

# 1. Categories of Information

## General Physiotherapy Information

- What is physiotherapy?
- Common physiotherapy treatments.
- When should someone visit a physiotherapist?
- Benefits of physiotherapy for different conditions.

## Exercise Guidance

- Warm-up and stretching routines.
- Strengthening exercises for different body parts (e.g., back, knees, shoulders).
- Posture correction techniques.
- Balance and coordination exercises.
- Adaptive exercises for seniors or people with disabilities.

## Injury-Specific Advice

- Recovery plans for sports injuries (e.g., sprains, fractures).
- Post-surgery rehabilitation exercises.
- Lower back pain relief strategies.
- Neck and shoulder pain management.
- Knee pain and osteoarthritis exercises.

## At-Home Physiotherapy

- How to set up a home physiotherapy routine.
- Safe exercises to do at home.
- Household items that can be used for physiotherapy.
- Guided videos or AR-based demonstrations.

## FAQs & Troubleshooting

- How long does it take to recover?
- Can I do physiotherapy without professional supervision?
- Signs of progress vs. signs of overexertion.
- When to seek professional help.

## Integration with Medical Data

- How to log and track pain levels.
- Monitoring progress through AI-generated reports.
- Personalized exercise recommendations.
- Linking physiotherapy routines with patient history.

## **2. Data Sources for Retrieval-Augmented Generation (RAG)**

- **Physiotherapy Research Papers & Guidelines** (PubMed, WHO, medical journals).
- **Patient Rehabilitation Protocols** (Guides from certified physiotherapists).
- **Exercise Databases** (Curated collections of physiotherapy exercises).
- **User Queries & Feedback** (Fine-tune responses based on real user interactions).