

thera posture

Screen 1: authentication

1. email
2. phone number
3. full name
4. sign in with google?

Screen 2: Onboarding / Welcome screen

Screen 1: Welcome

- Title: "Welcome to Thera Posture"
- Description: "Your path to better posture and a healthier spine starts here"

Screen 2: Main Purpose

- Title: "Is the Posturator right for me?"
- Description: "The Posturator is designed to help correct and maintain good posture. Using our smart cushion technology, we help you achieve better spinal alignment."

Screen 3: What We Help With - Kyphosis

- Title: "Correcting Hunchback (Kyphosis)"
- Description: "Kyphosis causes an abnormal forward curve in the upper back, often making the back appear rounded or hunched. Our smart cushion helps correct this gradually and comfortably."
- [Include medical illustration of kyphosis]

Screen 4: What We Help With - Herniated Disc

- Title: "Managing Slipped Disc"

- Description: "A herniated disc occurs when a spinal disc bulges out of place, putting pressure on the spinal cord or nearby nerves. Posturator provides specialized support for this condition."
- [Include medical illustration of herniated disc]

Screen 5: Important Note

- Title: "What We Don't Treat"
- Description: "Please note that Posturator is not designed to correct Scoliosis (sideways spinal curvature). If you have Scoliosis, please consult with your healthcare provider for appropriate treatment options."
- [Include medical illustration of scoliosis]

Screen 6: Preventive Care

- Title: "Maintaining Good Posture"
- Description: "Even if you have good posture, Posturator helps maintain it by preventing slouching and keeping your spine properly aligned throughout your day."

Final Screen: Let's Begin

- Title: "Ready to Start?"
- Description: "Let's begin with a few simple questions to personalize your Posturator experience and recommend the best usage regimen for you."
- Button: "Begin Assessment"

Screen 3: Exclusionary questions

why this first

- I feel getting done with these questions first is better because:
 - prevents users from going through the entire medical assessment only to find out they can't use the product.
 - It's frustrating to answer detailed medical questions and then discover you're not eligible.

content

- Age Check
 - "Are you over the age of 12 years?"
 - If No → Exit with "The Posturator is only for use above age 12."
- Height Check
 - "What is your height?" (Imperial/metric option)
 - If > 6'5" (200cm) → Exit with "You are too tall for this product"
 - If < 4' (121cm) → Exit with "You are too short for this product"
- Weight Check
 - "What is your weight?" (Pounds/Kilograms option)
 - If > 250 pounds (114kg) → Exit with "You are too heavy for this product"
- Waist Size Check
 - "What is your waist size?" (Inch/Centimeter option)
 - If > 170 inches (432cm) → Exit with "You are too large for this product"

Screen 4: Medical Assessment

We follow same same flow added in chart i shared earlier

Screen 5: Recommendations:

General Instructions (For All Users)

- Always do 5-10 minutes of stretching before using Posturator
- Make sure pelvis and spine make firm contact with cushion
- Use headrest when reclining
- Switch recline angle every 30-40 minutes
- Daily recommended time: 1-3 hours
- Expected improvements: 4-10 days with consistent use
- Allow 2-5 days for body adjustment

Recommended Exercises

1. Flat Back Exercise

- Lie on back
- Inhale deeply
- Pull bellybutton toward spine while exhaling
- Lower opposite arm and leg a few inches above ground
- Return to start
- 10 reps, 3-5 sets

2. Yoga Stretches

- Focus on pelvis, spine, neck muscles
- Choose comfortable difficulty level
- Go at your own pace

3. Dead Bug Exercise

- Lie on back
- Press lower back into floor
- Lift arms and legs
- Position knees over hips

4. Pelvic Tilt with Exercise Ball

- Sit on ball
- Feet flat, legs at 90 degrees
- Tilt hips forward/backward
- 10 reps, 3 sets

5. Plank

- For core strength
- Improves posture and alignment

6. Neck Extension

- Use towel/band
- Pull neck forward
- Extend neck

7. Superman Exercise

- Lie on stomach
- Lift arms and legs
- Keep hips on ground

Condition-Specific Instructions

For Hunchback (H5-H10)

- Start at slow pace
- 1-3 hours per day
- Change angles every 30-45 minutes
- Focus on firm spine contact
- Stay relaxed in reclined position

For Herniated Disc

- Use spine-nodule insert
- Match height to herniated disc
- Start with minimum strain
- Increase usage gradually
- Monitor pain levels

For Upper Spine/Neck/Shoulder Pain

- Keep shoulder/neck muscles relaxed
- Let gravity pull shoulders back
- Focus on gentle stretching
- Monitor comfort levels

For Pelvic Tilt

- Maintain neutral pelvis position
- Focus on proper spine alignment
- Use additional core exercises



doubts / confirmation

separate admin dashboard?

(If Question **Q1.a** Answer YES), then response **1.b**

1.b -

- "Click here to upload" (PDF, JPG...)
- "We will contact you shortly after reviewing your documents with a recommendation".

COMMENT: This upload & communication should be recorded with an intake form on our website so that we can either notify a health professional OR respond ourselves.

- a separate dashboard is needed to list the uploaded xrays / documents by the user?