

Spry unveils movement-based health self-assessment portal

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Computer vision AI-based technologies provide users with a comprehensive assessment of their mobility and flexibility



Health startup Spry has launched a self-assessment portal. Through the use of AI-based technologies, the digital tool will provide users with a comprehensive assessment of their mobility and flexibility, along with an indicative set of strength and endurance levels, using a scorecard. Users will also receive an interpretation of their results via a comparison with broader population health data.

Users who are experiencing musculoskeletal-related (MSK) pain or discomfort, or even those seeking to better understand their body's readiness to engage in physical activity, can use the portal to derive a clear understanding of the issues they face. The user just needs to fill out some basic information about their MH and then stand in front of the laptop's camera and follow the instructions on the screen. Based on these details, the platform generates a scorecard and suggests follow-up action. The information derived is also customised based on the user's planned activity.

The driving technology behind this platform's capabilities is computer vision. The portal's digital assessments on mobility, strength, and endurance are developed by Spry's internal medical team using earlier studies on the subject. The results are being externally validated by healthcare professionals at the Manipal Academy of Higher Education (MAHE).