BILITY

Experimentation

Project Brief

The Bility app project, guided by our industry mentor, focuses on creating a **cutting-edge rehabilitation app** designed to assist users in their recovery journey from injuries such as knee, leg, ankle, and other physical setbacks.

App logo		Meaning
BILITY =	Ability	#possible to do something

Target audience

- **Australian users**
- **Athletes**
- **Employees**

About app Bility

- Creating a rehabilitation app
- The app helps users in their rehabilitation journey, who are recovering from injuries like Knee, leg ankle etc or other physical setbacks.
- Convenient and more quiker way to seek injury management support without unnecessary delays.

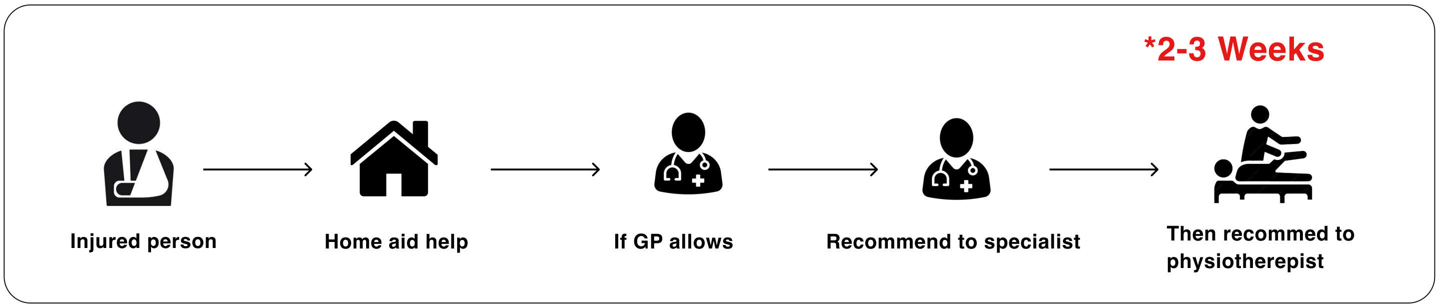
Problem Statement

1) Why there is a need to make an app?

***Australian Scenario**

Refrence from the website “The Guide and Process to See a Doctor in Australia”

Link - View website



***2-3 Weeks**

Injured person → **Home aid help** → **If GP allows** → **Recommend to specialist** → **Then recomend to physiotherepist**

*From this scenario, we understand the patient wait for the longer time in the process to recover from his injury. In moving forward in this different steps it’s taking time for his/her recovery

Objectives of the app

- Eliminates the wait times.
- Access to talk with the GP and if he recommend’s then can connect with specialist with wasting no time.
- Efficient and convenient offers a quicker, more convenient way to seek injury management support without unnecessary delays.
- Easy access app remote service & Physical service

Methodology followed

Research → Persona’s → Empathy mapping → Journey mapping

User story map → Site map → Onboarding questions → Wireframe

Final design

Research

Acc. to 2023 Report

Injuries in body parts

Injuries in body parts

1.35 million 18 - 34 year old's

Injured from sport or physical activity [View the link]

1,27,800 Cases

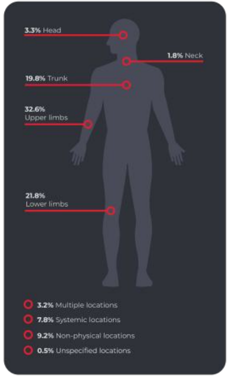
Work related Injury [View the link]

1.96 million (Men)

Injured from physical sport or undertaking physical activity, data combined of all age groups [View the link]

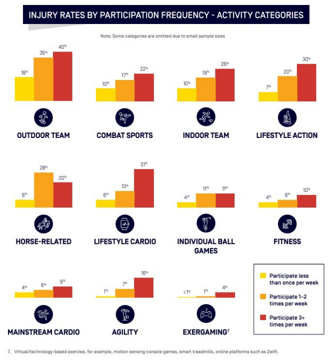
1.51 million (women)

Injured from physical sport or undertaking physical activity, Data combined of all age groups



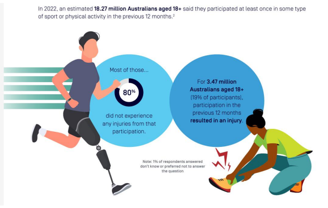
3.3% Head
1.8% Neck
19.8% Trunk
32.6% Upper limbs
21.8% Lower limbs
3.2% Multiple locations
7.8% Systemic locations
9.2% Non-physical locations
0.5% Unspecified locations

Link



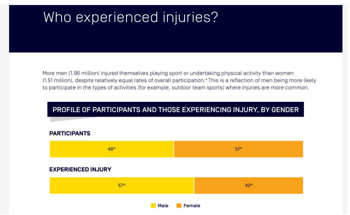
7. Virtual/technology-based exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

Link



In 2022, an estimated **18.27 million Australians aged 18+** said they participated at least once in some type of sport or physical activity in the previous 12 months.[2]

Most of those...
80%
did not experience any injuries from that participation.
For 3.47 million Australians aged 18+ (19% of participants), participation in the previous 12 months resulted in an injury.
Note: 1% of respondents answered don't know or preferred not to answer the question



Who experienced injuries?

More men (1.96 million) injured themselves playing sport or undertaking physical activity than women (1.51 million), despite relatively equal rates of overall participation.[4] This is a reflection of men being more likely to participate in the types of activities (for example, outdoor team sports) where injuries are more common.

References taken from -

☆ **AUSPLAYTM Injury** from sport and physical activity in Australia 2023

☆ **Key Work Health and Safety Statistics Australia,** 2023

☆ Injury rehabilitation the three phases

Research Links-

- https://data.safeworkaustralia.gov.au/insights/key-whs-stats-2023
- https://www.brisbanespineclinic.com.au/blog/three-phases-injury-rehabilitation/
- chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.clearinghouseforsport.gov.au/__data/assets/-pdf_file/0005/1100867/AusPlay-Sport-Injury-Report-April-2023.pdf

- According to AustPlay, the Australian Government Sports Commission, individuals who sustain injuries from sports or physical activities tend to be predominantly younger, with approximately 1.35 million aged between 18-34 years, 1.31 million aged between 35-54 years, and 810,000 aged 55 and above experiencing injuries in the past year.
- Common injuries include ankle and ligament injuries, which necessitate prompt treatment. Key Work Health and Safety Statistics for 2023 reveal approximately 127,800 serious work injury cases were recorded in 2023. The main occupational groups affected include machinery operators and drivers, technicians and trades workers, sales workers, and professionals.
- Also Injury of the female ratio is also quite higher, hence should be considered
- Therefore, the development of an app is crucial to ensure the safe and expedited recovery of these individuals.

Questions asked to the injured people

Questions asked to the injured people

Q) Can you briefly describe your injury and how it occurred?

Q) How has your knee injury affected your daily routines and physical activities?

Q) What specific daily tasks have become more challenging due to your injury?

Q) Any Emotional and Psychological Impact?

Q) How has the injury affected your fitness levels and overall physical health?

Q) Describe your personality type.

Q) What challenges have you encountered in sticking to your treatment plan?
Technology and Recovery

Q) How do you think a recovery and fitness app could help you manage your knee injury and overall well-being?

Q) What specific features or tools would be most beneficial in such an app?
Activities and Interests

Q) What are the activities that you enjoy?

Q) What is your top priority now?

Q) How people react to your injury?

Q) How do you maintain your energy levels throughout the day?

Q) What does your nutrition and diet look like to support your recovery?

Q) What are your regular fitness activities, and how have they been affected by your injury?

Q) What do you think, feel hear around your environment?

Q) In your opinion, what are the challenges and benefits of your injury?

Q) What is your current need and urgency?

Persona

Anna Adams

“Faced Knee injury and suffering form OCD”

AGE	32
JOB TITLE	Marketing Manager
LOCATION	Australia
GENDER	Female

BACKGROUND :

- Anna Struggles with Constant fear or thoughts of Unable to cure or worsening the knee injury
- Her Knee injury limits physical activity, causing frustration and loss of fitness and disrupting daily routines.

PAIN POINTS:

- Anna is frustrated by the limitations her injury has imposed on her daily life.
- She has Physical Limitations due to Knee Injury
- Struggles with Maintaining Fitness and Wants Guidance to recover from knee injury

PREFERENCES

Needs Motivation	● ● ● ● ○
Personal wellbeing	● ● ● ● ●
Health and Wellness	● ● ● ● ●
Fighting for her finess	● ● ● ● ○
Fitness Activities	● ● ● ● ●

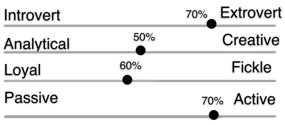
NEED AND GOALS:

- Effective strategies for managing Knee injury to stop OCD symptoms
- Difficulty focusing on work and hobbies due to the obsessions and compulsions.

CONCLUTIONS

- Exploring Recovery and constant fitness app can help he to manage her Physical and emotional Body
- Vey Important for her to Follow Treatment Recommendations:

PERSONALITY



Fitness Chart

ENJOYS

- Yoga
- Swimming

WEEKLY WORKOUT SCHEDULE

- Low-impact cardio for 30 minutes.
- Yoga session focusing on stress relief and relaxation for 20 minutes.
- Gentle yoga for 30 minutes focusing on flexibility and relaxation.
- Water aerobics or swimming for 20 minutes for low-impact cardio.

ENERGY CHART THROUGHOUT THE DAY:

- Anna energy levels fluctuate due to her OCD and knee injury.
- She listens to her body and adjusts her workouts accordingly, opting for low-impact activities on days when her energy is lower.

NUTRITION AND DIET

- Anna focuses on a balanced diet rich in fruits, vegetables, lean proteins, and whole grains to support her overall health and fitness goals.
- She prepares healthy meals and snacks in advance to ensure accessibility and convenience, avoiding processed foods and sugary snacks.

PERSONALIZATION

- Anna personalized treatment plan must integrate cognitive strategies to address her OCD triggers and physical therapy tailored to her knee injury.
- Customized interventions will empower her to manage both conditions effectively, promoting holistic healing and improved quality of life.

WHY THE NEED & URGENCY?

- The urgent need to address Anna knee injury it directly impacts her daily activities and exacerbates her OCD symptoms, causing significant distress and hindering her quality of life.
- Treating the knee injury promptly is essential to alleviate physical discomfort, restore mobility, and alleviate the additional strain it places on her mental health, fostering a path towards improved well-being and functionality.

“Faced Knee injury and suffering form OCD”

David Martinez

"Lives alone depends on mobility got ankle injury"

AGE	35
JOB TITLE	Paramedic
LOCATION	Australia
GENDER	Male

BACKGROUND :

- David has been working as a paramedic for the past ten years, responding to emergency calls and providing medical assistance to those in need.
- Unable to walk properly, due to ankle injury can't put weight on leg too much
- His livelihood depends in field work

PAIN POINTS:

- David feels frustrated by the limitations imposed by his injury, which prevent him from performing his job effectively and providing the level of care he aspires to.
- He worries about being unable to meet the physical demands of his job and fears being sidelined from his duties for an extended period.

PREFERENCES

Time Management	● ● ● ● ○
Mobility and Stability Work	● ● ● ● ○
Core Strength and Balance:	● ● ● ● ○
Low-Impact Exercises:	● ● ● ● ●
Injury Prevention:	● ● ● ● ●

WORK ENVIRONMENT

- As a paramedic, David's work environment is fast-paced and physically demanding, requiring him to lift heavy loads, maneuver stretchers, and navigate challenging terrain.
- He values teamwork and relies on the support of his colleagues during emergency situations.

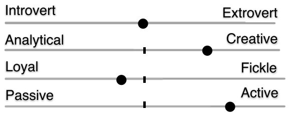
NEED AND GOALS:

- David's primary motivation is to recover from his ankle injury and return to his duties as a paramedic as soon as possible.
- He is committed to serving his community and feels a sense of responsibility towards his colleagues and patients.

CONCLUTIONS

- David is on a fitness journey to improve his health and quality of life but faces setbacks due to ankle, want to recover fast as possible.

PERSONALITY



EMOTIONAL IMPACT

- The injury has taken a toll on David emotionally, as he struggles with feelings of frustration, uncertainty, and concern about his future as a paramedic.
- He finds solace in the support of his family, friends, and colleagues, who offer encouragement and reassurance during this challenging time.

Fitness Chart

ENJOYS VARIETY OF WORKOUTS & ACTIVITIES

- Hiking
- Squats
- Team sports (soccer)
- Boot camps

ENERGY CHART THROUGHOUT THE DAY:

- David's energy levels may fluctuate throughout the day, influenced by his work schedule, sleep patterns, and recovery from injury.
- He may prefer to schedule workouts during periods of lower activity at work or during his off-duty hours when he feels most energized and motivated.
- Analyzing his energy patterns can help identify optimal times for exercise and tailor notifications and reminders accordingly.

WORKOUT PREFERENCES IN A WEEK:

- David's workout preferences may include exercises that focus on improving mobility, stability, and strength in his injured ankle.
- He may prioritize low-impact activities such as swimming, stationary cycling, and gentle stretching to avoid exacerbating his injury.
- Incorporating exercises that target core strength and balance, such as yoga or Pilates, can also be beneficial for overall recovery and injury prevention.

PRONE TO INJURY BASED ON JOB AND LIFESTYLE:

- David's job as a paramedic places him at higher risk of musculoskeletal injuries, including sprains, strains, and overuse injuries, due to the physically demanding nature of his work.
- Factors such as lifting patients, navigating uneven terrain, and working in high-stress environments contribute to his susceptibility to injury.
- Understanding these risk factors can guide the design of his workout plan, emphasizing exercises that promote injury prevention, mobility, and functional fitness specific to his job requirements.

WHY THE NEED & URGENCY?

- Unable to perform critical tasks and on field task affecting his work
- Causing his extreme pain to perform any daily task facing pain and discomfort

"Lives alone depends on mobility
got ankle injury"

Mark Fin

“Started their fitness journeys but got injured back pain”

AGE	42
JOB TITLE	Project Manager
LOCATION	Australia
GENDER	Male

BACKGROUND

- Mark has struggled with weight issues for most of his adult life, often due to his sedentary job and unhealthy eating habits.
- Now he got back pain going to gym and is causing extreme pain , Hence unable to concentrate on work
- As not able to sit for a long time

PAIN POINTS

- Mark is frustrated by the setback caused by his back pain, which has hindered his progress and motivation. He feels discouraged by the limitations imposed by his injury and worries about his ability to continue his fitness journey.
- He also struggles with feelings of self-consciousness and embarrassment about his weight and physical limitations.

PREFERENCES

Low-Impact Exercises	● ● ● ● ○
Variety in Workouts:	● ● ● ● ○
Nutritional Guidance	● ● ● ● ○
Gradual Progression	● ● ● ● ●
Professional Advice	● ● ● ● ●

NEED AND GOALS

- Mark is motivated to improve his health and quality of life by adopting a more active lifestyle. He wants to shed excess weight, reduce his risk of obesity-related health issues, and regain his confidence and mobility.

CONCLUTIONS

Mark Johnson is on a fitness journey to improve his health and quality of life but faces setbacks due to back pain caused by his heavy weight. Despite frustrations, he remains motivated to overcome obstacles and regain his confidence.

Understanding his challenges and motivations will guide the design of interventions tailored to his needs, facilitating his progress towards improved fitness and well-being.

PERSONALITY

Introvert	Active
Analytical	Creative
Loyal	Fickle
Passive	Active

Fitness Chart

ENJOYS VARIETY OF ACTIVITIES

- Mark's workout preferences could be integrated into the app, such as
- Walking,
- Swimming,
- Cycling, or yoga

ENERGY CHART THROUGHOUT THE DAY:

- Implementing an energy chart feature would allow Mark to track his energy levels throughout the day.
- By analyzing this data, the app could identify the times when Mark feels most energized and motivated to work out.
- Notifications and reminders could be scheduled during these peak energy periods to encourage consistent exercise habits.

PRONE TO INJURY BASED ON LIFESTYLE:

- Considering Mark's heavy weight and sedentary job as an office manager, he may be more prone to certain types of injuries, particularly related to back pain and joint strain. The app could include a questionnaire or assessment tool to evaluate Mark's injury risk factors based on his lifestyle and job demands. This information would help tailor workout recommendations and injury prevention strategies specific to his needs.

NUTRITIONAL GUIDANCE:

- He needs to recognizes the importance of adopting healthier eating habits to complement his fitness efforts and is open to receiving guidance on nutrition and meal planning.

PROFESSIONAL ADVICE:

- Mark may seek advice from healthcare professionals or physical therapists to address his back pain and modify his exercise routine safely.

EMOTIONAL SUPPORT:

- He relies on support and encouragement from his family and friends to stay motivated and navigate obstacles on his fitness journey.

GRADUAL PROGRESSION:

- Mark prefers a gradual approach to fitness that allows him to make sustainable lifestyle changes and progress at his own pace without risking further injury.

WHY THE NEED & URGENCY?

- Without exercise his the back pain may worsen over time, potentially leading to chronic discomfort and reduced mobility.
- Engaging in regular physical activity is crucial to strengthen muscles, improve posture, and alleviate strain on the back, ultimately enhancing overall health and quality of life

“Started their fitness journeys but got injured back pain”

Empathy mapping

THINKS & FEELS

I feel overwhelmed by my recurring thoughts about my knee injury and the constant need to perform.

I feel like I can't control my thoughts and behaviors, no matter how hard I try

I fees like I will never able to recover from my knee injury

HEAR

Hears words of encouragement and support from friends, family, and healthcare providers, instilling hope and motivation.

Listens to her inner voice, which sometimes amplifies her fears and insecurities but also offers moments of clarity and resilience.

Hears that some people are weird around her

SEE

Observes how others react to their Knee injury & OCD symptoms in the internet

Notices the impact of her conditions on her relationships and daily interactions, both positively and negatively.

Witnesses the challenges and triumphs of others facing similar struggles, finding solidarity and inspiration.

Anna Adams

“Faced Knee injury and suffering form OCD”

SAY & DO

"I often vocalize my worries about my knee injury and OCD to friends and family, seeking reassurance."

"I sometimes mention feeling overwhelmed or anxious, but I worry about burdening others with my problems."

"I wish I could regain my strength and confidence."

PAINS

- Experiencing debilitating anxiety and distress due to the relentless nature of OCD symptoms.
- Struggling to manage the physical and emotional toll of living with a chronic knee injury and its impact on daily functioning.
- Feeling isolated and misunderstood by others who may not grasp the severity of her conditions or the challenges she faces.

GAINS

Finding solace and relief in mindfulness practices, meditation, and relaxation techniques.

Seeking validation and support from healthcare providers, friends, and family members who offer empathy and understanding.

Celebrating small victories and progress in her journey to manage OCD symptoms and improve her knee health, fostering hope and resilience.

- Overall Anna is the person who lisen to her own voice, she gets worried about her injury hence practice meditation, she wants to regain her strength back.

THINKS & FEELS

I Feels discouraged by the setback caused by his back pain and worries about my ability to reach his fitness goals.

I Struggle with feelings of self-consciousness and embarrassment about my weight and physical limitations.

I have motivation to improve my health, regain mobility, and want to feel more confident about my body.

HEAR

I Receive empathy and understanding from friends, family, and healthcare professionals who recognize the challenges he faces.

I Listens to advice and guidance from my Dad’s friend about how to cope up with as he suffered from the same and also drom fitness experts about managing my back pain and modifying his workout routine.

I Notice others around me who seem to be progressing in their Health & Work life balance , which highlights his own struggles and setbacks.

Observes changes in his body and mobility since the onset of his back pain.

Recognizes the support and encouragement from friends and family members who empathize with his challenges and offer words of encouragement.

Mark Fin

“Started their fitness journeys but got injured back pain”

The back pain is unbearable, and it's holding me back from my fitness goals."

"I feel frustrated and demotivated by this setback."

“I worry about whether I'll be able to continue my fitness journey and overcome this obstacle."

SAY & DO

PAINS

GAINS

"The back pain is excruciating, making it difficult to engage in daily activities."

"The constant discomfort affects my ability to focus and perform effectively at work."

"I feel frustrated and demoralized by the setback caused by my back pain."

"The fear of judgment from others adds to the emotional burden of dealing with the injury."

"Despite the setback caused by my back pain, I'm determined to continue my fitness journey and improve my health."

"The challenges I've faced have strengthened my resolve to overcome obstacles and persevere towards my goals."

"People belief in me and their words of encouragement fuel my motivation to keep pushing forward."

"Dealing with the back pain has made me more aware of my body and its limitations."
"I've learned to listen to my body and prioritize self-care, which will benefit me in the long run."

- Overall Mark who is suffring from back injury and has obesity is having difficulty to sit and focus on the work.

THINKS & FEELS

"The pain in my ankle makes it difficult to perform my duties effectively."

"I feel frustrated and worried about how long it will take to recover from this injury."

"Despite the setback, I'm determined to overcome this obstacle and return to serving my community."

HEAR

My colleagues are more empathatic to me talk about my health

Listens to advice and guidance from physical therapists and healthcare professionals about managing his ankle injury and optimizing his recovery.

Hears stories of resilience and perseverance from fellow paramedics who have overcome similar challenges, providing inspiration and hope for his own journey.

David Martinez

"Livelihood depends on mobility got ankle injury"

SEE

Notices the physical demands and challenges faced by his colleagues in the field, which highlights the importance of maintaining good health and mobility.

Observes changes in his own mobility and independence since the onset of his ankle injury.

Recognizes the support and empathy from colleagues and supervisors who understand the challenges he faces and offer assistance during his recovery process.

SAY & DO

"The pain in my ankle makes it difficult to perform my duties effectively."

"I feel frustrated and worried about how long it will take to recover from this injury."

"Despite the setback, I'm determined to overcome this obstacle and return to serving my community."

PAINS

"The pain in my ankle is constant and hinders my ability to move around efficiently, especially during emergency situations."

"The discomfort affects my focus and performance at work, impacting my ability to provide timely and effective care to patients."

"I feel frustrated and anxious about the uncertainty surrounding my recovery and the impact of my injury on my career."

"The fear of not being able to fulfill my duties as a paramedic weighs heavily on my mind, adding to the emotional burden of dealing with the injury."

GAINS

"The obstacles I've faced have strengthened my determination to overcome adversity and return to serving my community as a paramedic."

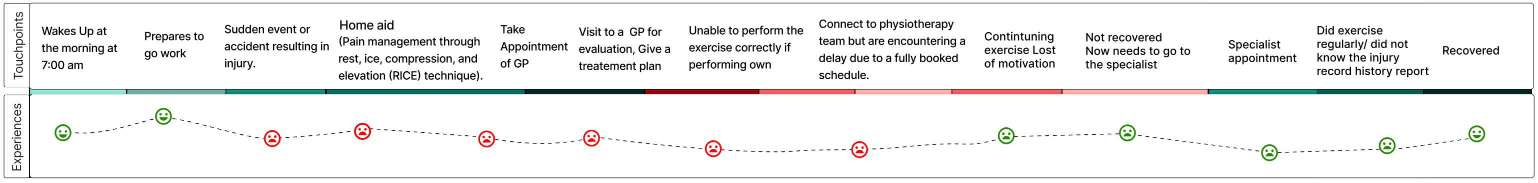
"I've been overwhelmed by the outpouring of support and solidarity from my colleagues, friends, and family during my recovery process."

"Their encouragement and assistance have been invaluable in helping me navigate through this challenging period and maintain a positive outlook."

"I've learned to appreciate the importance of self-care and resilience in the face of adversity, which will benefit me both personally and professionally in the long run."

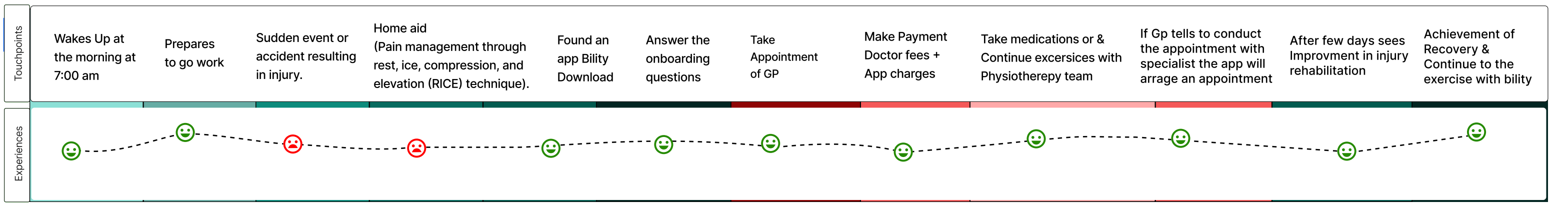
- Overall david as he is a paramedic, who is suffering from ankle injury wants to regain his mobility.

Current journey map


Touchpoints
Wakes Up at the morning at 7:00 am
Prepares to go work
Sudden event or accident resulting in injury.
Home aid (Pain management through rest, ice, compression, and elevation (RICE) technique).
Take Appointment of GP
Visit to a GP for evaluation, Give a treatement plan
Unable to perform the exercise correctly if performing own
Connect to physiotherapy team but are encountering a delay due to a fully booked schedule.
Contintuning exercise Lost of motivation
Not recovered Now needs to go to the specialist
Specialist appointment
Did exercise regularly/ did not know the injury record history report
Recovered
Experiences

Currently, the journey map shows the Hectic pain to recover from the injury by managing your injuries & report and progress by yourself , which could have been managed more easily.

Ideal journey


Touchpoints
Wakes Up at the morning at 7:00 am
Prepares to go work
Sudden event or accident resulting in injury.
Home aid (Pain management through rest, ice, compression, and elevation (RICE) technique).
Found an app Bility Download
Answer the onboarding questions
Take Appointment of GP
Make Payment Doctor fees + App charges
Take medications or & Continue excersices with Physiotherepy team
If Gp tells to conduct the appointment with specialist the app will arrage an appointment
After few days sees Improvment in injury rehabilitation
Achievement of Recovery & Continue to the exercise with bility
Experiences

Hear we have the solution of managing the clients report & ensuring that he gets recovered with the time & provide regular insurity to exercise with bility

User Story Map

Bility (Injury Rehabilitation app)

User Registration & Onboarding	Profile Creation & Personalization	Book appointment with GP	Access to experts if required	Successful rehabilitation	Advantage of Exercise continuity
Answer the onboarding questions of injuries related, exersices timing etc	Adding mail & personal detail eg - Weight, Height age	Get the report & Advice from the doctors	Consultation with Experts	Rehabilitation succeeded	Regular normal exercise with our GYM partner
Observe the questions & Think about their injury	Adding Phone no. to connect with whats app	Payment to the GP	Feedback & Report, & futher exercise needed		
Trying to fill the answers to reach a dashboard or next step.	Add profile photo and customize it with your best colours.	If required Physiotherapy, auto tie up with the team	Payment to the specialist		

- The user story map of Bility illustrates the sequential process consumers navigate through various channels. It details the step-by-step journey of how individuals interact with Bility across different mediums, guiding them through the experience from start to finish.

Bility (Onboarding questionnaire)

- **Logo animation** ⟶ **Welcome to Bility**

1. **What brings you to the bility app for ?**
   Options
   - Want to Recover from a recent injury
   - Want to know better about the app and services

2. **What is your name ?** [Enter Name]
3. **What is you Weight?** [Your weight in kilograms or pounds]
4. Are you beginner?
5. **Are you able to exercise ?** Yes or No
6. **Select the pain or Injury?**
- Icons for the specific part of the body

7. **What are your main goals for rehabilitation?**
   - (Please specify)

8. **Amount of pain you're experiencing?**
- Ratings 1 to 10

9. **How long ago did you get injured?**
- Options - 1 month ago, 2 weeks ago, or Mention the time frame

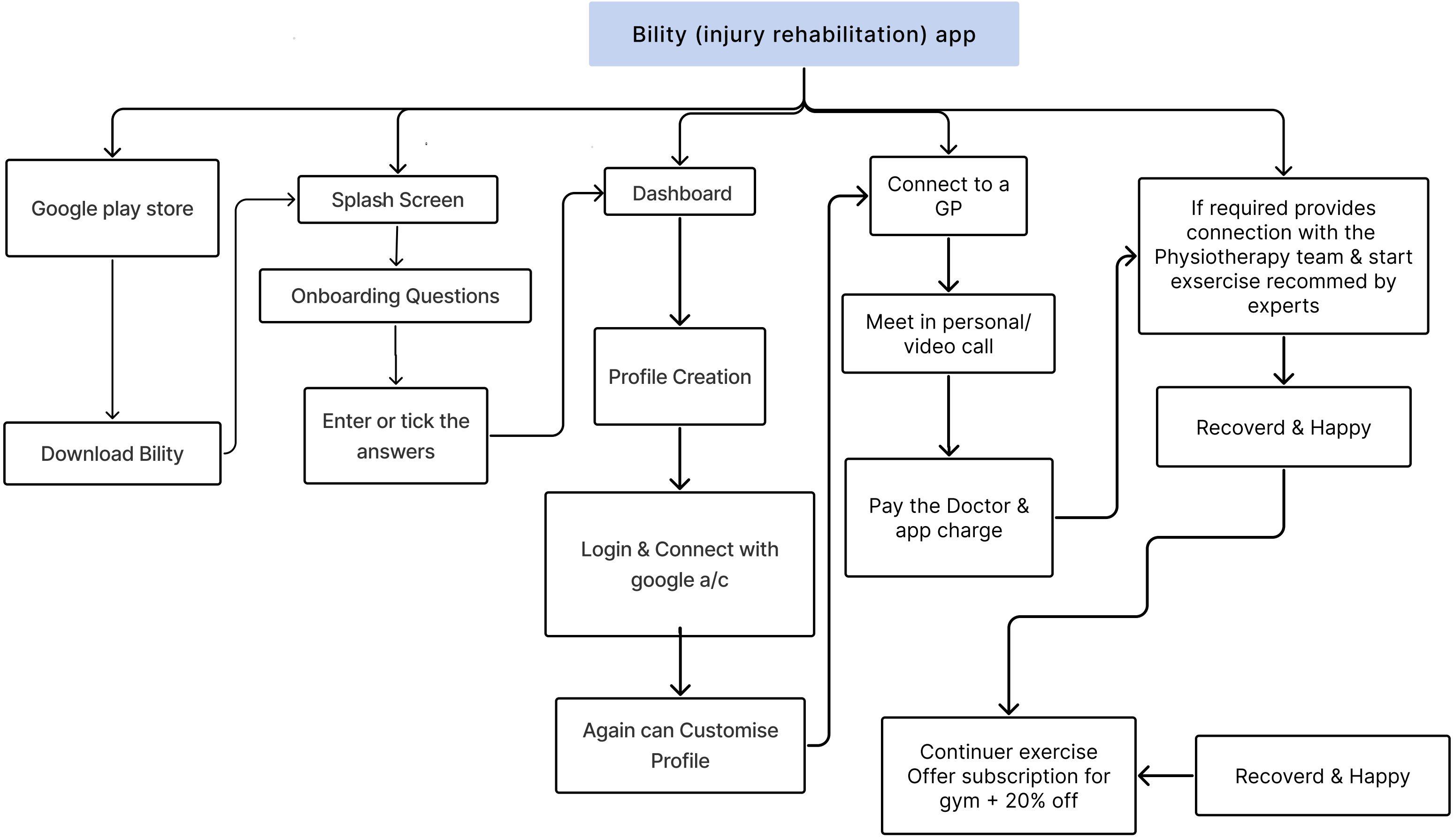
10. **How many days per week can you commit to exercises?**
    - 1-2 days
    - 3-4 days
    - 5-6 days
    - 7 days

11. **Please entre Preferred Timing:** Time bar

Sign up Mail ⟶ **Bility Dashboard**

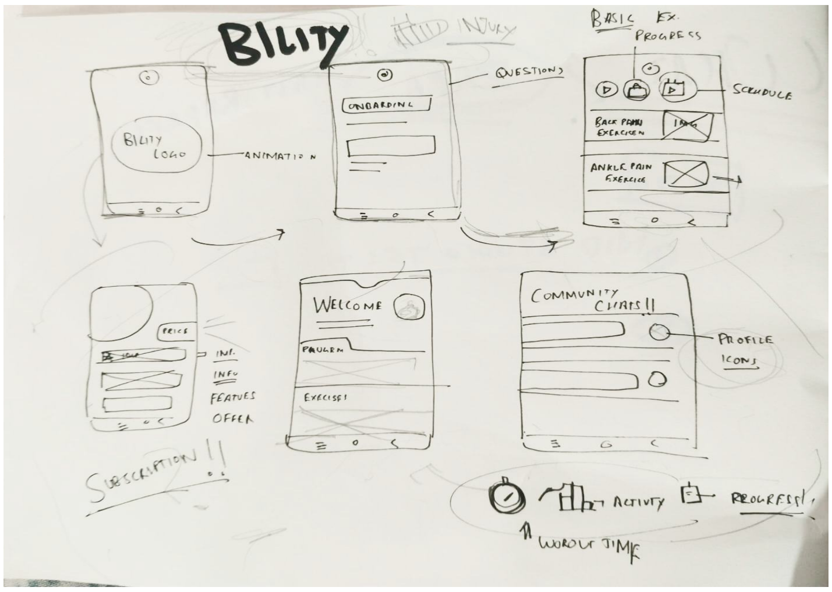
(Onboarding
questionnaire)

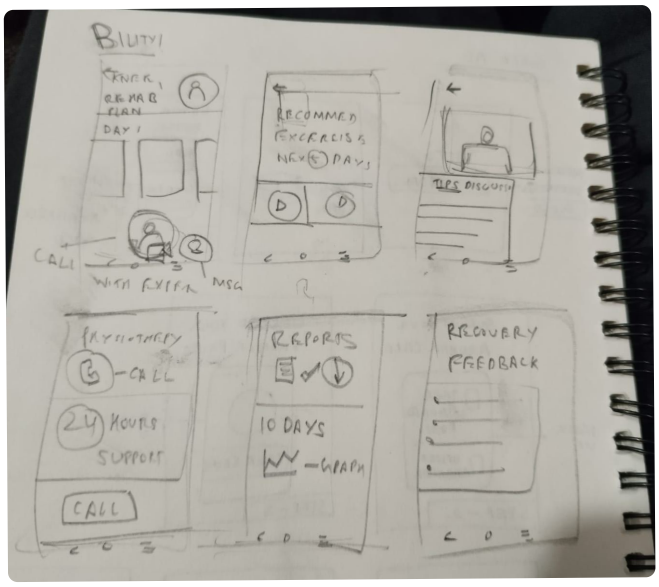
Site map



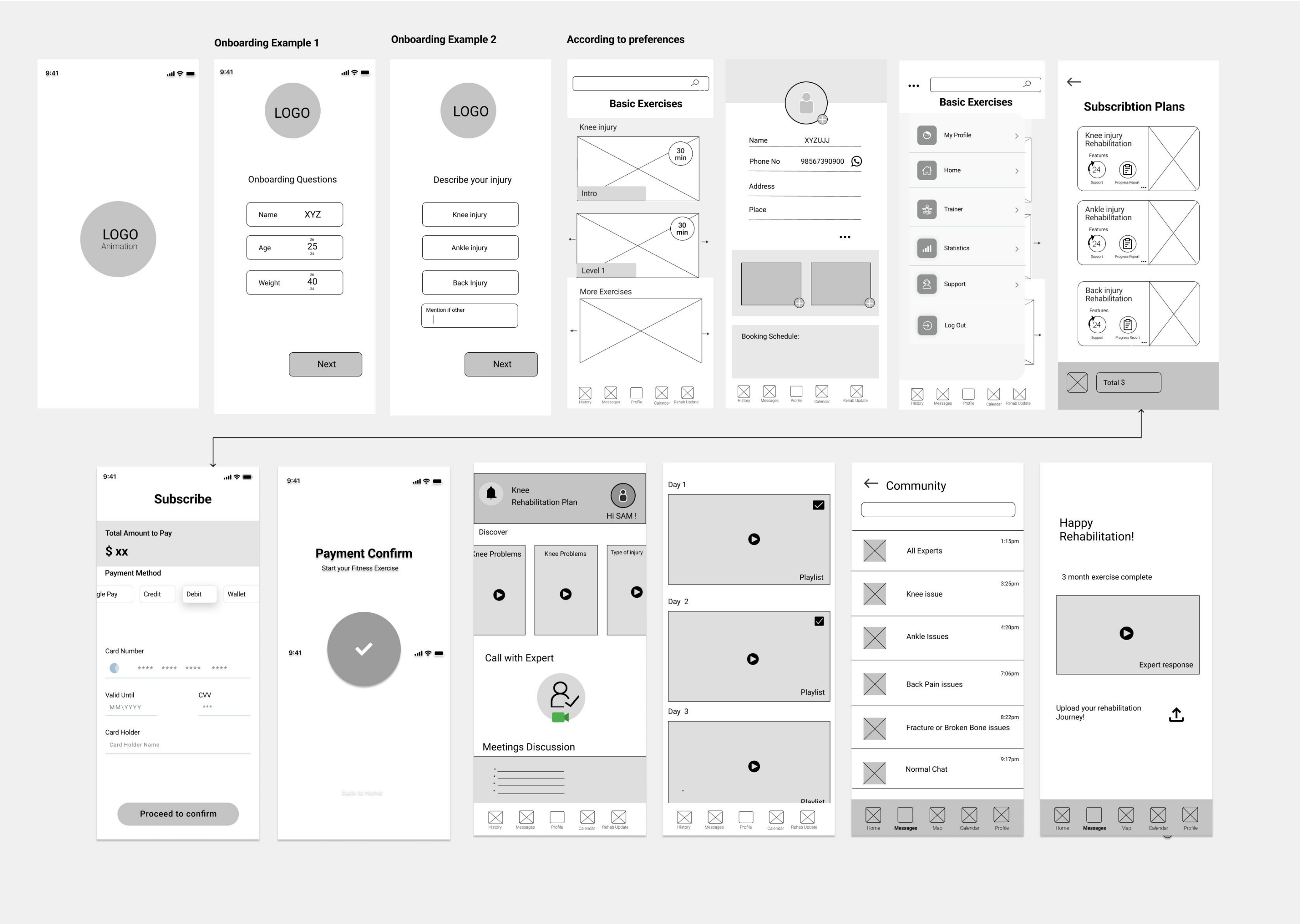
Bility (injury rehabilitation) app
Google play store
Download Bility
Splash Screen
Onboarding Questions
Enter or tick the answers
Dashboard
Profile Creation
Login & Connect with google a/c
Again can Customise Profile
Connect to a GP
Meet in personal/ video call
Pay the Doctor & app charge
If required provides connection with the Physiotherapy team & start exsercise recommed by experts
Recoverd & Happy
Continuer exercise Offer subscription for gym + 20% off
Recoverd & Happy

Sketches

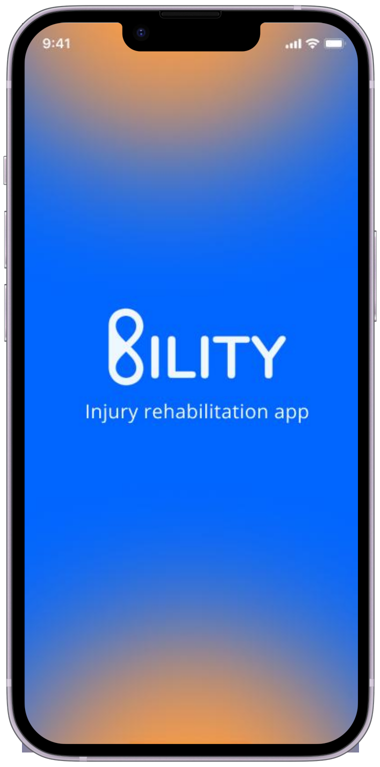

BILITY
ADD INJURY
BASIC EX.
PROGRESS
QUESTIONS
ONBOARDING
SCHEDULE
BILITY LOGO
ANIMATION
BACK PAIN EXERCISE
ANKLE PAIN EXERCISE
PRICE
INF.
INFO
FEATURES
OFFER
WELCOME
PROGRESS
EXERCISES
COMMUNITY CHATS !!
PROFILE
ICONS
SUBSCRIPTION !!
ACTIVITY
PROGRESS!
WORKOUT TIME


BILITY
KNEE REHAB PLAN
DAY 1
CALL
WITH EXPERT
MSG
RECOMMEND EXERCISES
NEXT DAYS
TIPS DISCUSS
PHYSIOTHERAPY
CALL
24 HOURS SUPPORT
CALL
REPORTS
10 DAYS
GRAPH
RECOVERY FEEDBACK

Wireframe

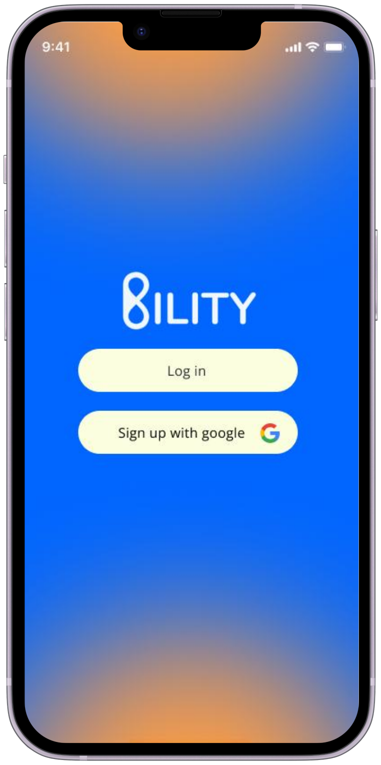

Onboarding Example 1
Onboarding Example 2
According to preferences
9:41
LOGO
Animation
LOGO
Onboarding Questions
Name
XYZ
Age
25
Weight
40
Next
LOGO
Describe your injury
Knee injury
Ankle injury
Back Injury
Mention if other
Next
Basic Exercises
Knee injury
30 min
Intro
30 min
Level 1
More Exercises
History
Messages
Profile
Calendar
Rehab Update
Name
XYZUJJ
Phone No
98567390900
Address
Place
Booking Schedule:
Basic Exercises
My Profile
Home
Trainer
Statistics
Support
Log Out
Subscribtion Plans
Knee injury Rehabilitation
Features
24
Support
Progress Report
Ankle injury Rehabilitation
Back injury Rehabilitation
Total $
Subscribe
Total Amount to Pay
$ xx
Payment Method
gle Pay
Credit
Debit
Wallet
Card Number
**** **** **** ****
Valid Until
MM\YYYY
CVV
***
Card Holder
Card Holder Name
Proceed to confirm
Payment Confirm
Start your Fitness Exercise
Back to Home
Knee
Rehabilitation Plan
Hi SAM !
Discover
nee Problems
Knee Problems
Type of injury
Call with Expert
Meetings Discussion
Day 1
Playlist
Day 2
Playlist
Day 3
Playlist
Community
All Experts
1:15pm
Knee issue
3:25pm
Ankle Issues
4:20pm
Back Pain issues
7:06pm
Fracture or Broken Bone issues
8:22pm
Normal Chat
9:17pm
Home
Messages
Map
Calendar
Profile
Happy Rehabilitation!
3 month exercise complete
Expert response
Upload your rehabilitation Journey!

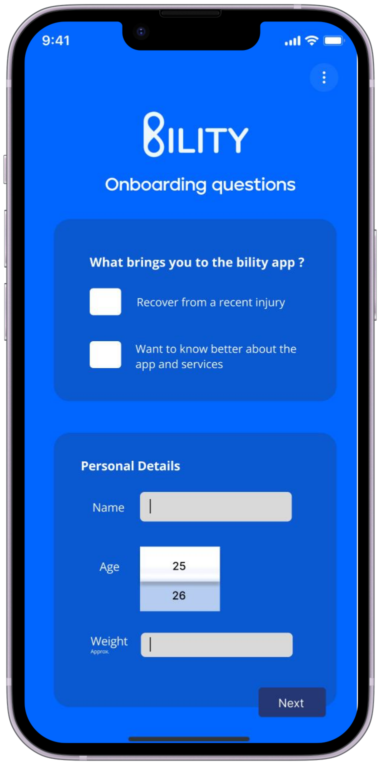
BILITY
Injury rehabilitation app
9:41
Meeting Discussion
Next
Subscribe
Total Amount To Pay
XXXXX
Payment Method
PayPal
Debit
Credit
Card Number
XXXX XXXX XXXX XXXX
Security Code
CVV
Onboarding questions
What brings you to the bility app ?
Recover from a recent injury
Want to know better about the app and services
Log in
Sign
Knee issue
Ankle issue
Back pain issues
Knee issue
Fracture or broken bones
Knee Injury
Intro
Basic exercises
15 min
10 min
Day 1
Day 2
with the experts


9:41
BILITY
Injury rehabilitation app

Final Design

Let's go!


9:41
BILITY
Log in
Sign up with google


9:41
BILITY

Onboarding questions

What brings you to the bility app ?

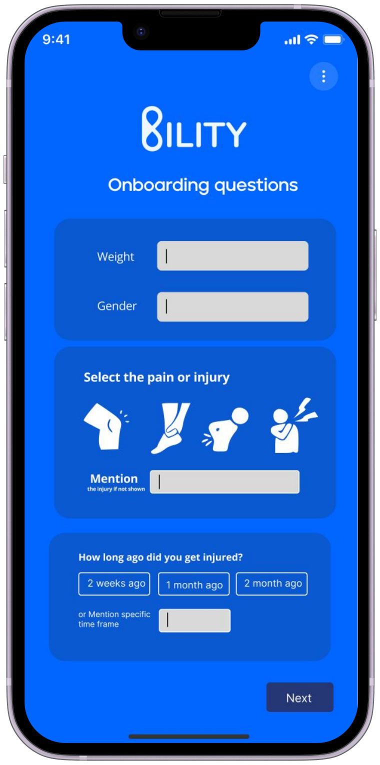
☐ Recover from a recent injury

☐ Want to know better about the app and services

Personal Details

Name	
Age	25 26
Weight Approx.	

Next


9:41
BILITY

Onboarding questions

Weight	
Gender	

Select the pain or injury

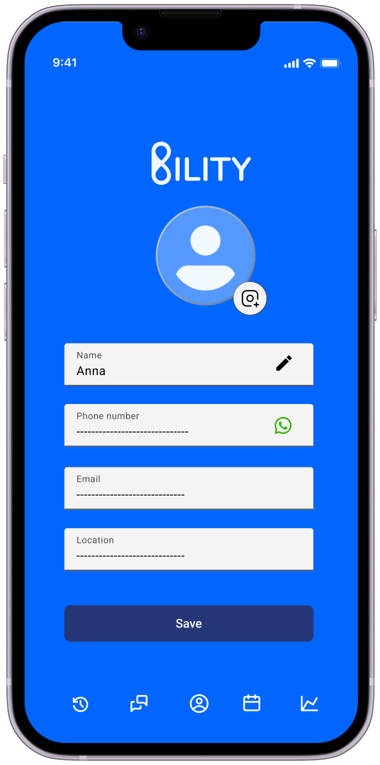
Mention the injury if not shown

How long ago did you get injured?

2 weeks ago
1 month ago
2 month ago

or Mention specific time frame

Next


9:41
BILITY

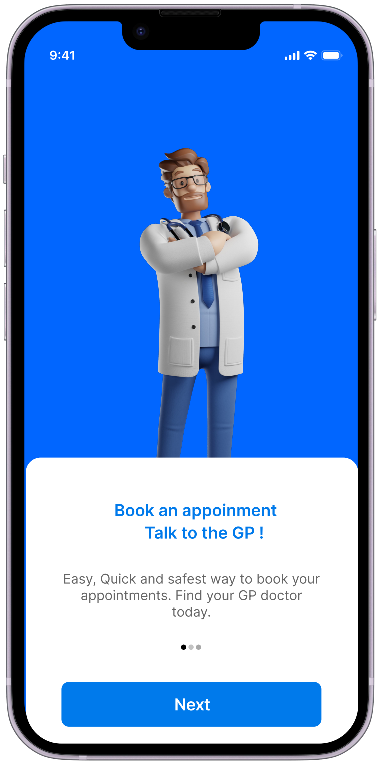
Name: Anna

Phone number: -----------------------------

Email: -----------------------------

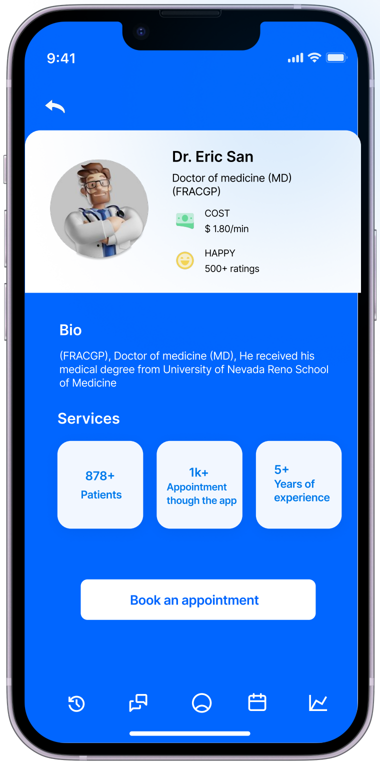
Location: -----------------------------

Save



Book an appointment
Talk to the GP !

Easy, Quick and safest way to book your appointments. Find your GP doctor today.


9:41

Dr. Eric San
Doctor of medicine (MD) (FRACGP)
COST
$ 1.80/min
HAPPY
500+ ratings

Bio

(FRACGP), Doctor of medicine (MD), He received his medical degree from University of Nevada Reno School of Medicine

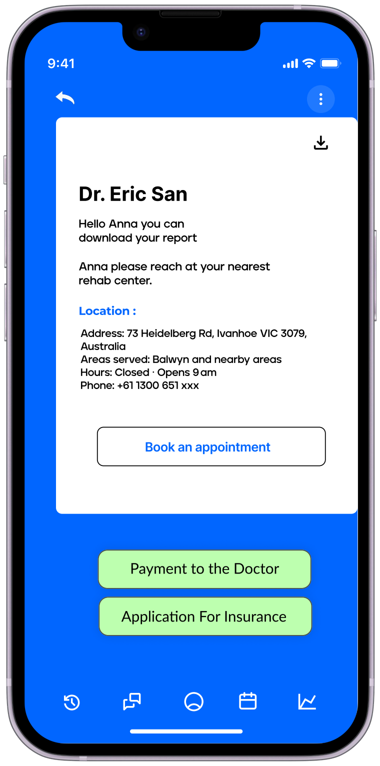
Services

878+ Patients

1k+ Appointment though the app

5+ Years of experience

Book an appointment


9:41

Dr. Eric San

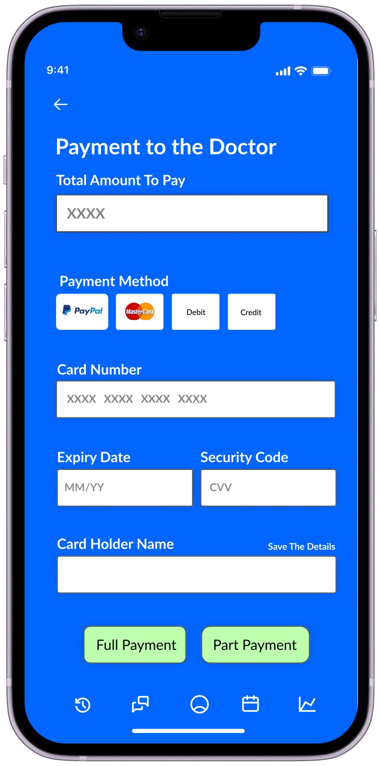
Hello Anna you can download your report

Anna please reach at your nearest rehab center.

Location :

Address: 73 Heidelberg Rd, Ivanhoe VIC 3079, Australia
Areas served: Balwyn and nearby areas
Hours: Closed · Opens 9 am
Phone: +61 1300 651 xxx

Book an appointment
Payment to the Doctor
Application For Insurance


9:41

Payment to the Doctor

Total Amount To Pay: XXXX

Payment Method

PayPal
MasterCard
Debit
Credit

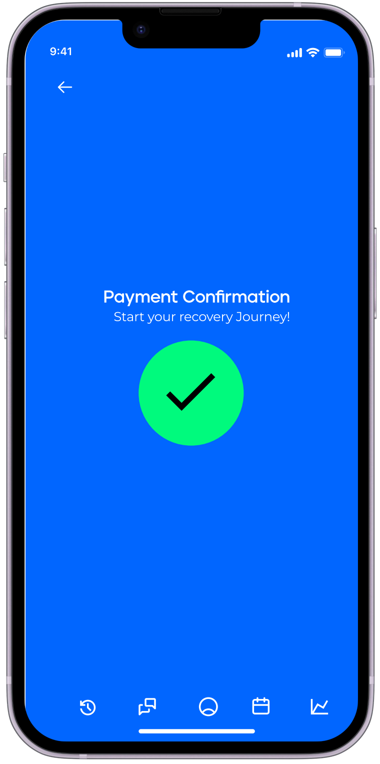
Card Number: XXXX XXXX XXXX XXXX

Expiry Date: MM/YY

Security Code: CVV

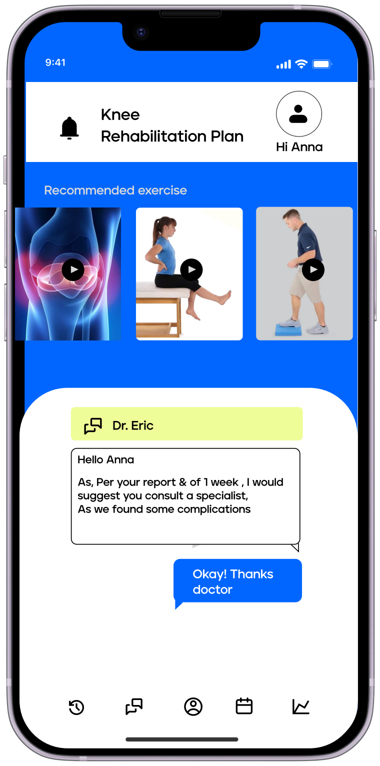
Card Holder Name

Save The Details
Full Payment
Part Payment



Payment Confirmation

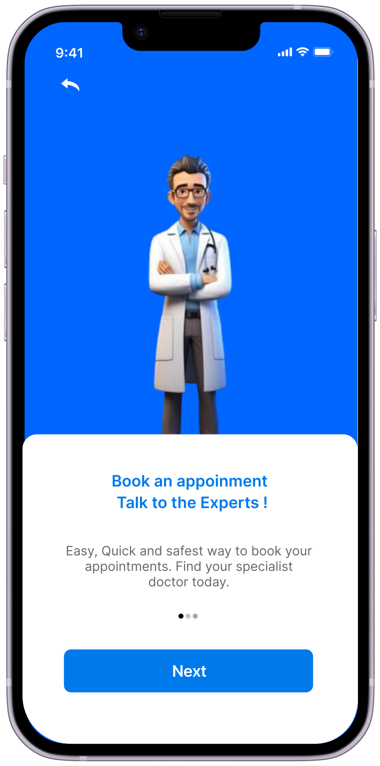
Start your recovery Journey!


9:41
Knee Rehabilitation Plan
Hi Anna
Recommended exercise
Dr. Eric

Hello Anna

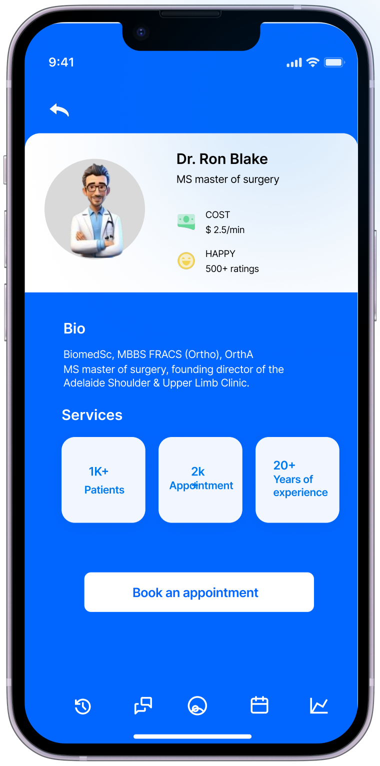
As, Per your report & of 1 week , I would suggest you consult a specialist, As we found some complications

Okay! Thanks doctor



Book an appoinment
Talk to the Experts !

Easy, Quick and safest way to book your appointments. Find your specialist doctor today.


9:41

Dr. Ron Blake

MS master of surgery

COST
$ 2.5/min

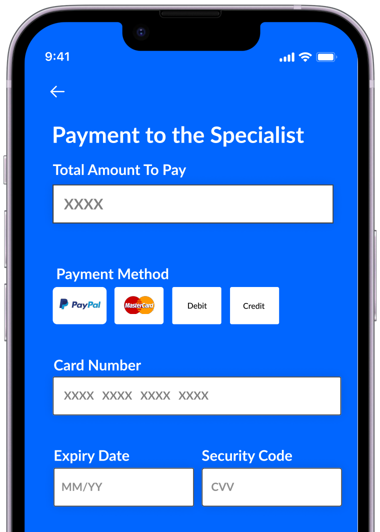
HAPPY
500+ ratings

Bio

BiomedSc, MBBS FRACS (Ortho), OrthA
MS master of surgery, founding director of the Adelaide Shoulder & Upper Limb Clinic.

Services

1K+
Patients
2k
Appointment
20+
Years of experience
Book an appointment


9:41

Payment to the Specialist

Total Amount To Pay: XXXX

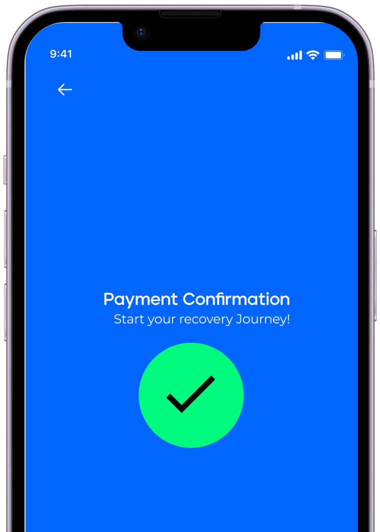
Payment Method

PayPal
MasterCard
Debit
Credit

Card Number: XXXX XXXX XXXX XXXX

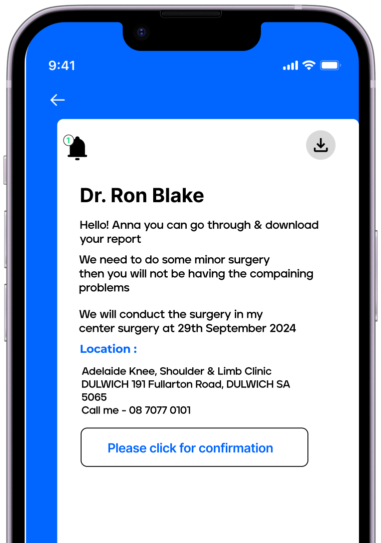
Expiry Date: MM/YY

Security Code: CVV



Payment Confirmation

Start your recovery Journey!


9:41
1

Dr. Ron Blake

Hello! Anna you can go through & download your report

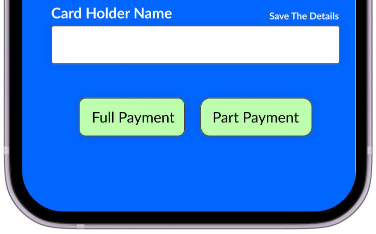
We need to do some minor surgery then you will not be having the compaining problems

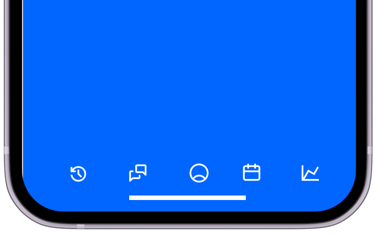
We will conduct the surgery in my center surgery at 29th September 2024

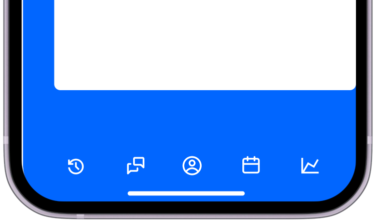
Location :

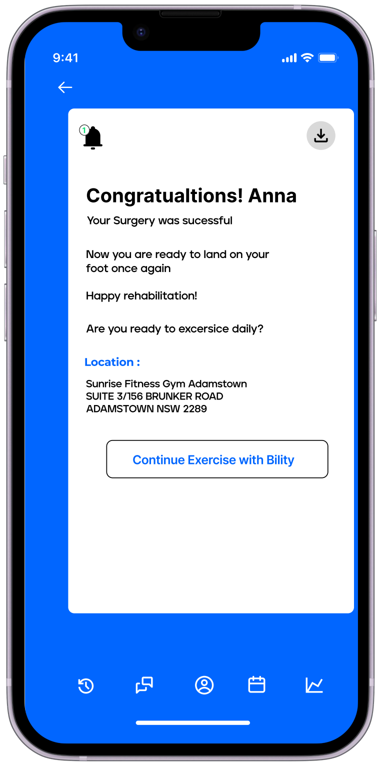
Adelaide Knee, Shoulder & Limb Clinic
DULWICH 191 Fullarton Road, DULWICH SA 5065
Call me - 08 7077 0101

Please click for confirmation


Card Holder Name
Save The Details
Full Payment
Part Payment






9:41

Congratualtions! Anna

Your Surgery was sucessful

Now you are ready to land on your foot once again

Happy rehabilitation!

Are you ready to excersice daily?

Location :

Sunrise Fitness Gym Adamstown
SUITE 3/156 BRUNKER ROAD
ADAMSTOWN NSW 2289

Continue Exercise with Bility

Thank you

The End.