Posture Detection for Geriatric Physiotherapy Applications

RAFFLES GIRLS' SCHOOL

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Technology Overview

Musculoskeletal disorders have become a major health concern in recent years, especially with Singapore's ageing population, increasingly sedentary lifestyles, and a shortage of local physiotherapists.

Our project uses pose-detection technology in a user-friendly website to help elderly individuals correct their posture, making physiotherapy more accessible and convenient from home.
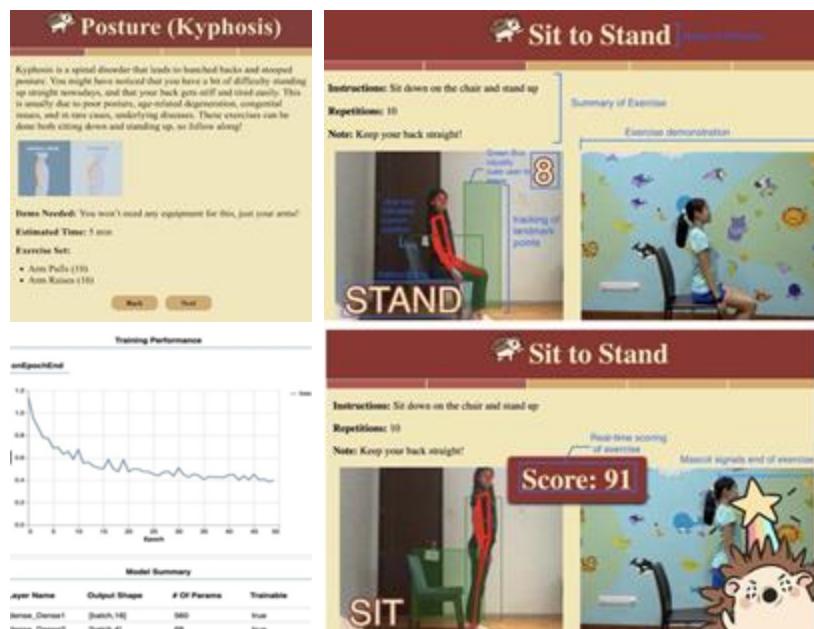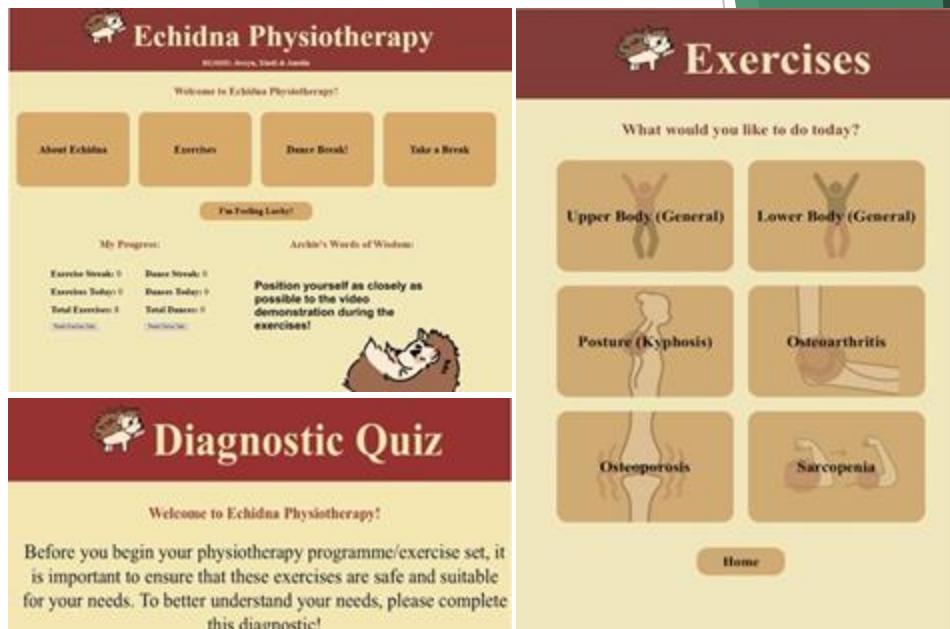
Technology Features

- Posture detection technology powered by PoseNet which monitors a person's movement in 2D.
- User-friendly and interactive interface that helps users stay involved and navigate effortlessly.
- Simple exercise routines designed for common conditions like sarcopenia and osteoporosis, with live visual feedback and regular check-ins to track progress.

Potential Applications

Telemedicine and remote physiotherapy make it easier for elderly people with mobility issues to access care and help manage common musculoskeletal conditions in Singapore's ageing population.

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Filiae Melioris Aevi – Daughters of a Better Age.