#2 Persona & Users

Physical Therapy is one of the methods used to gain mobility of your muscles back. It can benefit a vast number of patients who have been in an accident, had surgery recently, suffered from an illness that caused physical immobility.

**Persona:**

**Injuries sustained from accidents** – accident happens all the time. It can be a very traumatic event as accidents can be very painful. With the help of physical therapy, individuals can recover from physical therapy in a timely fashion without the need of surgery. Accidents can range from a simple slip and fall to a more traumatic event such as a car accident. While accidents surely cause pain, it can also cause decrease mobility in muscle function. Improper healing of these types of accidents can lead to long lasting or permanent decrease in physical mobility. The goal of physical therapy is to prevent these types of injuries becoming a life changing event by ensuring that the individual heals properly with the best results while also reducing the pain level from these injuries. Additionally, if physical therapy can help prevent the need of surgery as surgery is a major procedure that can put the body in unwanted stressed. Therefore, physical therapy is an option people should consider before a major procedure.

**Surgery patients –** Major procedures like surgery often helps alleviate pain for patients. But that is just one part of the procedure that patients need to recover with the best results. After surgery, patients are often referred to physical therapist to help them with mobility, pain management and even help with balance. For example, a knee replacement surgery fixes the knee joint to reduce the pain level and increase mobility of the knee. However, most patients will need to understand how to care for their new knee and how to use it. This is where physical therapy comes in place. Physical therapy will help patients understand how to use the new knee and increase the mobility by performing a few exercises with the patient and proper balancing technique to prevent them from falling when using their new knee. These exercises when done right can help patient gain the best results from their surgery. The goal of physical therapy for surgery patients is to provide physical training that will result in decrease pain level and best functionality of their surgical replacement part.

**Sport athletes** – sport athletes need to stay in shape and push their body to the max. Unfortunately, this may cause stress on their bodies that makes them more prone to injuries that could ruin their career. With the help of physical therapy, we can alleviate these injuries and reduce the pain level to ensure these individuals recover nicely and can still compete. It is very important that athletes are in their best shape and have full mobility function to ensure they are in the best shape to compete. It is recommended that all athletes do some physical therapy before and after their competition to prevent injuries sustained from the stress on their body. A simple exercise can reduce the chance of injury and most importantly permanent injuries. The goal of physical therapy is to ensure athletes recover properly if injuries are sustained. Whether it is a simple twisted joint or a more severe torn ligament, physical therapy will help the athlete’s recovery to gain back full mobility and reduce the pain level of the injury.

(\*\* Very rough draft for users as I don’t know the full functionality of our app yet.\*\*)

Users:

1. **Injuries sustained from accidents –** Users from this category will use our app and follow the exercise instructions and send the recordings to us. Our physical therapy specialist will review and determine what would be the next step for you. Additionally, we will give you a progress report on your recovery process and what precautions and other beneficial steps you can take on aiding your recovery process. The apps provide more freedom to our patients as you can do the exercise anytime without the need to physically be at a doctor’s office. The app will also provide a vast amount of information about your injury to keep patients inform on how to care for their injuries. Additionally, the app will have a survey that patients will fill out to help us understand their pain level, any changes regarding the injuries and questions that patient may have for us.
2. **Surgery patients** – Surgery patients can benefit from our app by having the option to do their physical therapy exercise at the comfort of their home. We will send some instructions for you to do such as move your arm in a circle or other simple task to show us how well your surgery went. We will also ask a few questions regarding the surgery and provide you with some simple exercises that may benefit the healing process. If the patients need help with balancing techniques, we will give them some instruction and techniques for them to do and send us a recording for us to review your progress. Each exercise is tailored towards your certain need and have a short survey for us to understand the pain level you are having and any mobility issue. This helps us understand your healing progress and what other steps may need to be taken in order to give you the best results.
3. **Sports athletes –** Sport athletes may benefit from our app by doing exercises to prevent injuries and prolonging their career. We have a selection of preventable care techniques to help prevent injuries in muscles and joints that receive the most stress. For preventative exercise, simply follow the instruction and do the exercise before and after you compete. No need to send us recording. However, if you sustained an injury, record where did your injury is by filling out the survey and send us a recording of your movement around the injury area and we will fully access and give proper techniques and exercise to help aid in the healing process of your injury. Please record the injury and send them to us for our specialist to review.