REHABILITATION COACHING METHOD AND REHABILITATION COACHING SYSTEM

ABSTRACT OF THE DISCLOSURE

A rehabilitation coaching method and a rehabilitation coaching system are provided. The method includes setting an exercise rhythm according to personalized exercise rhythm data for the user, and outputting the exercise rhythm to coach the user to do a rehabilitation exercise. The method also includes obtaining a total oxygen consumption rate according to the profile of the user, the time of doing the rehabilitation exercise and the exercise rhythm, and obtaining an exercise intensity according to the resting heart rate of the user and an average heart rate of the user during the rehabilitation exercise. The method further includes obtaining a recommended exercise rhythm according to the exercise intensity and the total oxygen consumption rate, and updating the personalized exercise rhythm data for the user according to the recommended exercise rhythm.

Figure 4