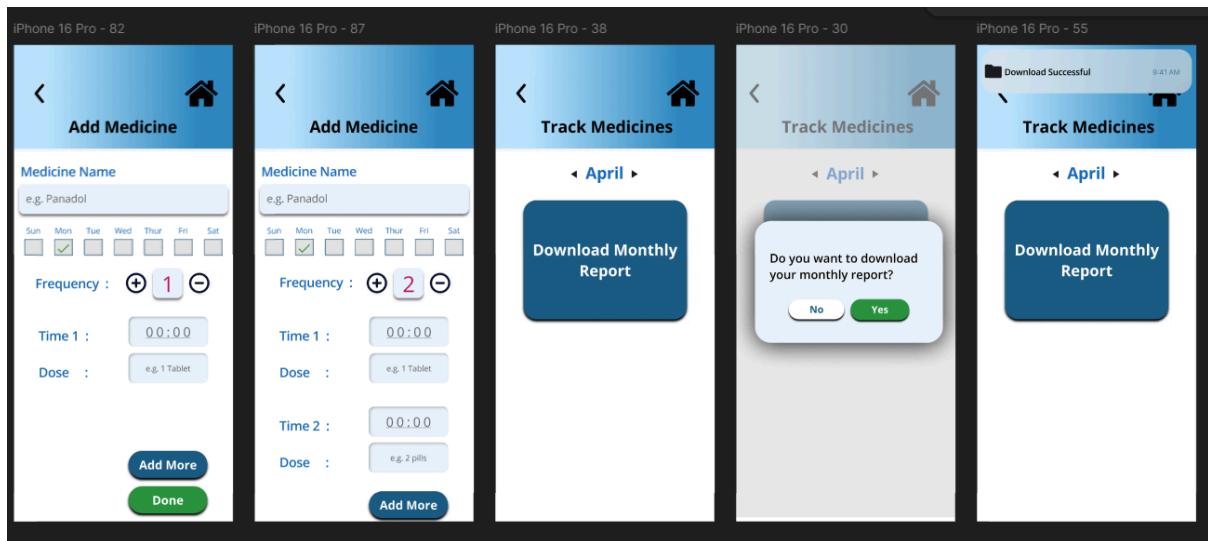
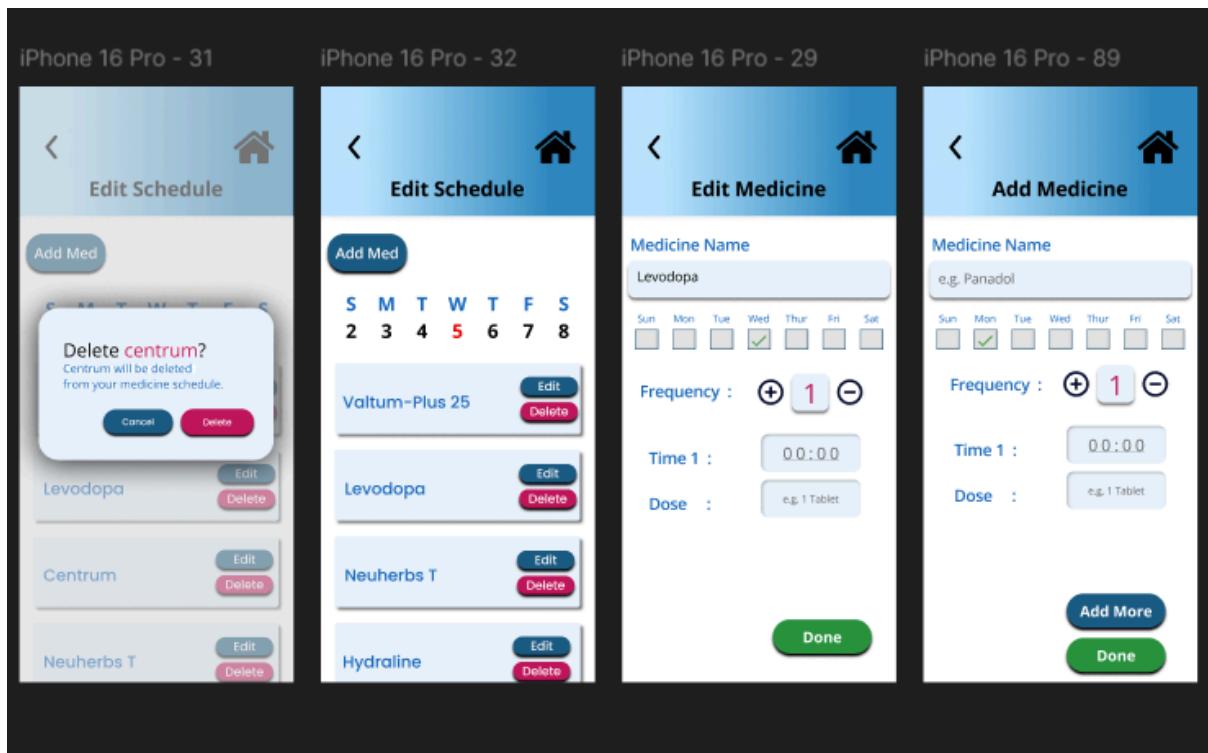
The image displays ten screenshots of a mobile application interface, arranged in two rows of five. The top row shows the 'Symptom History' screen, and the bottom row shows the 'Medication Manager' screen.

Top Row: Symptom History

- iPhone 16 Pro - 86:** Shows a calendar for April with a 'Download Successful' message at the top. Buttons for 'Charts' and 'Download' are at the bottom.
- iPhone 16 Pro - 74:** Shows a calendar for April with a prompt 'Do you want to download your monthly report?' and 'No'/'Yes' buttons. Buttons for 'Charts' and 'Download' are at the bottom.
- iPhone 16 Pro - 88:** Shows a list of symptoms for Saturday, 12, with numerical ratings and smiley faces. Symptoms include Slow Movement (4 😊), Involuntary Movement (1 😊), Tremors (3 😊), Rrigidity (4 😊), Trouble Walking (2 😊), Mental Health (4 😊), Sleep Disorders (2 😊), Pain (5 😞), and Imbalance (2 😊).
- iPhone 16 Pro - 70:** Shows a list of symptoms for Friday, 11, with numerical ratings and smiley faces. Symptoms include Slow Movement (2 😊), Involuntary Movement (2 😊), Tremors (3 😊), Rrigidity (4 😊), Trouble Walking (5 😞), Mental Health (4 😊), Sleep Disorders (1 😊), Pain (4 😊), and Imbalance (2 😊).
- iPhone 16 Pro - 71:** Shows a list of symptoms for Saturday, 12, with numerical ratings and smiley faces. Symptoms include Slow Movement (4 😊), Involuntary Movement (1 😊), Tremors (3 😊), Rrigidity (4 😊), Trouble Walking (2 😊), Mental Health (4 😊), Sleep Disorders (2 😊), Pain (5 😞), and Imbalance (2 😊).

Bottom Row: Medication Manager

- iPhone 16 Pro - 24:** Shows the 'Medication Manager' screen with three main buttons: 'Create Medicine Schedule', 'View/Edit Schedule', and 'Track Medicines'.
- iPhone 16 Pro - 26:** Shows the 'Medicine Schedule' screen with an 'Edit' button and a weekly grid. It lists medications: Valtum-Plus 25 (2 pills, 8:30 am), Levodopa (1 tablet, 10:30 am), Centrum (1 pill, 2:30 pm), and Neuherbs T (2 pills, 4:30 pm).
- iPhone 16 Pro - 27:** Shows the 'Edit Schedule' screen with an 'Add Med' button and a weekly grid. It lists medications: Valtum-Plus 25 (2 pills, 8:30 am), Levodopa (1 tablet, 10:30 am), Centrum (1 pill, 2:30 pm), Neuherbs T (2 pills, 4:30 pm), and Hydraline (2 table spoons, 7:30 pm). Each entry has 'Edit' and 'Delete' buttons.
- iPhone 16 Pro - 37:** Shows the 'Medicine Schedule' screen with an 'Edit' button and a weekly grid. It lists medications: Valtum-Plus 25 (2 pills, 8:30 am), Levodopa (1 tablet, 10:30 am), Neuherbs T (2 pills, 4:30 pm), and Hydraline (2 table spoons, 7:30 pm).



iPhone 16 Pro - 1 iPhone 16 Pro - 2 iPhone 16 Pro - 4 iPhone 16 Pro - 5

Exercise & Therapy

Recommended

- Trouble Walking
 - Tandem Walking** 10 mins
- Tremors
 - Wrist Rotations** 7 mins

Categories

- Flexibility & Strength
- Balance & Gait
- Coordination
- Breathing &

Flexibility & Strength

- Sit-to-Stand** 10 mins
- Seated Leg Lifts** 15 mins
- Step Ups** 10 mins
- Shoulder Rolls** 7 mins

Balance & Gait

- Side - Stepping** 12 mins
- Tandem Walking** 10 mins
- Single Leg Stance** 7 mins
- Tandem Stance** 8 mins

Coordination

- Ball Toss** 12 mins
- Marching in Place** 10 mins
- Cross-Body Re...** 12 mins
- Finger Tapping** 10 mins

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Breathing & Voice Therapy

- Box Breathing** 15 mins
- Loud Voice Exerc...** 10 mins
- Exaggerated Expr...** 7 mins
- Chewing Motions** 8 mins

Tandem Walking

Dr Talha

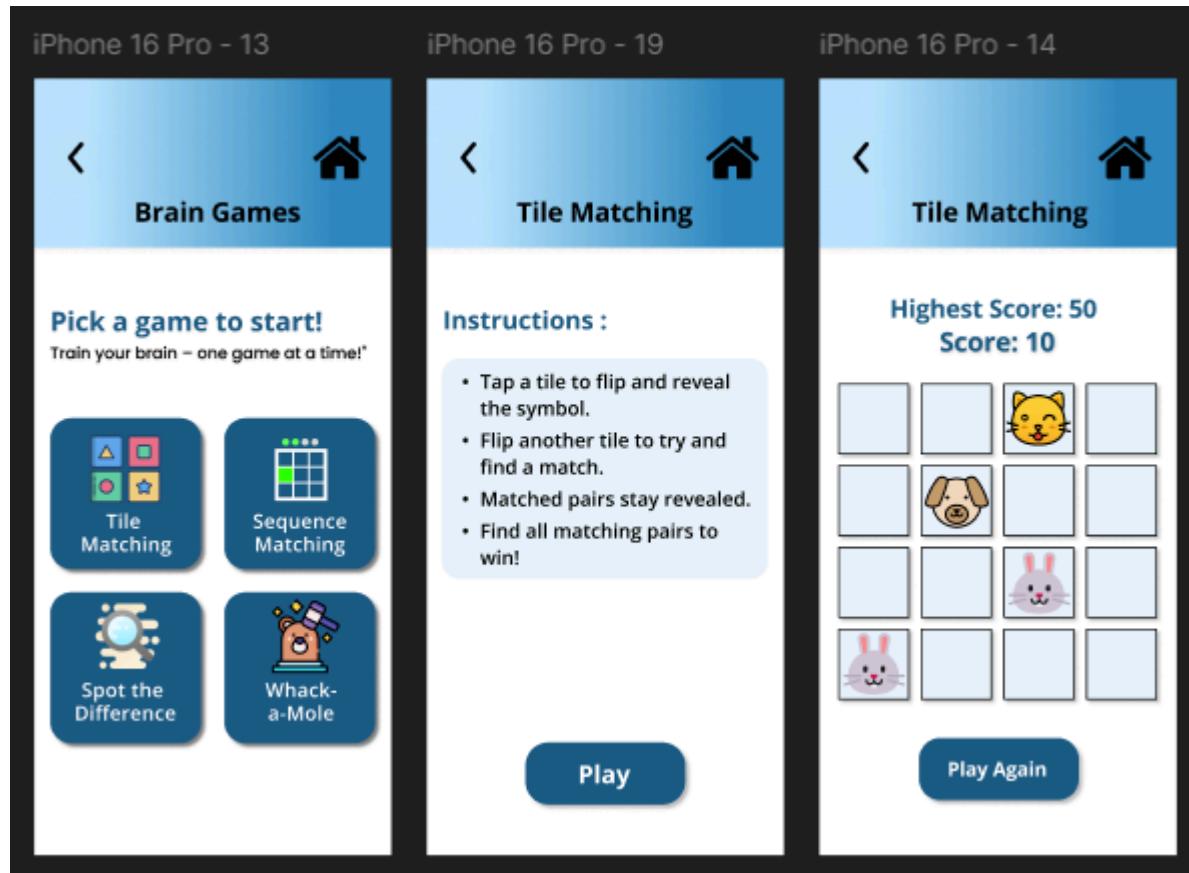
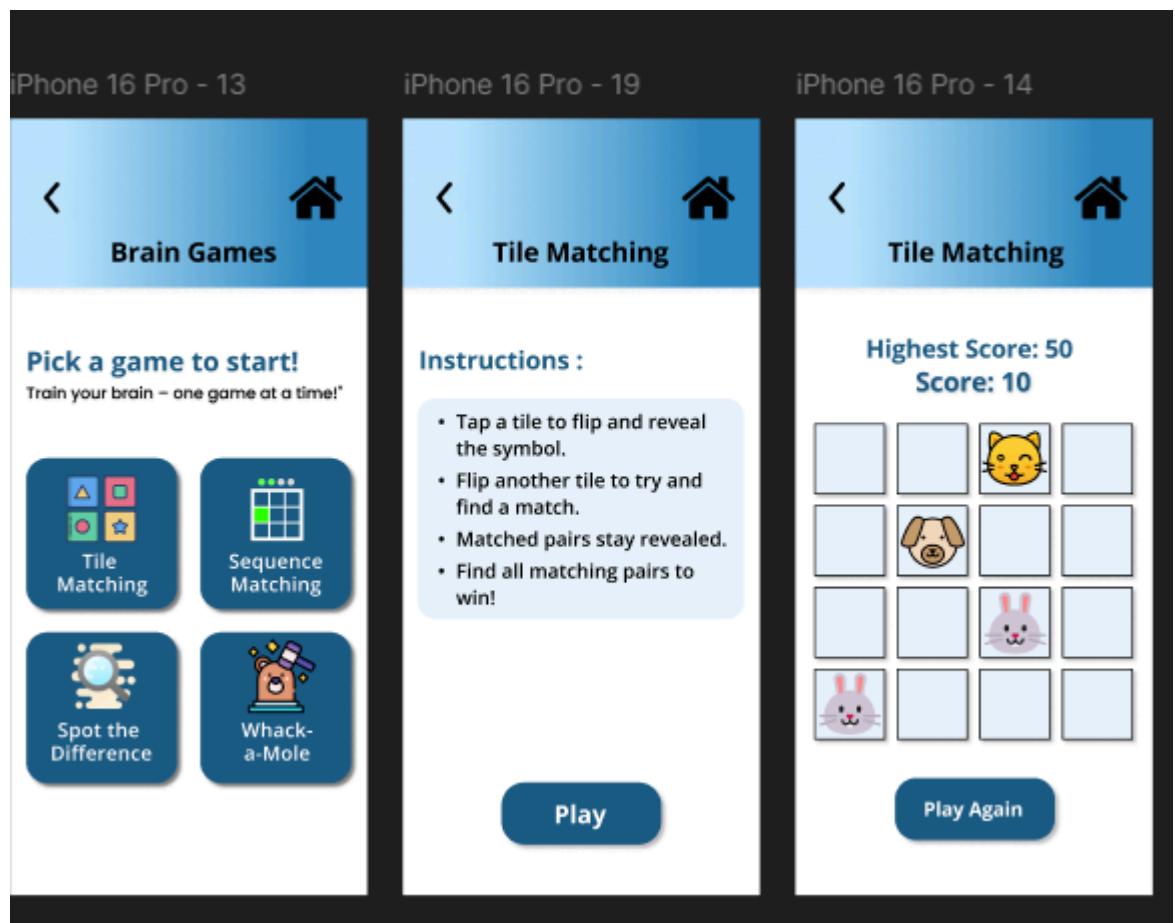
Walk heel-to-toe in a straight line to challenge your balance.

Improve balance, posture, and coordination to support safer walking and reduce the risk of falls.

0:05/3:12

Tandem Walking

0:05/3:12



iPhone 16 Pro - 18

Sequence Matching

Instructions :

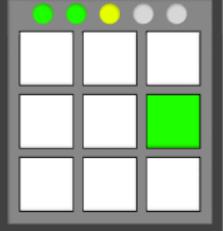
- Watch the pattern of buttons that light up.
- Memorize the sequence shown.
- Repeat the same pattern by tapping buttons.
- Each round adds a new button to the sequence.
- One mistake and the sequence resets!

Play

iPhone 16 Pro - 15

Sequence Matching

Highest Score: 50
Score: 20



Play Again

iPhone 16 Pro - 20

Whack-a-Mole

Instructions :

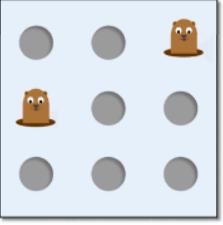
- Moles pop up randomly in the holes.
- Tap on the mole quickly before it disappears.
- Each hit adds to your score.
- Whack ten moles to win the game.

Play

iPhone 16 Pro - 16

Whack-a-Mole

Highest Score: 50
Score: 30



Play Again

iPhone 16 Pro - 21

Spot the Difference

Instructions :

- Compare the two images shown.
- Tap on areas where you spot a difference.
- A red circle appears if you're correct.
- Find all the differences to complete the game!

Play

iPhone 16 Pro - 17

Spot the Difference

Score: 5



Play Again