

MUSCLEPEDIA



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ABSTRACT

Musclepedias is an innovative web application that provides users with a comprehensive model of the human muscular system. Users can select specific muscles in need of recovery, and the app will offer detailed insights on how to aid their rehabilitation through stretching and treatment techniques. By leveraging 3D modeling and expert knowledge, it empowers users to proactively manage their muscular health, prevent injuries, and optimize their recovery routines.

TECHNOLOGIES USED

Google
Firebase



Angular v17



TARGET USER

Musclepedia targets athletes, fitness enthusiasts, rehabilitation patients, and individuals seeking to optimize muscular health by offering personalized recovery plans and expert insights through its innovative 3D modeling and treatment techniques.

PROCESS

- Design web pages and user interactions
- Set up CI/CD pipeline
- Integrate Google Firebase Database/Authentication/Routing modules
- Develop Login page
- Implement the interactive 3D model
- Create informational content
- Test and debug web application

ACCOMPLISHMENTS

Developed a web app that allows users to interact with a 3D model of the human muscular system. Selecting an area of pain or soreness, takes the user further by providing stretches and other rehabilitation strategies to relieve the pain.

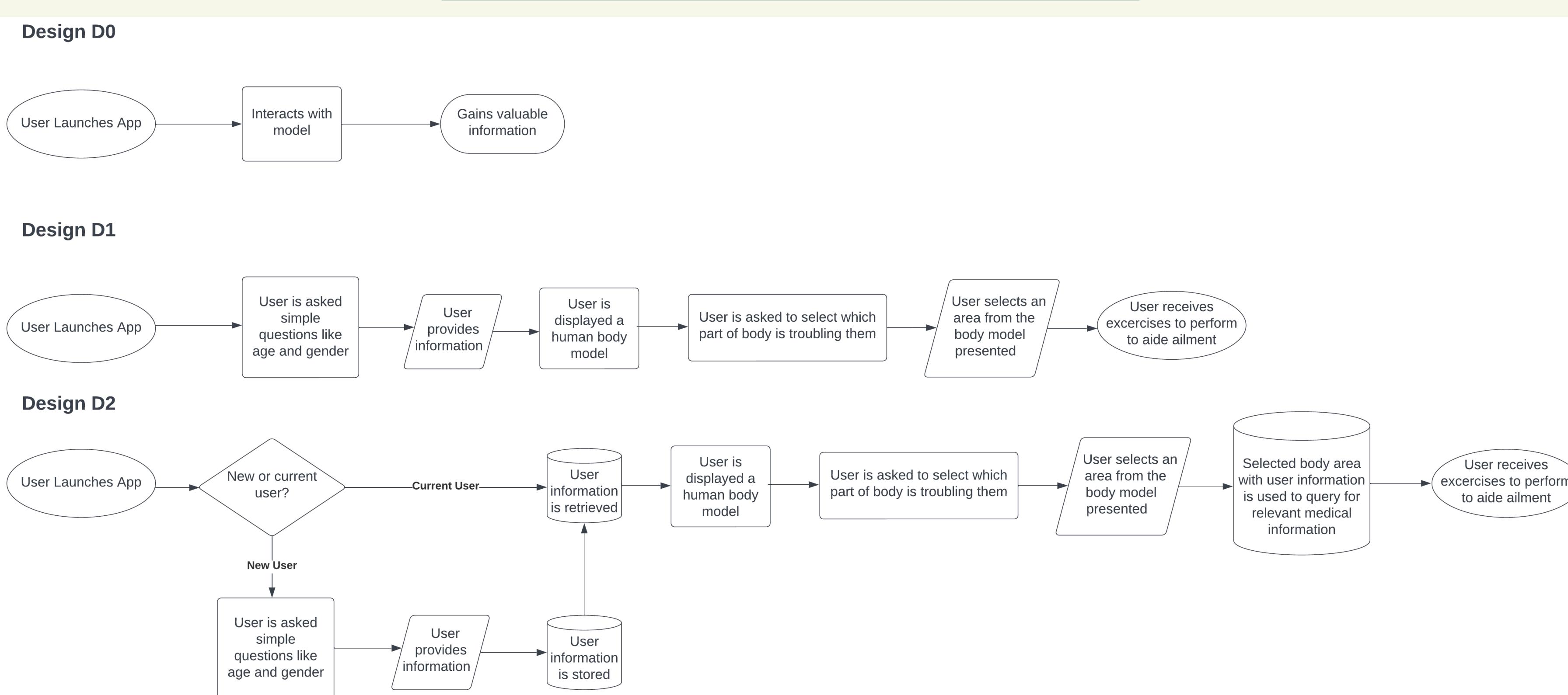
CHALLENGES

Ethical challenges of making all body types feel welcome and included. We are not doctors or physical therapists, so our content lacks credibility.

FUTURE PLANS

In the future, we would like to add features to track users history to provide better care in the case of certain injuries.

DESIGN DIAGRAM



FINAL PRODUCT

The final product of Musclepedia is a user-friendly web application featuring an interactive 3D model of the human muscular system, personalized recovery plans tailored to an individual needs, and expert insight from healthcare professionals. It prioritizes accessibility, privacy, and continuous improvement, empowering users to proactively manage their muscular health and recovery routines effectively.