Product Requirements Document (PRD)

App Name: SoleRelief

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Version: 1.0

1. Purpose

Plantar fasciitis is a common foot condition that affects millions. SoleRelief is a mobile app designed to support users suffering from plantar fasciitis by guiding them through recovery with stretching routines, exercise reminders, and walking trackers. The goal is to reduce pain, improve mobility, and empower users to take control of their healing process with a simple, consistent daily routine. In the long term, the app may expand to include stretches and protocols for other musculoskeletal injuries.

2. Scope

The app will initially target:

- Plantar fasciitis patients

- Runners, athletes, and people who stand for long hours

- Healthcare professionals recommending tools to patients

3. Core Features

3.1 Stretching Reminders

- Daily push notifications

- Customizable timing

- Quick-start from notification

3.2 Exercise Library

- Curated stretches

- Images & instructions

- Videos included

- Categorized routines

3.3 Daily Walking Reminder

- Gentle prompts

- Step tracking

- Integration with fitness APIs

3.4 Injury Progress Tracker

- Pain scale logging

- Stretch tracking

- Progress reports

3.5 Injury Expansion (Phase 2)

- Add protocols for Achilles tendinitis, shin splints, etc.

4. Non-Functional Requirements

Requirement	Description
Platform	iOS and Android (React Native or Flutter recommended)
Offline Access	Core routines and images available offline
Accessibility	Large fonts, text-to-speech compatibility
Notifications	Configurable, persistent reminders
Data Privacy	User data stored securely, HIPAA compliant if needed

5. User Stories

1. As a user, I want daily reminders to stretch.

2. As a user, I want pictures/videos to guide stretches.

3. As a user, I want to track pain levels and progress.

4. As a user, I want reminders to walk during the day.

6. Design Considerations

- Clean, calming UI

- Simple UX

- Supportive tone

- Onboarding with user input

7. Future Features (Backlog)

- Chat support (human or AI)

- Custom rehab plans

- Premium guided sessions

- Wearable device support

- Community forum

8. KPIs (Key Performance Indicators)

- Daily Active Users

- Stretch completion rates

- 30-day retention

- Self-reported pain improvement

- App store ratings

9. Risks & Assumptions

Risk	Mitigation
Users may skip routines	Gamification, streak tracking, motivation
Incorrect stretch form	High-quality visuals and videos
Medical liability	Clear disclaimer: not a replacement for medical advice

10. Team Roles Needed

- Product Manager (You)

- Mobile App Developer

- UX/UI Designer

- Physical Therapist Advisor

- Content Creator (Videos/Images)

- QA Tester