

I wanted to build this because of what happened to my own ankle.

About a year and a half ago, I tore two ligaments in my ankle. The doctors told me I was lucky I didn't need surgery, but that I'd have to be in a boot for eight weeks and then go to physical therapy. They didn't even give me a boot until I finally saw orthopedics. I didn't just accept that plan. I started doing my own research and realized that controlled movement and getting blood flow to the injured area was probably better for healing than sitting still in a boot and letting everything get stiff and weak.

So I took it slow and treated it like learning to walk again. I did pool work, band work, and light mobility. Maybe 20 minutes every few days at first, never pushing too hard. After about two weeks I could finally push off in the pool. Around three weeks I took the boot off completely, after going to a Dodger game, and it felt okay. Six to eight weeks later, when I went back, the orthopedic told me I'd done so well I didn't even need physical therapy. A few months ago I was back to squatting 500 for three, stronger, leaner, and with more muscle than before, because I took my rehab seriously.

That's when it really clicked for me: with the right information, I didn't have to rely on expensive, slow systems or wait for someone else to tell me how to move. Physical therapy went from feeling mandatory to being an option. I built this AI PT workflow to remove that research bottleneck. Instead of staying up late digging through videos and articles like I did, I wanted a tool that could pull together rehab knowledge fast and give people a starting point for smart, intentional recovery not as a replacement for doctors, but as a way to empower them the way I had to learn to empower myself.