

Summary

Mobile app that helps people recover after ACL injury, leveraging social networks and pre-loaded exercises.

Squats improve stability and strengthen connective tissue. They're imperative to rebuilding the knee after surgery. Done

Users



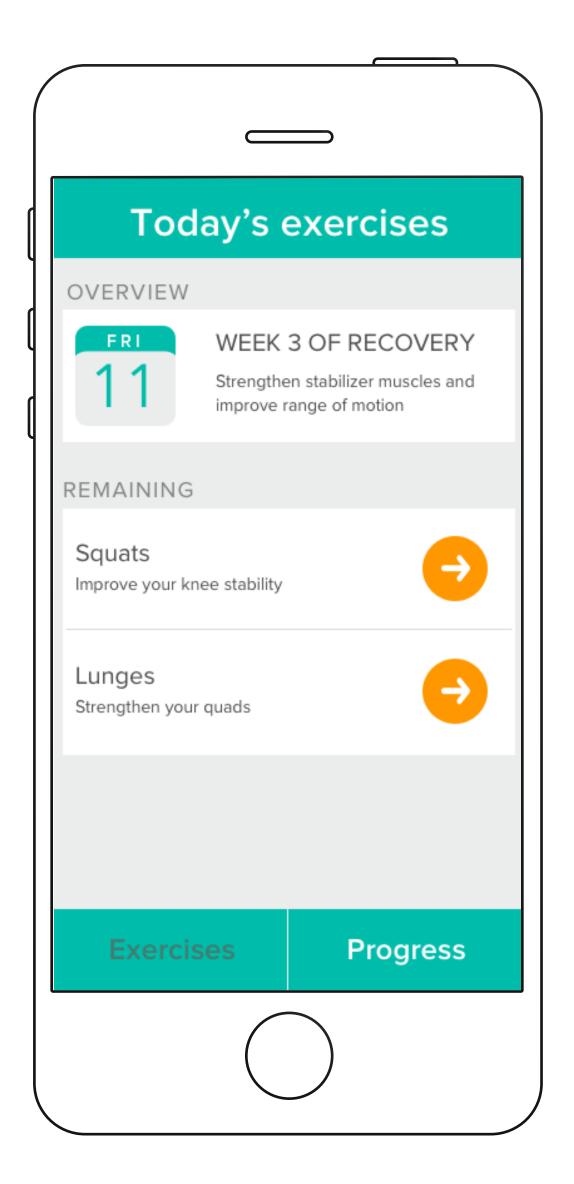


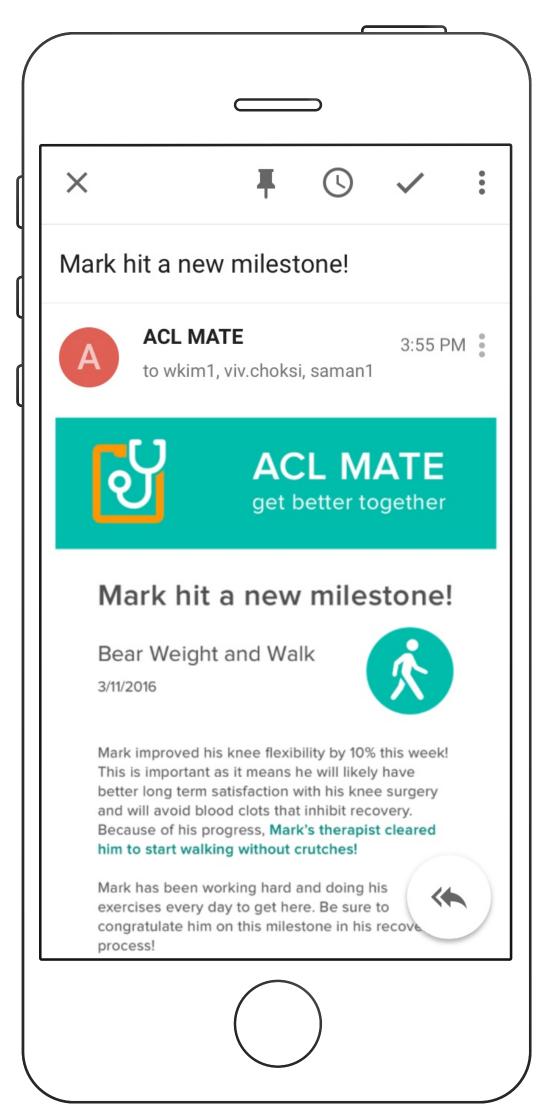
People recovering from ACL injuries

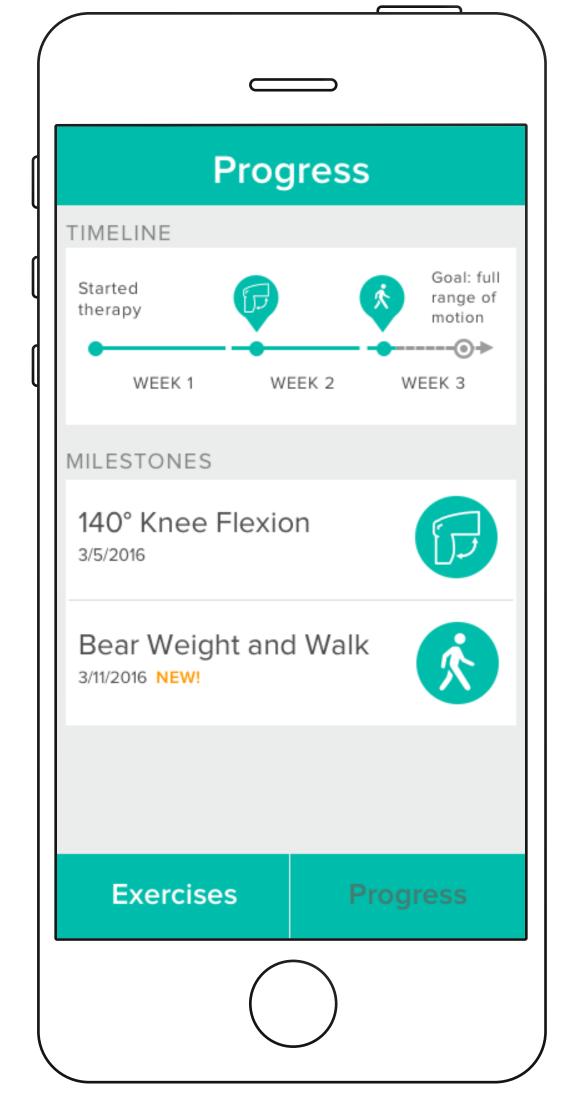


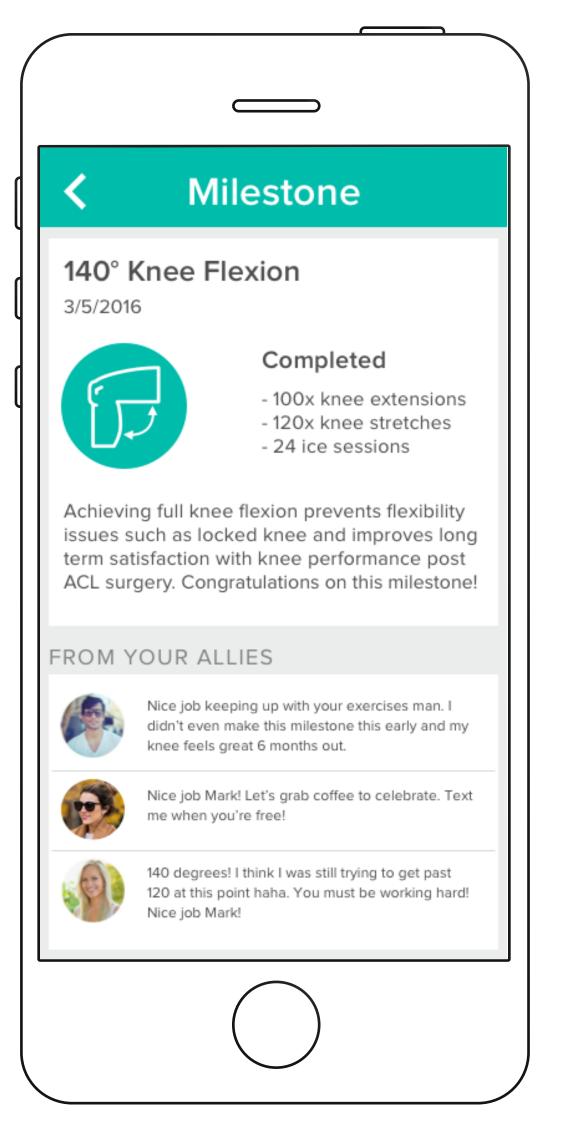
Key features

- 1) Patients need to know that they're making progress
- 2) Patients thrive with social support and encouragement
- 3) Friends and family want to know how they can help









Exercises list Ally Email

Progress Bar

Milestone