

UT Health Neurology

Saturday | April 26, 2025

Team Introduction

TLs

hannah



shivam



mac



devs/designer

joel



nhi



hemesh



ankhi



simar



tom



jolina



prad



ashley



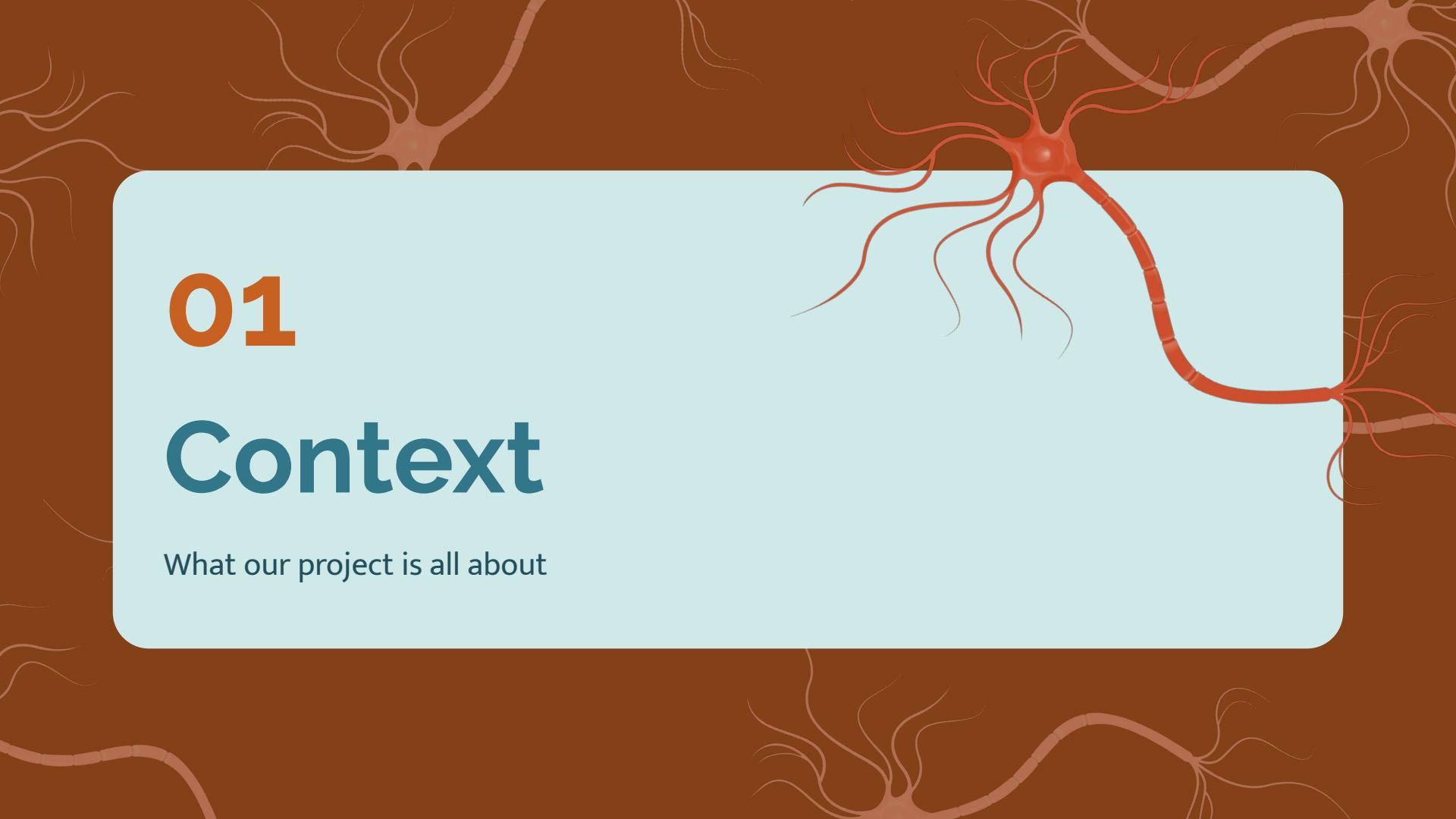
client

kate nam



suur biliciler



The background features a stylized illustration of several neurons with pinkish-red bodies and branching processes against a brown gradient.

01

Context

What our project is all about

What is our mission?

UT Health

Improving the lives of individuals with nervous system disorders through excellence in clinical care, education, research and community engagement

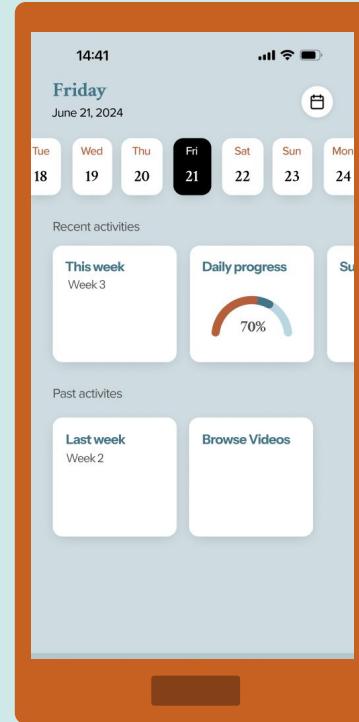
Project Goal

The UT Houston Neurology Program (across the street) aims to address the exercise needs of patients who are recovering from various neuromuscular conditions. To reduce the amount of issues during the recovery process, patients are recommended to go through various physical exercises on a scheduled basis.

What this looks like

A mobile app for patients to:

- See what exercises they have scheduled
- View videos on how to do those exercises physically
- Share data with their physician to confirm that they are on schedule for each of their exercises



02

User Research

What do our users want?



Patients

What they want

- Easy, user-friendly app to guide patients on exercise
- For patients who have different physical limitations

Specific features they want

- Notification feature
- Exercise plan feature
- Progress tracker feature

Stretch goals

- Automatic video play when workout is started



Doctors

What they want

- User-friendly app that physicians can recommend to patients with different neuromuscular diseases
- Monitor patient's progress

Specific features they want

- Heart tracker feature
- Patient message portal feature
- Progress tracker feature
- Exercise plan

Stretch goals

- Metronome feature

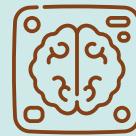


Key features



Personal Dashboard

Frequency/Duration of
Workout
Progress on strength
training



Strength Exercise List

Neck
Core
Proximal Upper extremity
Distal Upper extremity
Proximal Lower extremity
Distal Lower extremity

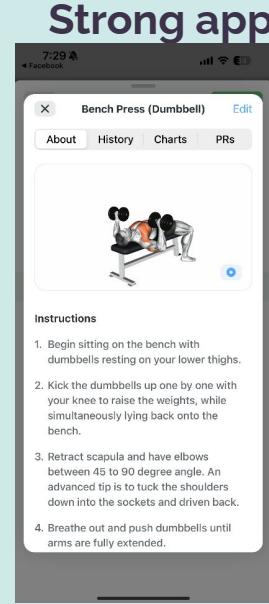
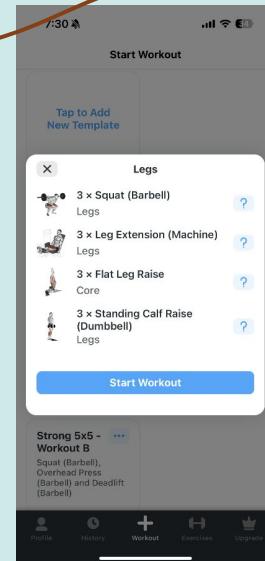
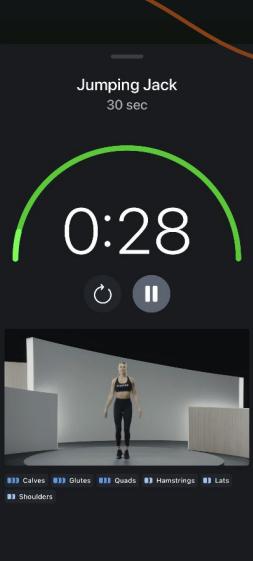
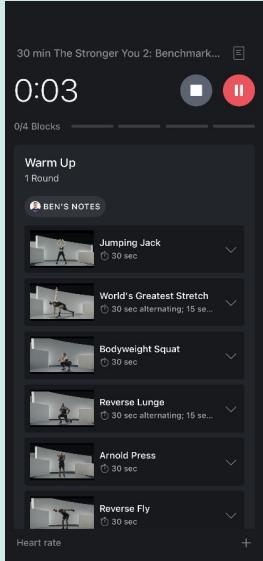


My Work Out (Aerobic & Strength)

See next slide for inspiration

Other apps

Peloton app





A faint, stylized illustration of several neurons in shades of brown and tan, branching across the slide.

03

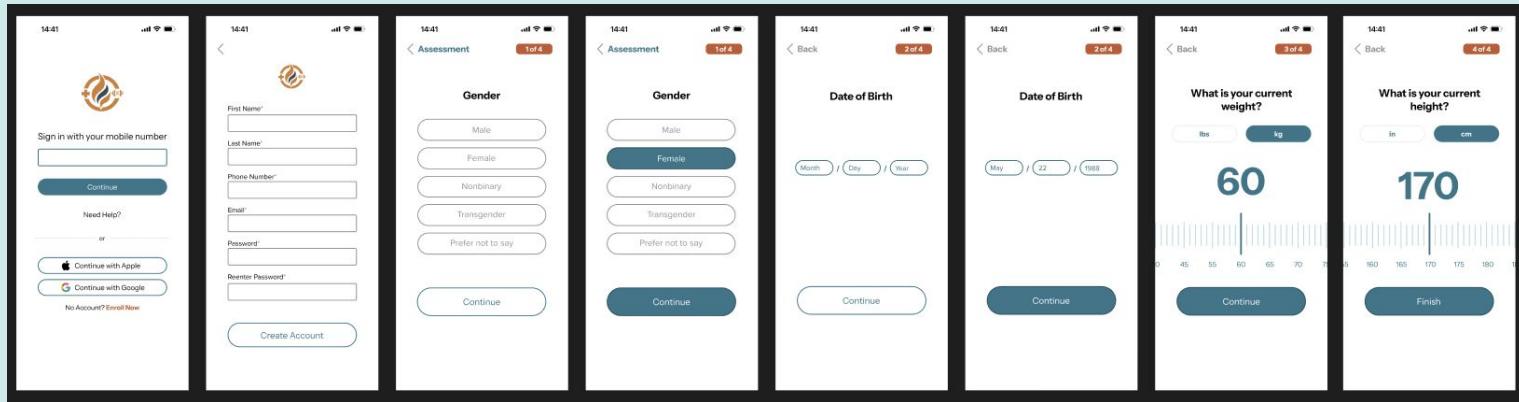
Design Deep Dive

What our app is aiming to look like

Initial Pages

- Login & initial questions
- Add additional screening questions

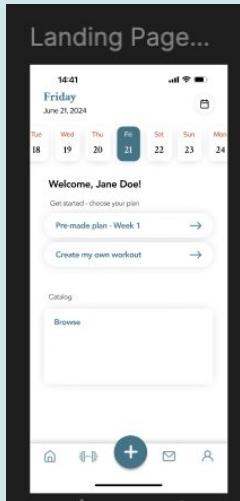
screening q's



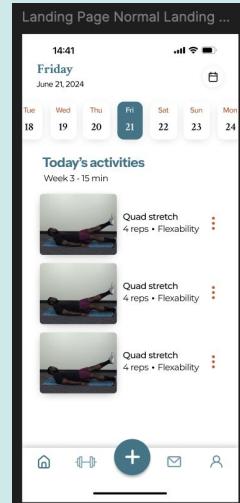
Landing Page

- Centralized page to access all features
- Show today's activities
- Show a progress bar, by week

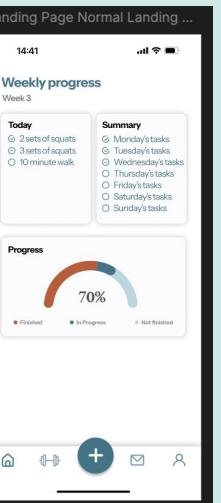
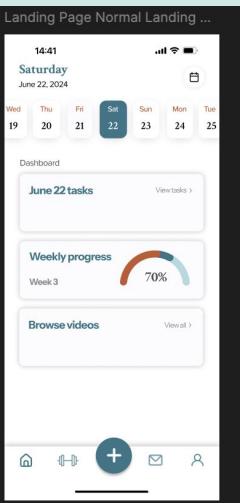
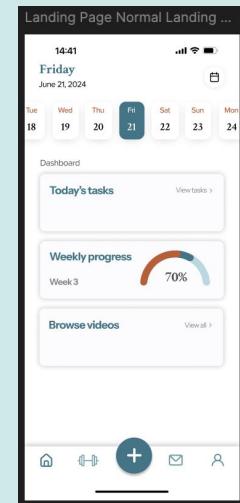
landing page



exercise list

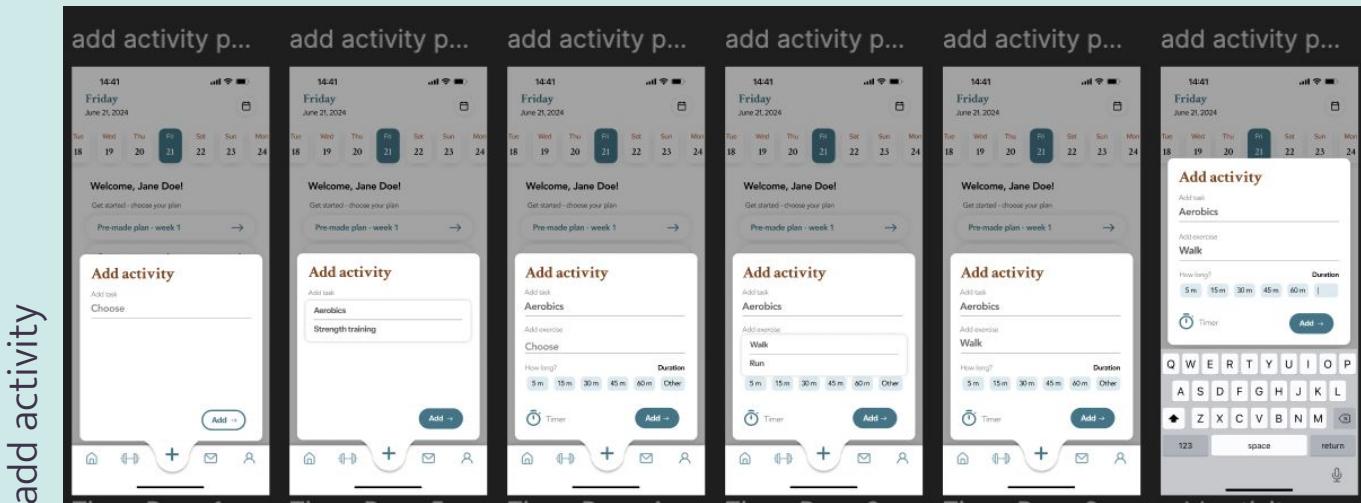


progress



Add Activities

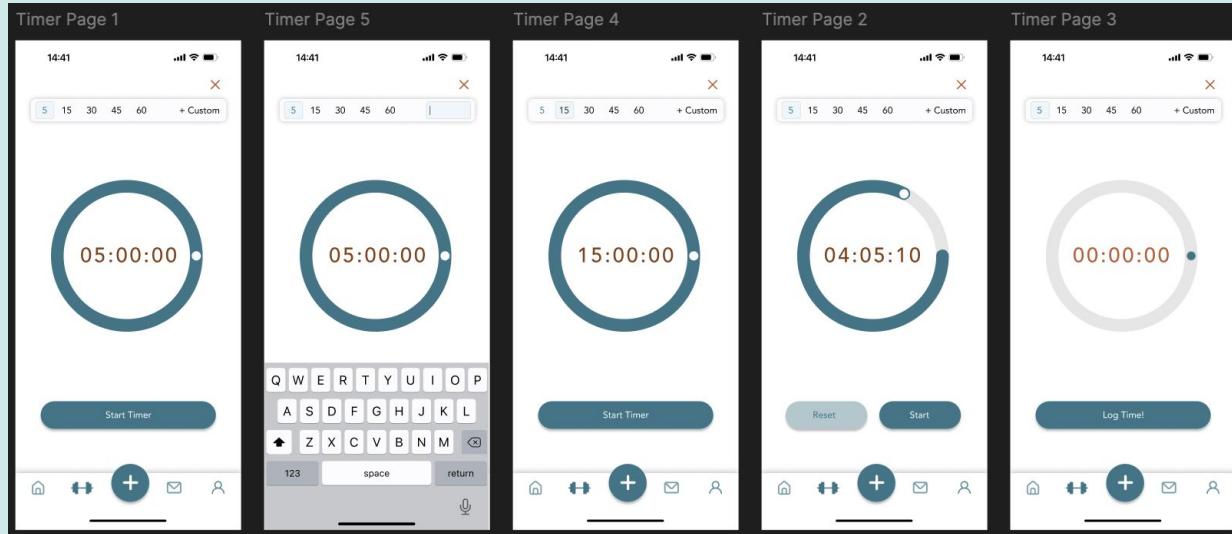
- Add strength/aerobic activities in the app
 - Depending on exercise type, it takes you to a different screen



Aerobic Exercises

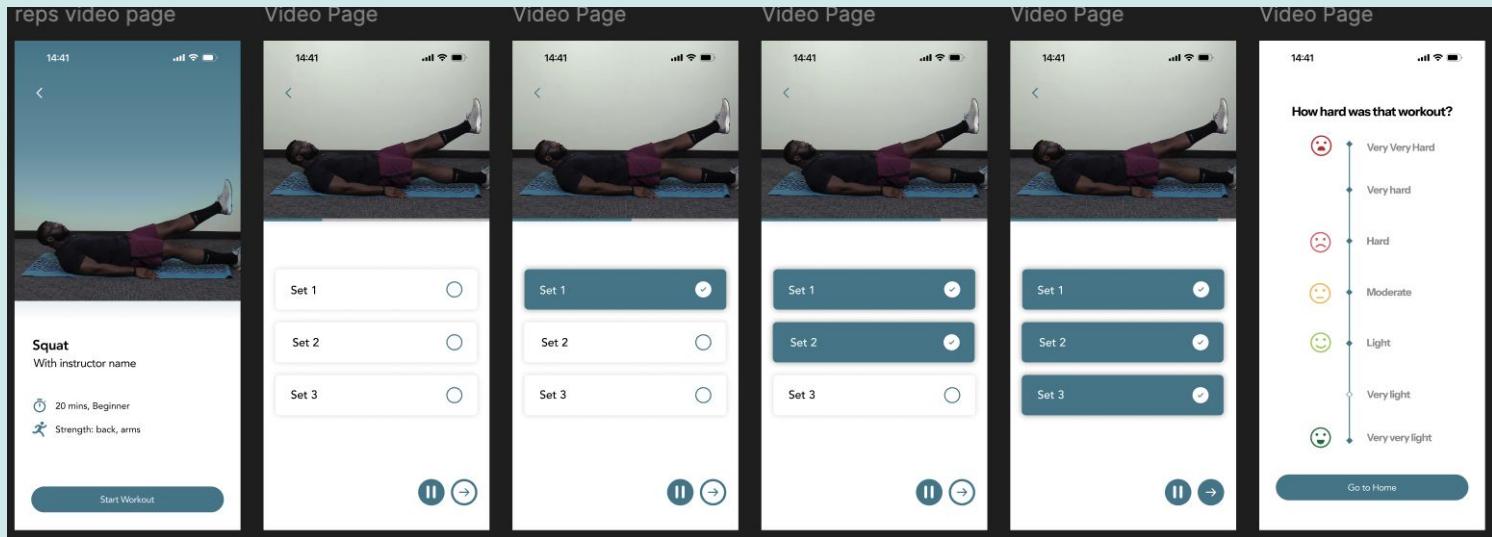
- Aerobic: timer to track duration

timer/aerobic



Strength Exercises

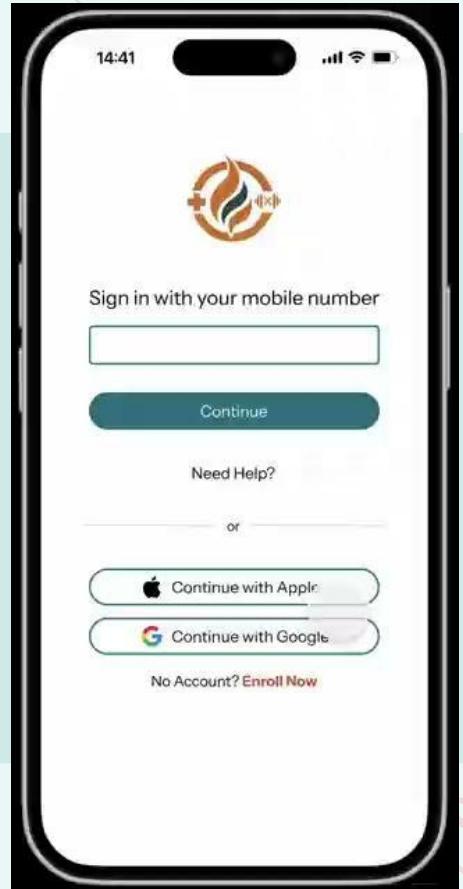
- Resistance: exercises the physician chose with videos
 - Option to track number of sets & how hard the workout was



strength

Demo!

By Jolina <3



04

Technical Deep Dive

How we are building things

Tech Stack

back-end

- Supabase
- Node.js
- Express.js or Next.js (TBD)

front-end

- React Native

other tools

- Expo Go

Github

rice-apps / uthealth

Type / to search

Code Issues Pull requests Actions Projects 1 Wiki Security 9 Insights Settings

uthealth Public

Watch 1 Fork 1 Star 2

main 16 Branches 0 Tags Go to file Add file Code

pathaks1 Merge pull request #8 from rice-apps/linking af7e874 · last week 77 Commits

.expo fixed weight input screen 5 months ago

clinician-dashboard added dashboard template 2 months ago

uthealth Co-authored-by: FlashKnight3 <FlashKnight3@users.nor... last week

README.md first commit 6 months ago

README

uthealth

About

No description, website, or topics provided.

Readme Activity Custom properties

2 stars 1 watching 1 fork

Report repository

Releases

No releases published Create a new release

Mac

What you did

Shivam

What you did

Ankhi

The image displays two side-by-side screenshots of a mobile application's sign-up interface. Both screens show a top status bar with the time 14:41 and signal strength indicators.

Left Screen (Sign-in):

- Header:** "Sign in with your mobile number".
- Input Field:** A blue-bordered input field for entering a mobile number.
- Continue Button:** A dark teal rounded button labeled "Continue".
- Need Help?**: A link labeled "Need Help?".
- Or:** A horizontal line with the word "or" in the center.
- Social Sign-in Buttons:** Two buttons: "Continue with Apple" (with the Apple logo) and "Continue with Google" (with the Google logo).
- No Account?**: A link labeled "No Account? Enroll Now".

Right Screen (Create Account):

- Header:** "First Name*" followed by an input field.
- Input Fields:** "Last Name*", "Phone Number*", "Email*", "Password*", and "Reenter Password*" each with their respective input fields.
- Create Account Button:** A dark teal rounded button labeled "Create Account".

Prad + Hemesh

What is your current weight?

lbs kg

68 kg

68

Continue

What is your current weight?

lbs kg

150 lbs

150

Continue

What is your current height?

ft cm

157 cm

157

Continue

What is your current height?

ft cm

5'2"

62

Continue

Ashley + Simar

14:41

Assessment 1 of 4

Gender

Male

Female

Nonbinary

Transgender

Prefer not to say

Continue

14:41

Assessment 1 of 4

Gender

Male

Female

Nonbinary

Transgender

Prefer not to say

Continue

Ankhi + Simar

Add activity

Add task

Strength training

Add exercise

Quad stretch

How many reps?

Repetitions

1

3

5

8

10

Other

Weight?

Add →

UT Health Free / UT Health Connect Enable branching

Feedback RLS disabled Role postgres Realtime on API Docs

Table Editor Filter Sort

schema public

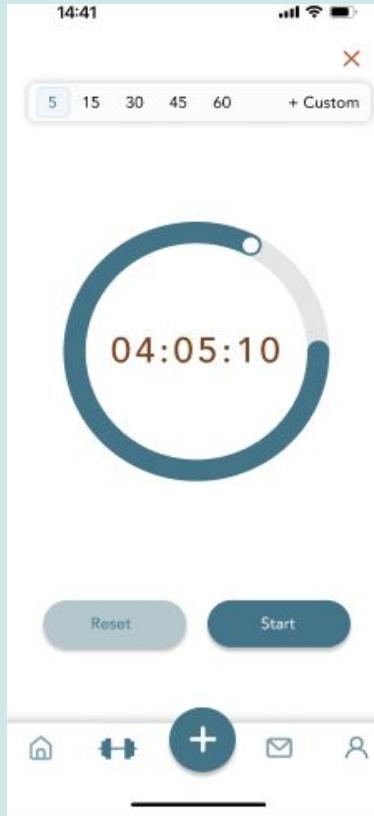
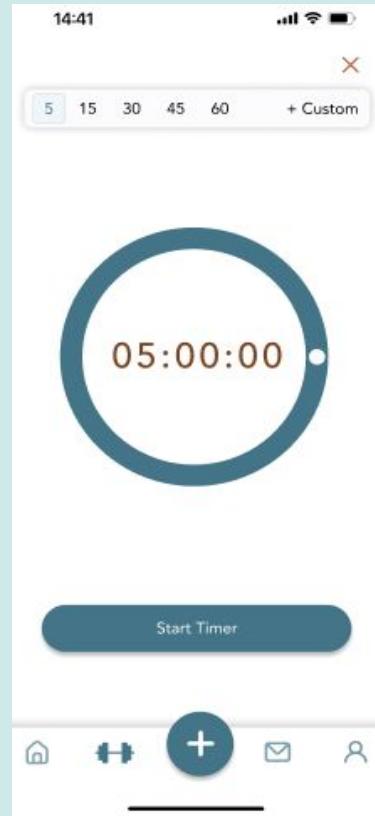
+ New table

Search tables...

activities

	id	int8	name	text	category	text	reps	int8	wei...	num...	time	numeric
	1		Quad stretch		Strength training		10					

Ankhi + Ashley



Ashley

Friday
June 21, 2024

Today's activities
Week 3 - 15 min

Quad stretch
4 reps • Flexibility

Quad stretch
4 reps • Flexibility

Quad stretch
4 reps • Flexibility

+



14:41

Week 3
Level 3 - 15 min

Finished In Prog Not Done All

Quad stretch
4 reps • Flexibility

Quad stretch
4 reps • Flexibility

Quad stretch
4 reps • Flexibility

+



Prad

First Name

Last Name

Phone Number

Email

Password

Confirm Password

Create Account

Last sign in at	UID	Email	Providers
Wed 23 Apr 2025 22:20:52 GMT-0500	c19ad485-54d0-4fc1-98e9-fd21ff0f4c	252f10c83610ebcaca059c0bae8255eba2f95be4d1d7bc	Email
Wed 23 Apr 2025 22:05:20 GMT-0500	0411dcce-e2f1-48df-9599-9794243d8318	4ca669ac3713df14aea07d8e8dc0d1c9867d27ea82a3t	Email
Wed 23 Apr 2025 22:44:46 GMT-0500	ecbd7f90-89d3-4c7f-9dce-1d32e67a564f	18ac3e7343f06890c510e93f935261659d9e3f5654364:	Email
Sat 19 Apr 2025 15:49:46 GMT-0500	b69eb213-ff86-4cfb-9d4f-5771902ee19	shivampathak108@outlook.com	Azure
Wed 23 Apr 2025 20:31:19 GMT-0500	1b9e91af-3745-4e00-aecd-d3e7a493cd53	hemeshchadalavada@gmail.com	Google
Sat 19 Apr 2025 16:12:43 GMT-0500	dfe1b4b-3b77-4d09-9795-504533be59bc	2e7d2c03e9507ae265ef5b5356885e53393a2029d241	Email
Sat 19 Apr 2025 15:12:14 GMT-0500	d4fb276f-a5fb-4855-9dad-dffacefcbb0d	9834876dcfb05cb167a5c24953eba58c4ac89blad5f7f2	Email
Wed 23 Apr 2025 20:37:19 GMT-0500	ff1e66ff-c761-49cb-8dcc-b105948e3eb0	wafflebeam@gmail.com	Google
Wed 23 Apr 2025 21:59:58 GMT-0500	2a105f32-5288-494b-a777-fa2c5f8b2006	3e23e8160039594a33894f6564e1b1348bd7a0088d4c	Email
Wed 16 Apr 2025 21:52:18 GMT-0500	dccb815a-10e9-46d6-b761-bc3ce10e8c00	f5fe88ee08735ae259265495a93c8de2b0eacfef0cd9X	Email
Wed 16 Apr 2025 21:47:57 GMT-0500	39a7ea57-687d-472a-a410-c8db8f9a0305	de7dtb721aef6332b7c04edf5032c8ecfa9f9a0849215	Email
Wed 16 Apr 2025 21:46:18 GMT-0500	e136e531-55a0-4916-9104-34662887e0f	3c44c3e18b7844786724ac77613d00ee7ea4c52bdct	Email
Wed 16 Apr 2025 21:44:32 GMT-0500	cd12c998-f3be-4dd1-ad04-5fbac2t2012	fb8e20f2e4c3f248c60c39bd652f3cf347298bb977b8t	Email
Wed 16 Apr 2025 21:43:59 GMT-0500	fbd85f4d-83bb-487d-b989-796f542ad053	ba7816bf8f01cfea14140de5da2223b00361a596177e9	Email

Prad

	exe...	i..	→	ow p..	i..	→	ow start_date	date	ow end_date	date	prescription_id	int8	days int4[]	sets int4	reps int4	time int4
	12	→	9	→	2025-04-27		2025-05-03		63		["0","1","4","6"]		4	4	NULL	
	24	→	9	→	2025-04-24		2025-04-25		65		["3","4","5"]		3	3	NULL	
	43	→	9	→	2025-04-28		2025-04-29		75		["1","2"]		NULL	NULL	45	
	44	→	9	→	2025-04-27		2025-05-03		64		["1","4","5"]		2	2	40	
	2	→	13	→	2025-04-28		2025-05-18		69		["1","3","4","6"]		24	8	NULL	
	3	→	13	→	2025-04-28		2025-05-18		70		["0","4","6"]		45	1226	NULL	
	4	→	13	→	2025-04-28		2025-05-18		71		["0","3","6"]		69	69	NULL	
	20	→	15	→	2025-04-24		2025-04-26		68		["4"]		NULL	NULL	NULL	
	2	→	25	→	2025-04-28		2025-05-11		73		["2"]		10	17	NULL	
	3	→	25	→	2025-04-28		2025-05-11		74		["0"]		19	NULL	71	
	4	→	25	→	2025-05-05		2025-05-11		72		["0","4","6"]		69	NULL	420	

Sunday

April 27, 2025

Tue

22

Wed

23

Thu

24

Fri

25

Sat

26

Sun

27

Mon

28

Today's Activities

Chin Tuck

Strength Training



Shoulder press w/ dumbbell

Strength Training



Lateral neck bend

Strength Training

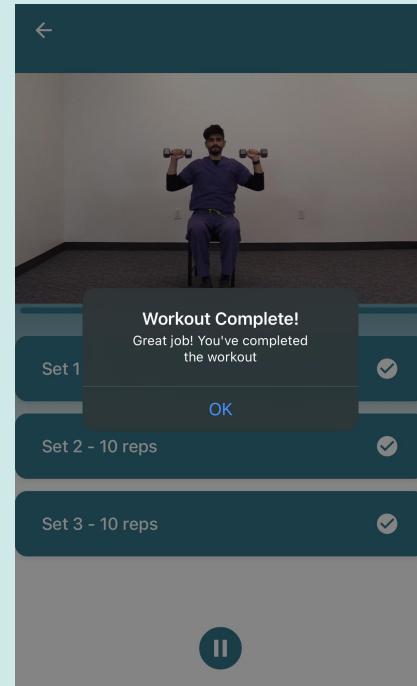
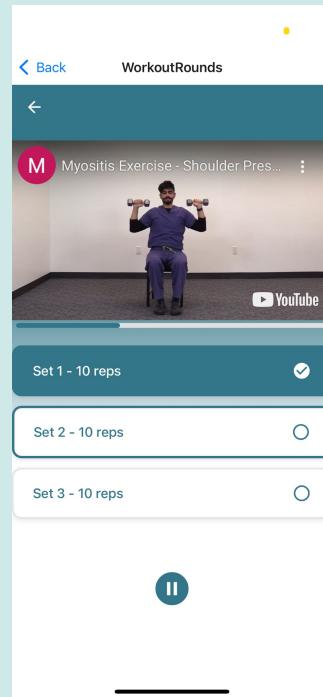
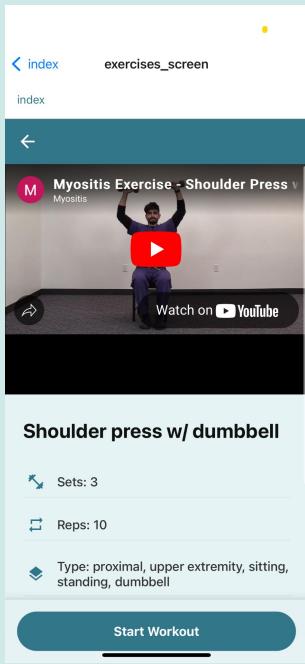


Get Started

Week 1



Prad



Prad

landing-page

Monday
April 28, 2025

Fri 25 Sat 26 Sun 27 Mon 28 Tue 29 Wed 30 Thu 1

Today's Activities

- Head Lift Strength Training
- Shoulder press w/ dumbbell Strength Training
- swimming Strength Training
- cycling Strength Training

Get Started

Week 1 →

Home, Exercises, Mail, Profile, +

exercises_screen timer

timer

19:59:43

cycling

Pause Reset

Nhi



Date of Birth

Month

Day

Year

1

1

2024

2

2

2023

Continue



Patient (Your) ID

Clinician ID

Email

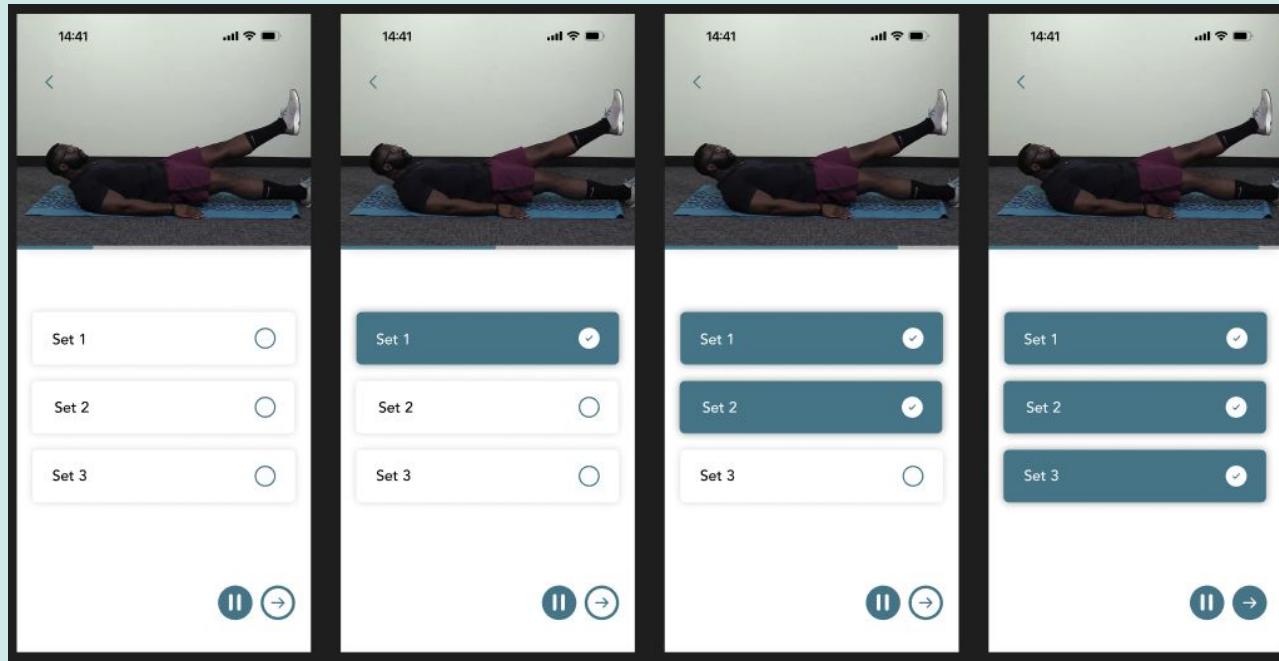
Password

Confirm Password

Create Account

[Back to Sign In](#)

Simar + Nhi



Tom + Ashley

How hard was that workout?

- 莩 Very Very Hard
- 莩 Very Hard
- 莩 Hard
- 莩 Moderate
- 莩 Light
- 莩 Very Light
- 莩 Very Very Light

Tom

Weekly Progress

Week 1

Today:

- Push ups
- Squats
- Plank

Summary:

- Monday's tasks
- Tuesday's tasks
- Wednesday's tasks
- Thursday's tasks
- Friday's tasks
- Saturday's tasks
- Sunday's tasks

Progress:



● Finished ● In Progress ● Not Finished

Hemesh

Built the clinician dashboard!

The screenshot shows a clinician dashboard interface. At the top left is the logo for "UTHealth Neurology". To the right, there is a button for "Your Clinician ID: 1" and a link to "Add clinicians". Below this, the main heading is "Select a patient". There are four cards, each representing a patient profile:

- Patient 12**: Open schedule
- Patient 13**: Open schedule
- Patient 25**: Open schedule
- Patient 123**: Open schedule

Each patient card features a small circular icon with a stylized cross or plus sign.

[Back](#)

Select Weeks:

Week 17, 2025

Selected

**Week 18, 2025**

Selected

**Week 19, 2025**

Selected

**Week 20, 2025**

May 13 - May 19, 2025

**Week 21, 2025**

May 20 - May 26, 2025

**Next >**

[◀ Back](#)

Select Weeks:

Week 17, 2025

Selected

**Week 18, 2025**

Selected

**Week 19, 2025**

Selected

**Week 20, 2025**

May 13 - May 19, 2025

**Week 21, 2025**

May 20 - May 26, 2025

**Next >**

Add New Clinician

X

Clinician Email

Enter clinician's email

Cancel

Add Clinician

[◀ Back](#)

W17-2025, W18-2025, and W19-2025 Schedule

Showing exercises for W17-2025, W18-2025, and W19-2025



Head Lift



Lying on a bench with horizontal head support. Lift the head as much as possible. Resistance: resistance band

Time Based

neck supine



Chin Tuck



Start standing or sitting straight up. Look straight ahead. Tuck your chin back towards your neck. Hold for 10 seconds.

Time Based

neck sitting standing



Lateral neck bend



Lie on your side, pull your chin in and put your head on the floor. Keep your chin tucked in and lift your head to the opposite side like this that the ear is brought towards the shoulder. Repeat the exercise and switch sides.

Time Based

neck supine



Shoulder shrug



Sitting or standing without back support. Look straight ahead. Shrug shoulder up. Resistance: weight or bottle

Time Based

proximal upper extremity sitting
 standing

3 exercises selected

Configure Exercises

[◀ Back](#)

W19-2025 Schedule

Showing exercises for W19-2025

Head Lift

Select Days:

Sun Mon Tue Wed Thu Fri Sat

Rep Based Time Based

Sets

3

Reps

9

Save Prescriptions

[◀ Back](#)

W19-2025 Schedule

Showing exercises for W19-2025

Head Lift

Select Days:

Sun Mon Tue Wed Thu Fri Sat

Rep Based Time Based

Sets

3

Time (minutes)

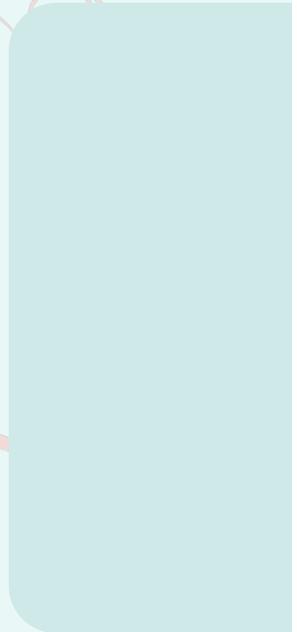
2

Save Prescriptions

⌚ ⚒ p...	i..	⌚ ⚒ exe...	i..	⌚ ⚒ start_date	date	⌚ ⚒ end_date	date	days	int4[]	prescription_id	int8	sets	int4	reps	int4	time	int4
9	→	12	→	2025-04-27		2025-05-03		["0","1","4","6"]		63		4		4		NULL	

Demo!

By Mac and Shivam and Hemesh <3



auth/phone-signin



Sign in with your email

Email address

Password

Sign In

— or —

No Account? [Enroll Now](#)

The screenshot shows a split-screen mobile application. The left half displays a sign-in screen titled "auth/phone-signin". It features a large teal placeholder at the top, followed by a logo of a stylized flame or leaf inside a circle. Below the logo is the text "Sign in with your email" and two input fields for "Email address" and "Password". A large teal "Sign In" button is centered below the fields. A horizontal line with the text "— or —" is positioned between the sign-in section and the enrollment section. The right half of the screen shows the "landing-page" for Saturday, April 26, 2025. It includes a calendar header with days from Saturday 26 to Friday 27, a section for "Today's Activities" (which says "No activities for today"), and a "Get Started" section for "Week 1". A navigation bar at the bottom includes icons for Home, Exercise, Plus (New), Mail, and Profile.

Back

landing-page

Saturday
April 26, 2025

Sat 26 Sun 27 Mon 28 Tue 29 Wed 30 Thu 1 Fri 2

Today's Activities

No activities for today

Get Started

Week 1

Home

Exercise

+

Mail

Profile



Select a patient

**12**

Open schedule

**13**

Open schedule

**25**

Open schedule

**30**

Open schedule

**100**

Open schedule

**123**

Open schedule

**19282**

Open schedule

Roadmap Ahead

deploy app for user
testing with
uthealth



deploy app for all
users!



fix bugs found

