

Applying pose recognition models in rehabilitation exercise support

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Abstract: In the context of the increasing demand for functional rehabilitation after injury or illness, the application of technology to the training process has become important. This topic aims to address the problem of improving efficiency and personalization in the rehabilitation process by building a support system that applies a pose recognition model. Through theoretical research combined with experimentation, the topic is expected to provide a new method for monitoring and adjusting rehabilitation exercises for each individual, contributing to accelerating recovery and improving patients' quality of life.

Keywords: rehabilitation, posture recognition model, training support system