

INNOVATION COMPETITION IC3

i-StrokeFit+: Integrated Stroke Fitness Training Apps

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ABSTRACT

The i-Strokefit+ app represents a pioneering innovation developed through collaboration between a postgraduate student from Universiti Teknologi MARA (UiTM) Selangor Branch Puncak Alam Campus and seasoned experts including senior physiotherapists, lecturers, and rehabilitation physicians. It serves as a comprehensive resource aimed at enhancing knowledge and well-being among stroke survivors. Comprising two main sections, the app provides invaluable insights into stroke, physical fitness, healthy diets, exercise programs, and self-care strategies. The second section offers a complete exercise program encompassing warm-up, stretching, aerobic exercises, resistance training, and cool-down, facilitating a healthier and more active lifestyle post-stroke. With its intuitive interface and rich content, i-Strokefit+ empowers stroke survivors to take control of their health and rehabilitation journey, thereby enhancing their quality of life. By addressing gaps in traditional rehabilitation methods, the app offers personalized support to users, promoting independence and improved well-being. Positioned as a promising candidate for commercialisation, i-Strokefit+ holds significant prospects for reaching a wide audience and making a profound impact in the field of stroke rehabilitation and wellness. Its distinctive features and comprehensive approach underscore its potential to revolutionise post-stroke care, providing tailored solutions to meet the diverse needs of stroke survivors globally.

Keywords: Stroke; Cerebrovascular accident; Patient education; Home-based exercise; Self-care; Quality of life

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