



# STRETCHREHAB PLATFORM

As the world population is greying rapidly, governments in various countries realise that for the elderly to remain an active part of society, efforts have to be undertaken to ensure active aging. StretchRehab is a digital exergame platform which is not only suited for the elderly persons but also to patients with other medical disorders and conditions.

StretchRehab is suitable for physical rehabilitation and can be used as a wellness platform to improve fitness. Motion-sensing and wearable technologies are used to detect movements and provide information on exercise status and progress, and health outcomes such as wellness and well-being.



