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Rehab buddy: Redefining physiotherapy

Ashok Pandey

✉ ashokpa@cybermedia.co.in



Forget what you know about rehab—this smart robot is shaking things up. Rehab Buddy helps you get moving, track progress, and supercharge recovery, all while making life easier for your therapist. It's not just tech—it's the future of healing

Physiotherapy has been stuck in the same lane for years, but **Forhealth** is changing the game. This biomechanical tech company, **co-founded by Harshesh Gokani and Anandita Rao**, is using robotics to give physiotherapy a much-needed upgrade. Their star player? Rehab Buddy—a robot that’s making life easier for patients and physiotherapists alike. Backed by a strong team including Aditya Salunkhe, Divy Shah, and RaviKant Sahu, Forhealth is redefining the future of rehabilitation.

▼ The Idea: How Rehab Buddy Came to Life

So, what’s the deal with Forhealth? It started with two people who wanted to shake things up. Harshesh Gokani is an expert in mechanical engineering, and Anandita Rao is a pro at medical device design. They saw the problem: therapists struggle to provide the number of repetitions patients need. That’s where Rehab Buddy comes in—helping patients get the movement therapy they need without wearing out their therapists.

▼ Meet Rehab Buddy: The Robotic Sidekick You Didn’t Know You Needed

Rehab Buddy is like having a personal coach who never gets tired. It helps patients with musculoskeletal and neurological issues, such as those recovering from strokes or dealing with muscle weakness, by providing



HARSHESH GOKANI AND ANANDITA RAO,
co-founder, Forhealth

the repetitive movements they need to heal. It’s a robotic arm that can move like your joints—whether it’s your shoulder, knee, or ankle.

The big advantage? It doesn’t complain or take breaks. Patients usually need hundreds of repetitions daily for effective recovery. A human therapist just can’t keep up with that, but Rehab Buddy can. It mimics natural joint movements, adjusts the resistance, and tailors the exercise routine to each patient’s needs.

▼ One Therapist, Many Patients: Changing the Physiotherapy Game

Traditionally, one therapist works with one patient at a time. But what if that could change? Can one physiotherapist work with multiple patients simultaneously. Rehab Buddy allows a single therapist to oversee several patients at once. The robot does the heavy lifting—literally—while the therapist supervises and can work with another patient or do other value added tasks... This shift from one-on-one to one-on-many boosts efficiency and reduces the physical toll on therapists.

Imagine how much more effective a clinic could be if therapists could help twice as many patients in the same amount of time. Not to mention, they wouldn’t be as exhausted after a long day of moving patients’ limbs.



▼ More Than Just Numbers: Rehab Buddy Tracks Your Progress

Physiotherapy isn't just about moving a joint a hundred times; it's about tracking real progress. Patients don't always see or feel small improvements, which can make sticking with therapy tough. Rehab Buddy solves that by measuring every little movement, from the range of motion to the strength exerted. It's like having a fitness tracker for your rehab.

This data can show patients how far they've come, even if it's just a 1% improvement. That's often all the motivation they need to keep going. It also helps therapists make better decisions about how to adjust the treatment plan, so no time is wasted.

▼ Flexible for Every Patient: Because No Two Injuries Are Alike

Not all patients are the same, and neither are their rehab needs. That's why Rehab Buddy comes with different attachments and settings. Whether someone is recovering from a knee surgery or regaining mobility after a stroke, the robot can handle it. It can provide full support when needed and gradually reduce its help as the patient gets stronger.

Plus, Rehab Buddy isn't confined to the clinic. It's portable, so it can be set up right beside a patient's bed at home or in the hospital. That means more consistent therapy without needing to travel, which is a big deal for people with mobility issues.

▼ Real-World Success: How It's Already Helping

Forhealth is putting Rehab Buddy through its paces at major hospitals like Nanavati and Sanchiti in India, and so far, the feedback has been glowing. Physiotherapists love how it reduces their physical strain, and patients appreciate the extra support. Forhealth plans to bring the device to the market early next year, and they're already eyeing international expansion.

▼ The Future of Physiotherapy is Robotic

Rehab Buddy is leading a revolution in how physiotherapy is delivered. It's more than just a gadget; it's a way to improve care for patients and ease the burden on



physiotherapists. With the rise of tech in healthcare, this is just the beginning. Rehab Buddy shows how robots and humans can work together to create better outcomes for everyone.

For students and young professionals interested in tech or healthcare, Forhealth's journey is a prime example of how innovation can spark major changes. Physiotherapy is no longer just about manual labor—now, it's about working smarter with technology. And let's be honest: who wouldn't want a robot sidekick on their recovery team? ■