Summary

Paddy is a Physiotherapist, seeking a Mobile App which will help her treat her patients throughout his/her illness/injury period.

Storyline

In every 30 mins session, Paddy spends significant time in recording the patient’s current medication details, accessing manually entered verbose history from earlier sessions to understand result trends, measuring muscle movements visually or with the Goniometer (which is not very accurate) and then documenting current session minutes again. This time can be better managed in detailed diagnosis and demonstrating exercises. Also, Paddy has to depend on Patient’s alertness and trust his/her punctuality to ensure the home exercises are completed and posture guidelines/precautions are followed.

This User friendly Mobile App can help her navigate through the treatment steps in association with the sensors feeds received from patient’s body throughout the week.
Persona

**[Paddy]**

**[Physiotherapist]**

[I believe that Vegetarianism and Yoga can save the Human life from the Technology induced Health and Lifestyle ailments. Meditate daily for the number in minutes which is equal to your current age in years]

**About**

- Masters in Pediatrics Physiotherapy
- Responsible for Physiotherapy treatment in multiple Clinics, occasionally also treating the patients usually treated by another Physio
- She is also an inspiration to her husband

<table>
<thead>
<tr>
<th>Responsibilities</th>
<th>Needs</th>
<th>Main Goals</th>
<th>Pain Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Ease of navigation and diagrammatic representation in the assessment tool</td>
<td>- I am responsible for the Physio treatment in early Intervention to Aged care phase</td>
<td>- Reduce pain</td>
<td>- Better utilization of each session for assessment and diagnosis</td>
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<tr>
<td>- Direct feedback of the patient’s adherence and progress to the home based exercise program</td>
<td>- Nature of treatment requirements vary from Muscular, Ortho, Neuro, Sports illness or injuries</td>
<td>- Improve motor function and quality of life</td>
<td>- Need to get rid of Verbose documentation requirement</td>
</tr>
<tr>
<td>- Accurate tool for the measurement of the joint movements</td>
<td>- Documentation and progress reports for GPs reference</td>
<td>- Prevent Recurrence</td>
<td></td>
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As a Physiotherapist

I need a way to navigate through the documented patient case details from previous sessions in user friendly and pictorial format, supported by the accurate joint movement measurement tools and timely received online feedback from the assigned home exercise programs

so that my assessment & diagnosis are more accurate and treatment is more effective in the subsequent session.
### UX Journey

<table>
<thead>
<tr>
<th>ACTIONS</th>
<th>MINDSET</th>
<th>FEELING</th>
<th>TOUCH POINTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patient walks with great discomfort and obvious acute knee pain, which appears to be sports injury</td>
<td>“Let me understand his history and injury incident details”</td>
<td>😊</td>
<td>CASE HISTORY&lt;br&gt;Online Goniometer (Joint Angle Measurement)&lt;br&gt;Rate the Critical Parameters</td>
</tr>
<tr>
<td>I review X-Ray, MRI reports</td>
<td>“Let me note down his current range of movements and pain scale and activity limitation”</td>
<td>😠</td>
<td>Interactive Human body schematic tool to pinpoint the strained muscle</td>
</tr>
<tr>
<td>I carry out object assessment activities; like squatting. I ask him move his knee in certain positions while I measure the angle with touchscreen tools on the image taken.</td>
<td>“I think, I know which muscle is being badly injured; this must be because of the lack of warmup before the game”.</td>
<td>😠</td>
<td>Body Medico sensors applied at the crucial points</td>
</tr>
<tr>
<td>I navigate through interactive human schematic picture to zoom in to the precise muscle affected as part of my</td>
<td>“Let me give him some Home based exercises and will place few motion, pressure and posture sensors to know if he is following the advice”</td>
<td>😠</td>
<td>Sensor Feedback&lt;br&gt;Progressive Treatment</td>
</tr>
<tr>
<td>I use the advice and suggested remedial actions from the interactive tool.</td>
<td>“Great, trend shows his joint movements are now improved. He did not follow few prescribed precautions though. But Let me give him some final Soft tissue mobilization”</td>
<td>😊</td>
<td>Smiles on the patients face</td>
</tr>
<tr>
<td>I treat patients accordingly. I provide the home exercises and precautionary list</td>
<td>“Happy that I could cure my patient”</td>
<td>😊</td>
<td></td>
</tr>
</tbody>
</table>
1. Patient pre-fills Case History; which Physio can amend if required.

2. Physio selects critical parameters to track from the dropdown list. If the history exists, the trends are available.

2A. Physio clicks on the tool (which can be camera or goniometer)

1. Angle @ joint
2. Side angle
3. X X X X X
4. Pain Scale
5. X X X X
2B. The photo or interactive diagram showing patients knee displayed. Physio draws the line with touchscreen and 'angle' value is captured and updated with today with the trend.

3. Physio zooms in to Human Schematic to choose the most precise muscle injured and this App provides the associated exercise details. The muscle/Scales/Values are updated in case History.
4. The exercises chosen are displayed with posture diagrams with an option to print. The sensors are set and pulse checked on body.

5. The bio sensors keep sending values and the trends are updated over the period. The compliance failures are reported.

6. The progress is tracked in subsequent sessions and treated accordingly until patient is happy & healthy.

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**Health Status Summary**

- # Visits
- % Improvement
- $ Expenses
- Payment Status

*** Thank you ***