



Assistance on upright posture and movement through Hard-/Software support

Open Bachelor/Master Thesis

Background

In our modern life we are a lot surrounded by digital devices that keep our work, life and hobbies more in one place (the desk). We tend to sit a lot without standing up and we can avoid movement and standing up. This often has bad effects on our health and especially on our posture, spinal extension and further body compressions and stiffeners.

Research Goal

The thesis includes research review on this topic and an implementation (VR,AR,Mobil) of a solution how people can be helped to have a healthy posture even in jobs where they normally don't move a lot. It could be active through sensors and reminders or more passive through forced movements or interactions that can be conducted in a VR/AR working space.

Based on bachelor/master level the scope is adapted.

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