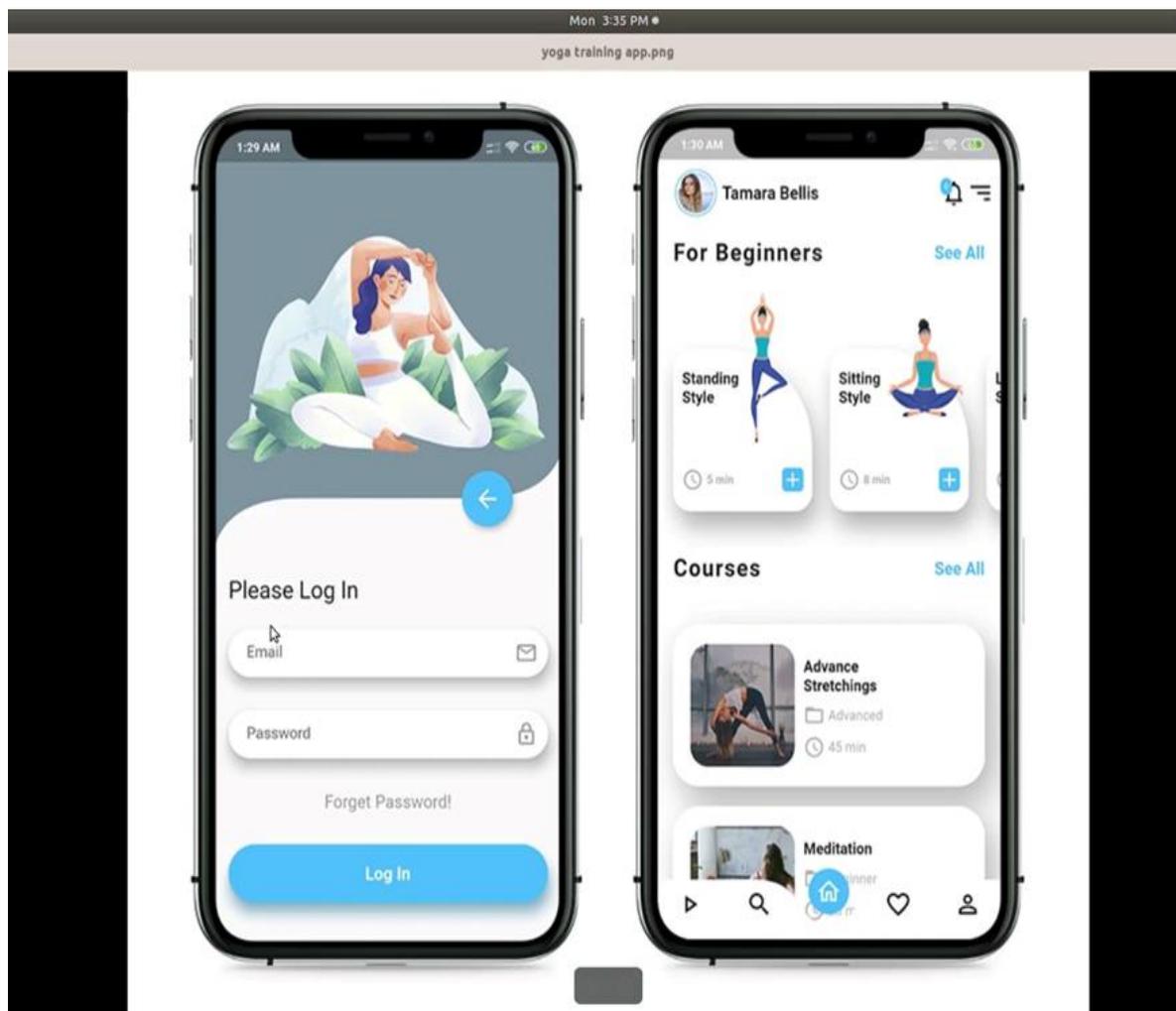


INNOVATIVE TOOL

CULTURAL CLUB

STRETCHPLAY (SMART PHONE BASED APPLICATION)



AIMS AND OBJECTIVES of Stretch Play App

Aim:

Stretch play app will help the user to perform various active stretching exercises outside clinical environment.

Objectives:

- To help the user inculcate stretching exercises in day-to-day routine.
- To provide market flexibility program.
- To provide easily accessible and interactive virtual medium for stretching tutorials.
- To help users perform stretching exercises outside clinical environment free of cost.
- To provide physiotherapist an easy and efficient medium for prescribing home stretch programs to clients.