



UT Health Neurology

Saturday | April 26, 2025

Team Introduction

TLs

hannah



shivam



mac



devs/designer

joel



nhi



hemesh



ankhi



simar



tom



jolina



prad



ashley



client

kate nam



suur bilciler





01

Context

What our project is all about

What is our mission?

UT Health

Improving the lives of individuals with nervous system disorders through excellence in clinical care, education, research and community engagement

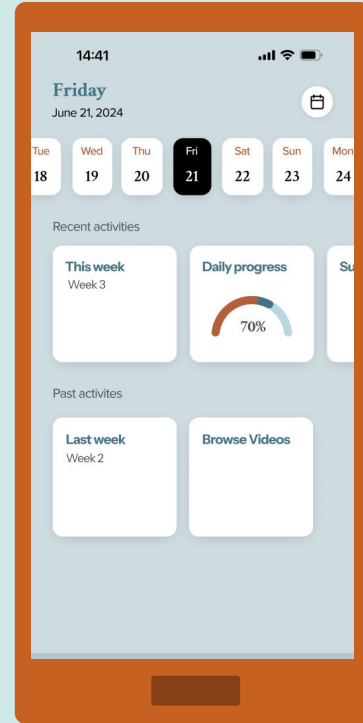
Project Goal

The UT Houston Neurology Program (across the street) aims to address the exercise needs of patients who are recovering from various neuromuscular conditions. To reduce the amount of issues during the recovery process, patients are recommended to go through various physical exercises on a scheduled basis.

What this looks like

A mobile app for patients to:

- See what exercises they have scheduled
- View videos on how to do those exercises physically
- Share data with their physician to confirm that they are on schedule for each of their exercises





02

User Research

What do our users want?

Patients

What they want

- Easy, user-friendly app to guide patients on exercise
- For patients who have different physical limitations

Specific features they want

- Notification feature
- Exercise plan feature
- Progress tracker feature

Stretch goals

- Automatic video play when workout is started



Doctors

What they want

- User-friendly app that physicians can recommend to patients with different neuromuscular diseases
- Monitor patient's progress

Specific features they want

- Heart tracker feature
- Patient message portal feature
- Progress tracker feature
- Exercise plan

Stretch goals

- Metronome feature



Key features



Personal Dashboard

Frequency/Duration of
Workout
Progress on strength
training



Strength Exercise List

Neck
Core
Proximal Upper extremity
Distal Upper extremity
Proximal Lower extremity
Distal Lower extremity

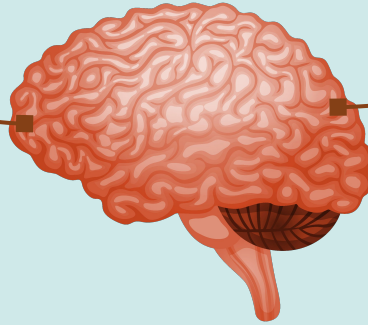
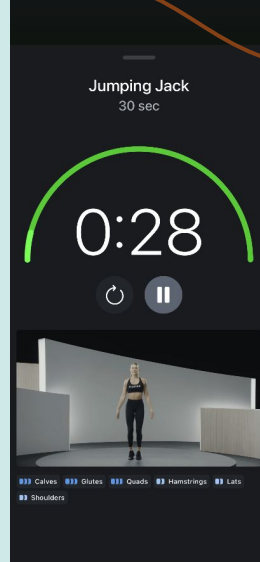
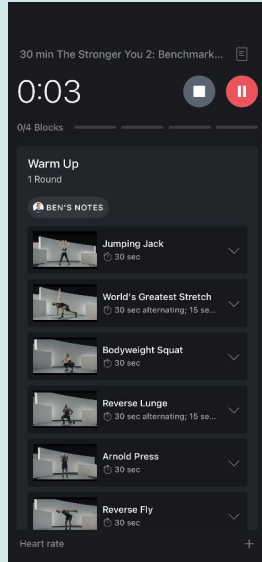


My Work Out (Aerobic & Strength)

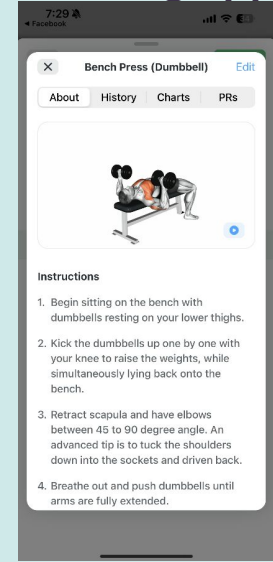
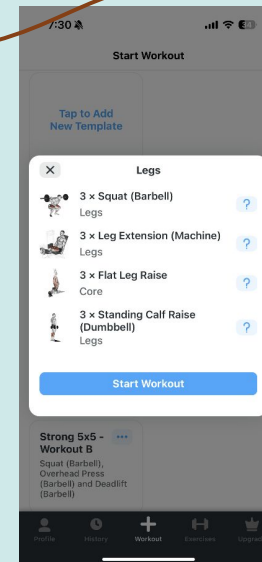
See next slide for inspiration

Other apps

Peloton app



Strong app





03

Design Deep Dive

What our app is aiming to look like

Initial Pages

- Login & initial questions
- Add additional screening questions

screening q's

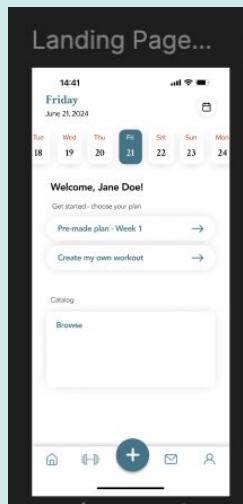
The image displays a sequence of eight mobile app screens, likely for a health screening application, arranged horizontally. Each screen shows a different step in the user onboarding process:

- Screen 1:** Login screen with the app logo, a "Sign in with your mobile number" field, a "Continue" button, a "Need Help?" link, and social login options for Apple and Google.
- Screen 2:** Registration screen with fields for "First Name", "Last Name", "Phone Number", "Email", "Password", and "Reenter Password", followed by a "Create Account" button.
- Screen 3:** "Gender" selection screen with buttons for "Male", "Female", "Nonbinary", "Transgender", and "Prefer not to say", and a "Continue" button.
- Screen 4:** "Gender" selection screen, identical to Screen 3, but with the "Female" button highlighted.
- Screen 5:** "Date of Birth" selection screen with "Month", "Day", and "Year" dropdowns and a "Continue" button.
- Screen 6:** "Date of Birth" selection screen, identical to Screen 5, but with the "May" month and "22" day selected.
- Screen 7:** "What is your current weight?" screen with a slider ranging from 45 to 75 kg, showing "60" kg, and a "Continue" button.
- Screen 8:** "What is your current height?" screen with a slider ranging from 160 to 190 cm, showing "170" cm, and a "Finish" button.

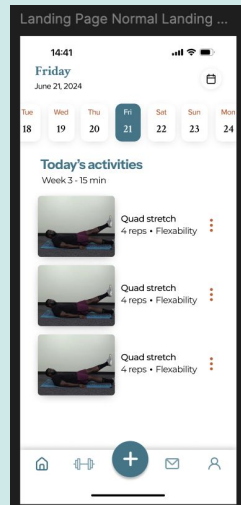
Landing Page

- Centralized page to access all features
- Show today's activities
- Show a progress bar, by week

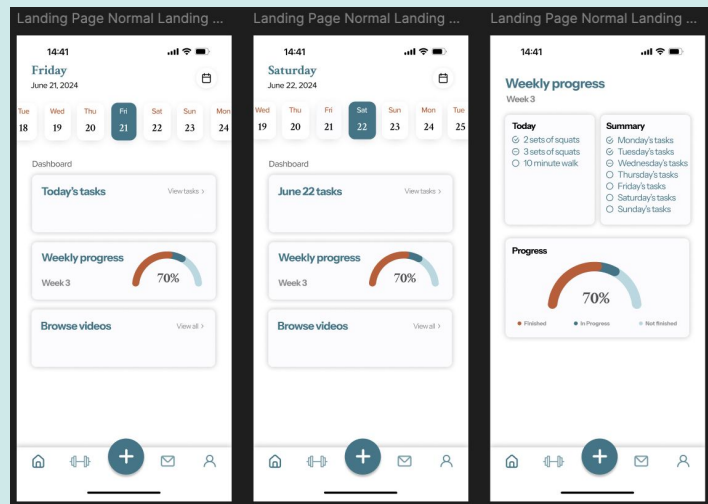
landing page



exercise list



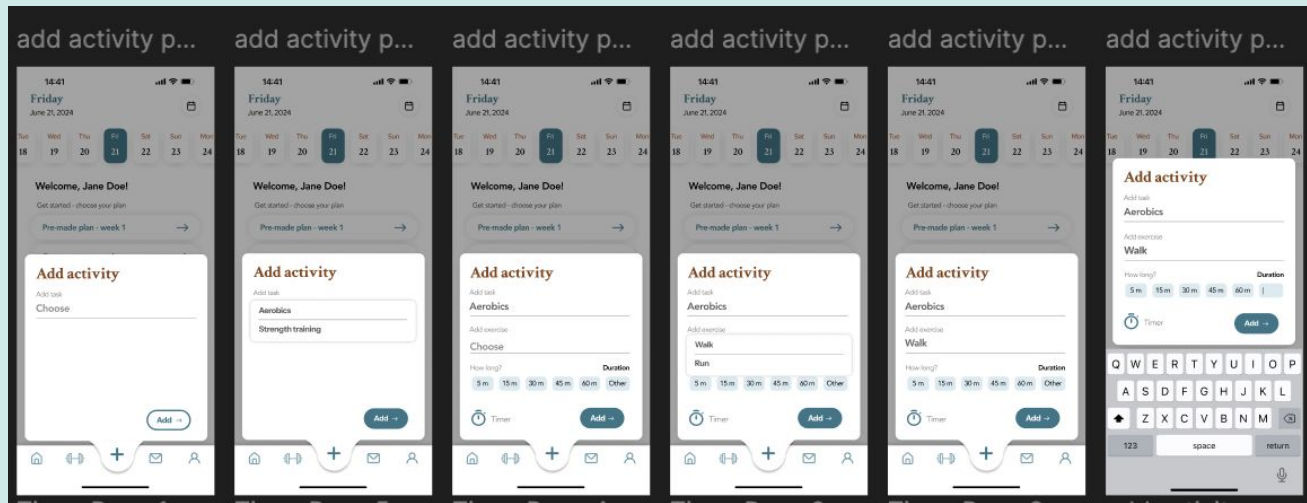
progress



Add Activities

- Add strength/aerobic activities in the app
 - Depending on exercise type, it takes you to a different screen

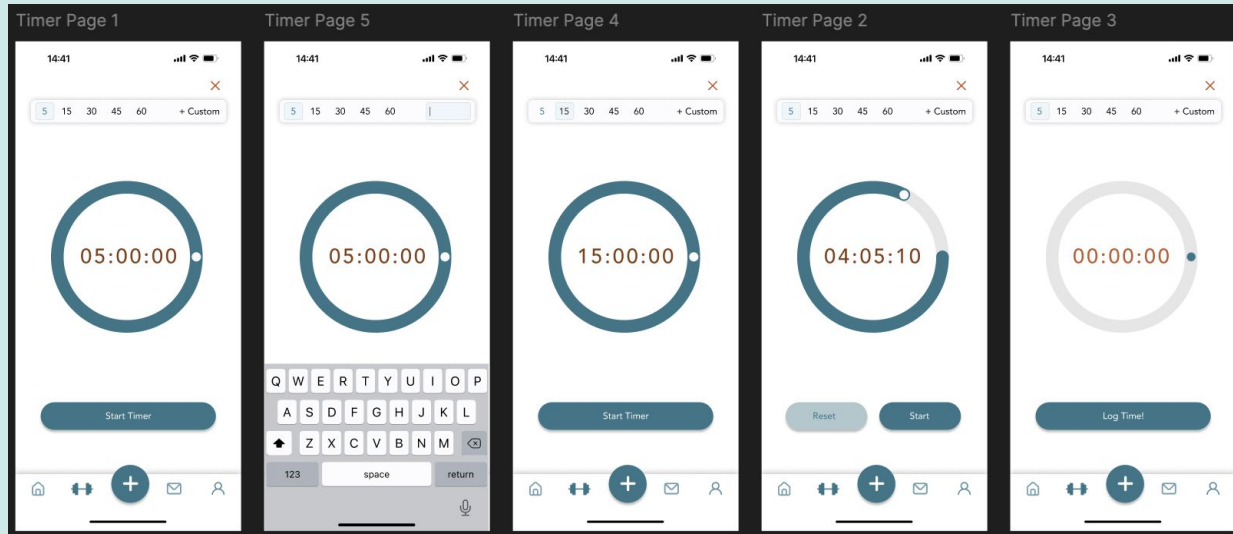
add activity



Aerobic Exercises

- Aerobic: timer to track duration

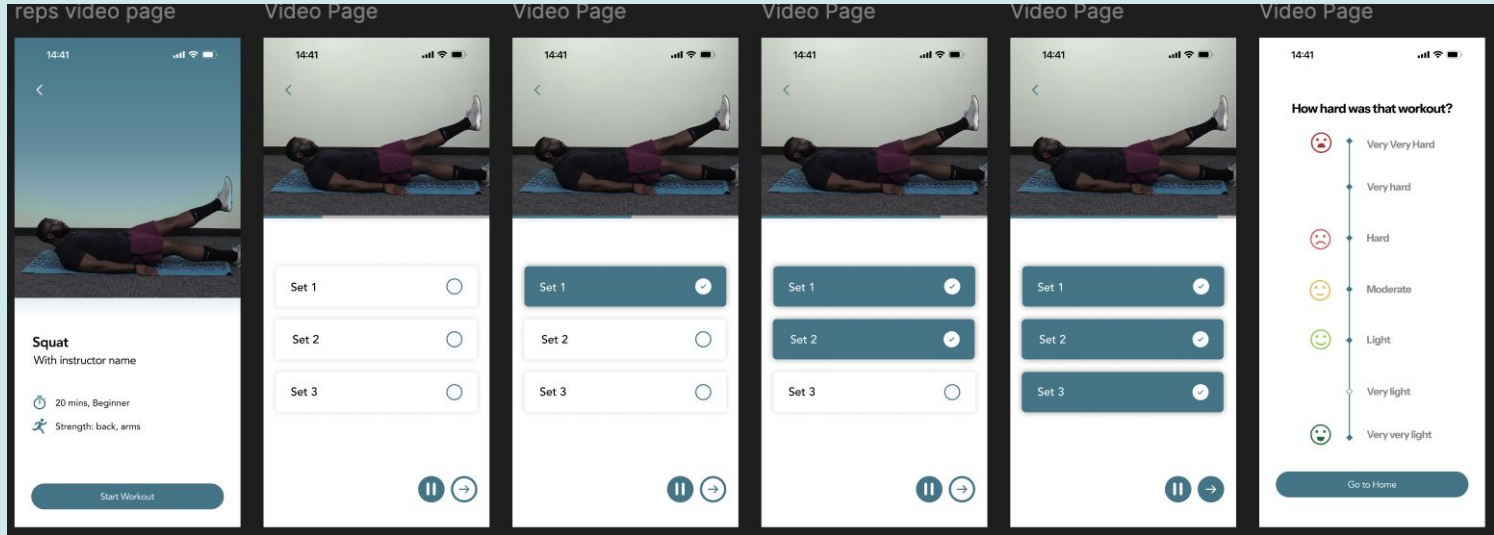
timer/aerobic



Strength Exercises

- Resistance: exercises the physician chose with videos
 - Option to track number of sets & how hard the workout was

strength



The background of the slide features a light blue-grey gradient with several stylized neurons in shades of red and orange. These neurons are scattered across the frame, with some appearing more prominent than others. A large, semi-transparent light blue-grey rectangle is centered on the slide, serving as a backdrop for the text.

Demo!

By Jolina <3





04

Technical Deep Dive

How we are building things

Tech Stack

back-end

- Supabase
- Node.js
- Express.js or Next.js (TBD)


front-end

- React Native








other tools










- Expo Go


Github




 rice-apps / **uthealth**




Q Type 🔍 to search


      


 **Code**  Issues  Pull requests  Actions  Projects **1**  Wiki  Security **9**  Insights  Settings



 **uthealth** Public


 Watch **1**  Fork **1**  Star **2**



 main  **16** Branches  **0** Tags


Q Go to file 





Add file 



 Code 





 **pathaks1** Merge pull request **#8** from rice-apps/linking 

af7e874 · last week  **77** Commits


 .expo	fixed weight input screen	5 months ago
 clinician-dashboard	added dashboard template	2 months ago
 uthealth	Co-authored-by: FlashKnight3 <FlashKnight3@users.nor...	last week
 README.md	first commit	6 months ago


 **README** 


  **# uthealth**


About


No description, website, or topics provided.


 Readme

 Activity

 Custom properties

 **2** stars

 **1** watching

 **1** fork

Report repository

Releases

No releases published

[Create a new release](#)




Mac


What you did

Shivam

What you did

Ankhi

14:41   





Sign in with your mobile number

[Continue](#)




[Need Help?](#)

or


 [Continue with Apple](#)

 [Continue with Google](#)

No Account? [Enroll Now](#)

14:41   

<



First Name*

Last Name*

Phone Number*

Email*

Password*

Reenter Password*

[Create Account](#)

Prad + Hemesh



What is your current weight?

lbs ☒ kg

68 kg

68

Continue



What is your current weight?

☒ lbs kg

150 lbs

150

Continue



What is your current height?

ft ☒ cm

157 cm

157

Continue



What is your current height?

☒ ft cm

5'2"

62

Continue

Ashley + Simar

14:41 Assessment 1 of 4

Gender

Male

Female

Nonbinary

Transgender

Prefer not to say

Continue

14:41 Assessment 1 of 4

Gender

Male

Female

Nonbinary

Transgender

Prefer not to say

Continue

Ankhi + Simar

Add activity

Add task

Strength training

Add exercise

Quad stretch

How many reps?

Repetitions

1

3

5

8

10

Other

Weight?

Add →

UT Health Free / UT Health Connect Enable branching Feedback

Table Editor

Filter Sort RLS disabled Role postgres Realtime on API Docs

id	name	category	reps	wei...	time
----	------	----------	------	--------	------

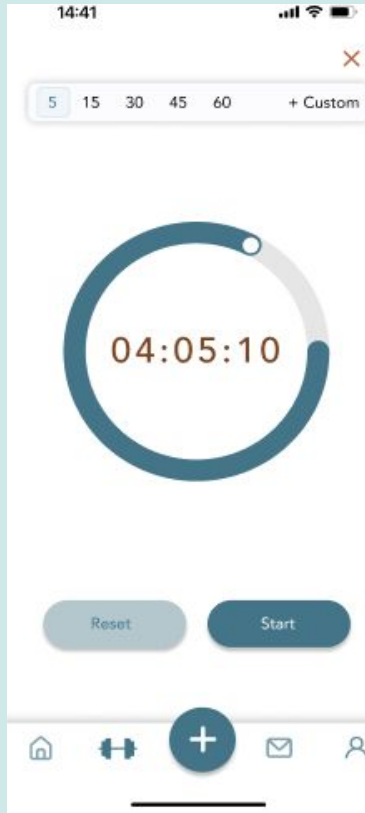
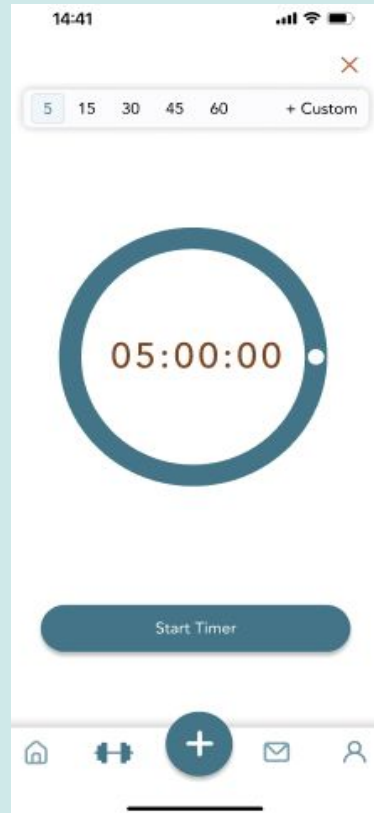
schema public

+ New table

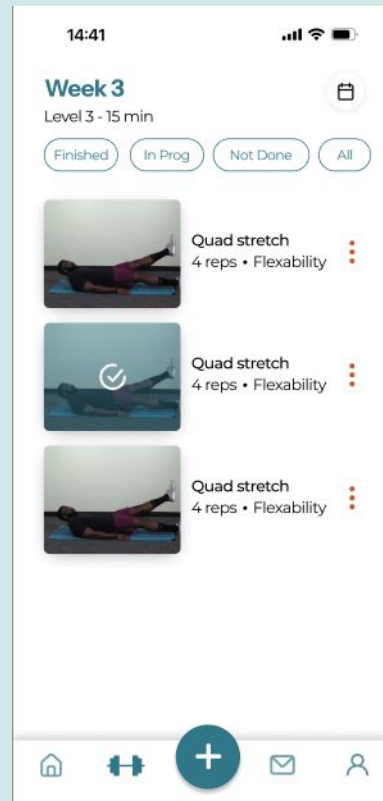
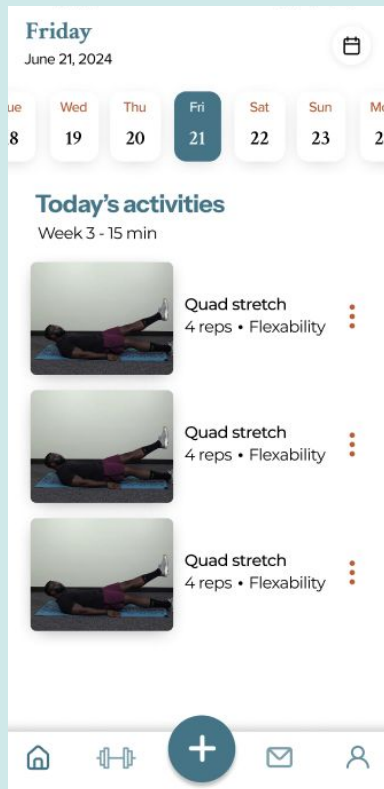
Search tables...

activities

Ankhi + Ashley



Ashley



Prad

First Name

Last Name

Phone Number

Email

Password

Confirm Password

Create Account

Last sign in at	UID	Email	Providers
Wed 23 Apr 2025 22:20:52 GMT-0500	c19ad485-54d0-41c1-9869-fd0211f0f41c	252f10c83610ebcata059c0bae8256ebc2f95be4d3d7bc	Email
Wed 23 Apr 2025 22:05:20 GMT-0500	0411d1ce-e27f-48df-9699-9794243d8318	4ca669ac3713d1f4aaa07dae8dcd01c9867d27ea82a3e	Email
Wed 23 Apr 2025 22:44:46 GMT-0500	ecb-d790-89d33-4c7f-9dce-1d32e67a564f	18ac3e7343f016890c510e93f93526169d9e3f5654364e	Email
Sat 19 Apr 2025 15:49:46 GMT-0500	b69eb215-fb86-4cfb-9d4f-577b902eac19	shivampathak108@outlook.com	Azure
Wed 23 Apr 2025 20:31:19 GMT-0500	1ba981af-37a5-4a50-a5ec-d3e7a493ad53	hemeshchadalavada@gmail.com	Google
Sat 19 Apr 2025 15:12:43 GMT-0500	dfe1b64b-3b77-4d09-9796-506433be59bc	2e7d2c03a9507ae265ecf5b336885a53393a2029d241	Email
Sat 19 Apr 2025 15:12:14 GMT-0500	d4fb276f-a5fb-4855-9dad-df6acefcfb0d	9834876dcfb05cb167a5c24953eba58c4ac89b1ad5f7e	Email
Wed 23 Apr 2025 20:37:19 GMT-0500	ffe66ff-c761-49cb-8dcc-b105948e3eb0	wafflebeam@gmail.com	Google
Wed 23 Apr 2025 21:59:58 GMT-0500	2a105f32-5288-494b-a777-fa2c5fb12006	3e23e8160039594a33894f6654e1b1348bbd7a0088d4e	Email
Wed 16 Apr 2025 21:52:18 GMT-0500	dcb1815a-10e9-46d6-b761-bc3ca10e8c00	f5fe88ee08735ae259265495a93c8de2b0eacfcf0cd9e	Email
Wed 16 Apr 2025 21:47:57 GMT-0500	39a71a57-687d-472a-a410-c8db8f9a3035	de7d1b721a1e0632b7cf04dfff032c8ecffa9f9a0849215	Email
Wed 16 Apr 2025 21:46:18 GMT-0500	e136a31-55a0-4916-9b04-3486288f7e0f	3c44c3a1b81784478627ac376d3d90e7eac452dbdcb	Email
Wed 16 Apr 2025 21:44:32 GMT-0500	cd12c998-f3be-4dd1-ad04-518acf2c2012	fb8e20fc2e4c3f248c60c39b56231c1547298bb977b8e	Email
Wed 16 Apr 2025 21:43:59 GMT-0500	fbdb8f4d-83bb-487d-b989-796f542ad033	ba7816bf8f01cfcea41414de5dae2223b00361a396177a9	Email

Prad

	exe...	L...	p...	L...	start_date	date	end_date	date	prescription_id	int8	days	int4[]	sets	int4	reps	int4	time	int4
	12		9		2025-04-27		2025-05-03		63		["0","1","4","6"]		4		4		NULL	
	24		9		2025-04-24		2025-04-25		65		["3","4","5"]		3		3		NULL	
	43		9		2025-04-28		2025-04-29		75		["1","2"]		NULL		NULL		45	
	44		9		2025-04-27		2025-05-03		64		["1","4","5"]		2		2		40	
	2		13		2025-04-28		2025-05-18		69		["1","3","4","6"]		24		8		NULL	
	3		13		2025-04-28		2025-05-18		70		["0","4","6"]		45		1226		NULL	
	4		13		2025-04-28		2025-05-18		71		["0","3","6"]		69		69		NULL	
	20		15		2025-04-24		2025-04-26		68		["4"]		NULL		NULL		NULL	
	2		25		2025-04-28		2025-05-11		73		["2"]		10		17		NULL	
	3		25		2025-04-28		2025-05-11		74		["0"]		19		NULL		71	
	4		25		2025-05-05		2025-05-11		72		["0","4","6"]		69		NULL		420	

Sunday

April 27, 2025

Tue
22

Wed
23

Thu
24


Fri
25


Sat
26


Sun
27

Mon
28

Today's Activities






Chin Tuck
Strength Training

Shoulder press w/ dumbbell
Strength Training

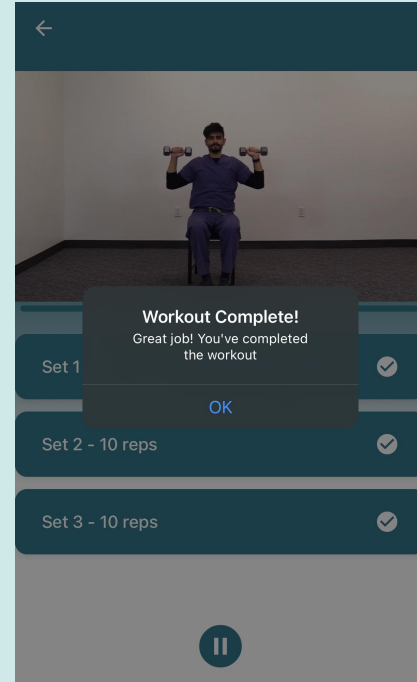
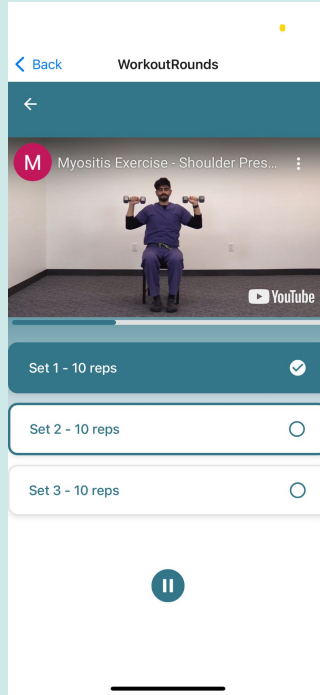
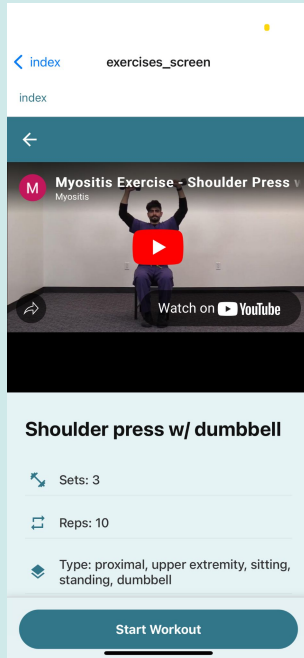
Lateral neck bend
Strength Training

Get Started

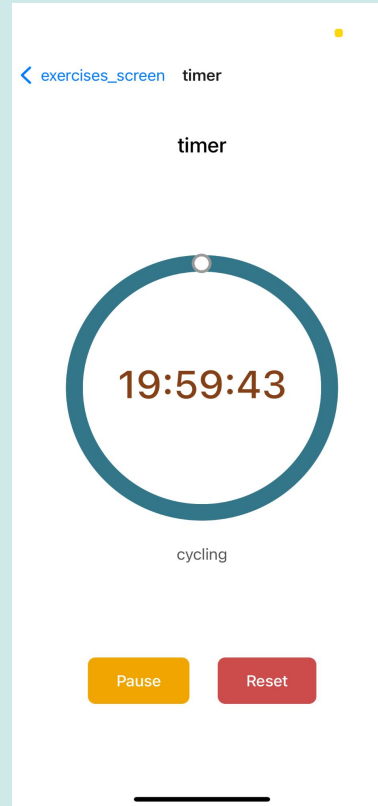
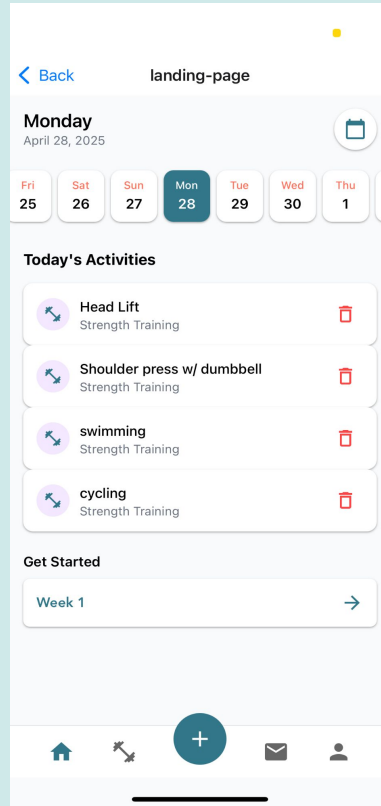
Week 1



Prad



Prad



Nhi



Date of Birth

Month

1

2

Day

1

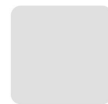
2

Year

2024

2023

Continue



Patient (Your) ID

Clinician ID

Email

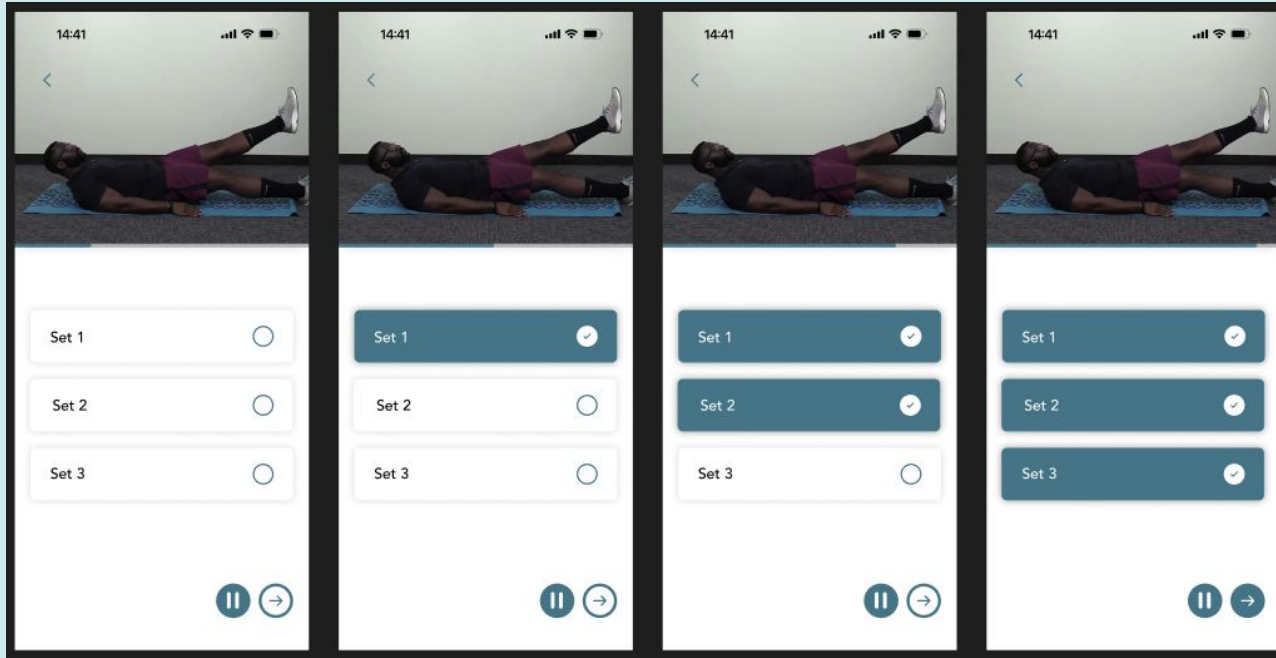
Password

Confirm Password

Create Account

[Back to Sign In](#)

Simar + Nhi



Tom + Ashley

How hard was that workout?

-
- 🤬 Very Very Hard
 - 😓 Very Hard
 - 😬 Hard
 - 😏 Moderate
 - 😊 Light
 - 😊 Very Light
 - 😄 Very Very Light

Tom

Weekly Progress

Week 1

Today:

- ☒ Push ups
- ☐ Squats
- ☐ Plank

Summary:

- ☒ Monday's tasks
- ☒ Tuesday's tasks
- ☒ Wednesday's tasks
- ☒ Thursday's tasks
- ☒ Friday's tasks
- ☐ Saturday's tasks
- ☐ Sunday's tasks

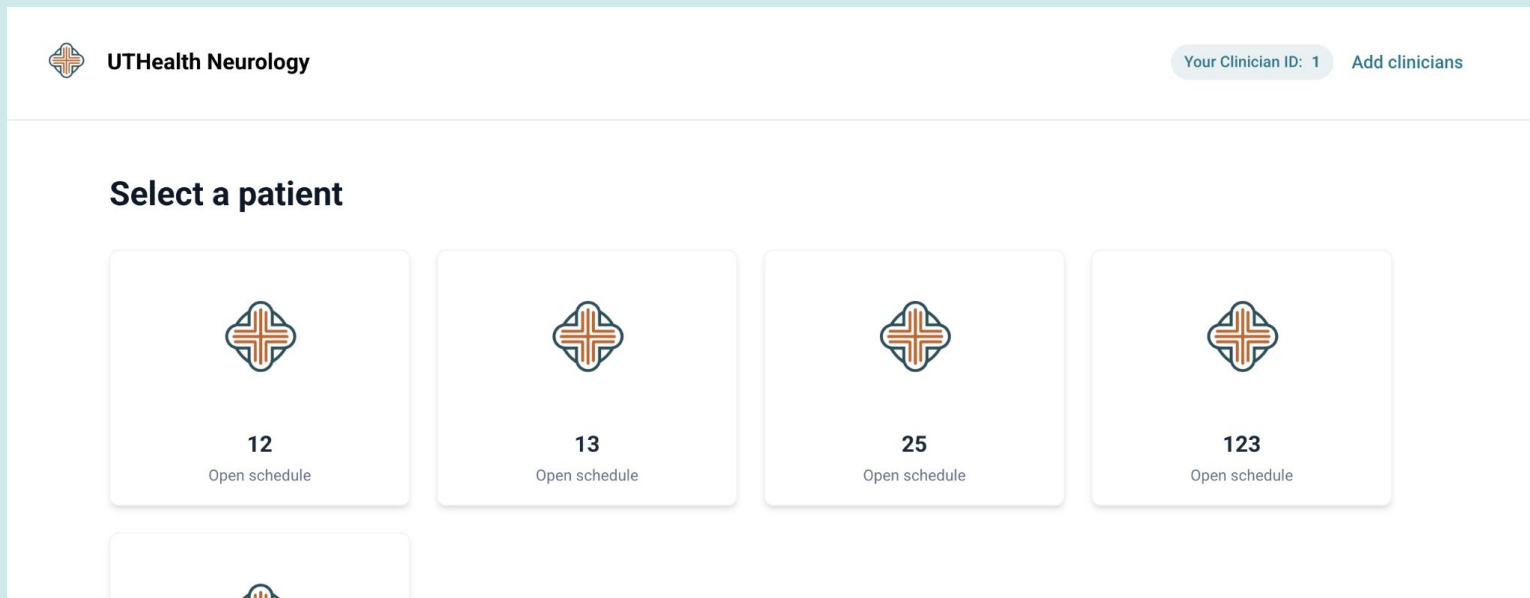
Progress:



● Finished ● In Progress ● Not Finished

Hemesh

Built the clinician dashboard!





< Back

Select Weeks:

Week 17, 2025

Selected



Week 18, 2025

Selected



Week 19, 2025

Selected



Week 20, 2025

May 13 - May 19, 2025



Week 21, 2025

May 20 - May 26, 2025



Next >



< Back

Select Weeks:

Week 17, 2025

Selected



Week 18, 2025

Selected



Week 19, 2025

Selected



Week 20, 2025

May 13 - May 19, 2025



Week 21, 2025

May 20 - May 26, 2025



Next >

Add New Clinician



Clinician Email

Cancel

Add Clinician



< Back

W17-2025, W18-2025, and W19-2025 Schedule

Showing exercises for W17-2025, W18-2025, and W19-2025



Head Lift



Lying on a bench with horizontal head support. Lift the head as much as possible. Resistance: resistance band

Time Based

neck supine



Chin Tuck



Start standing or sitting straight up. Look straight ahead. Tuck your chin back towards your neck. Hold for 10 seconds.

Time Based

neck sitting standing



Lateral neck bend



Lie on your side, pull your chin in and put your head on the floor. Keep your chin tucked in and lift your head to the opposite side like this that the ear is brought towards the shoulder. Repeat the exercise and switch sides.

Time Based

neck supine



Shoulder shrug

Sitting or standing without back support. Look straight ahead. Shrug shoulder up. Resistance: weight or bottle

Time Based

proximal upper extremity sitting standing

3 exercises selected

Configure Exercises



[< Back](#)

W19-2025 Schedule

Showing exercises for W19-2025

Head Lift

Select Days:

[Sun](#)

[Mon](#)

[Tue](#)

[Wed](#)

[Thu](#)

[Fri](#)

[Sat](#)

[Rep Based](#)

[Time Based](#)

Sets

3

Reps

9

[Save Prescriptions](#)



< Back

W19-2025 Schedule

Showing exercises for W19-2025

Head Lift

Select Days:

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Rep Based

Time Based







Sets

3

Time (minutes)

2

Save Prescriptions

  p... i.. ▾	  exe... i.. ▾	 start_date date ▾	 end_date date ▾	days int4[] ▾	prescription_id int8 ▾	sets int4 ▾	reps int4 ▾	time int4 ▾
9 →	12 →	2025-04-27	2025-05-03	["0","1","4","6"]	63	4	4	NULL

The background of the slide features a light blue-grey color with several stylized neurons in shades of red and orange. These neurons are scattered across the frame, with some appearing more prominent than others. A large, semi-transparent light blue-grey rectangle is centered on the slide, serving as a backdrop for the text.

Demo!

By Mac and Shivam and Hemesh <3

auth/phone-signin



Sign in with your email

Sign In

or

No Account? [Enroll Now](#)

[Back](#)

landing-page

Saturday

April 26, 2025



Sat
26

Sun
27

Mon
28

Tue
29

Wed
30

Thu
1

Fri
2

Today's Activities

No activities for today

Get Started

Week 1





Select a patient



12

Open schedule



13

Open schedule



25

Open schedule



30

Open schedule



100

Open schedule



123

Open schedule



19282

Open schedule

Roadmap Ahead

deploy app for user
testing with
uthealth



fix bugs found

deploy app for all
users!



