Artificial Intelligence as a Bridge between Rehabilitation Sciences and Social Transformation in Postmenopausal Care

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KEYWORDS	ABSTRACT
AI, Menopause, Rehabilitation, Social Transformation, Women Health	Postmenopausal female often experiences pelvic floor dysfunction, musculoskeletal issues, reduced quality of life, and osteoporosis. Traditional approaches of physical therapy are helpful, but have some limitations such as social stigma, lack of resources, and personalized care, and access constraints. But in recent era, Artificial Intelligence (AI) is playing a pivotal role by bridging the gap between rehabilitation sciences and society, establishing an accessible, holistic, and patient-centered care particularly for the postmenopausal females. The purpose of this research is to explore how AI-driven treatment protocols can improve the clinical outcomes in postmenopausal women and to study the importance of AI in fostering and strengthening the social transformation in postmenopausal care. Motion tracking units and wearable devices improved the clinical outcomes and adherence to treatment and anticipate real time feedback. Further, predictive analytical models help the rehabilitationists and physical therapists in formulating preventive strategies based on musculoskeletal risks. This study implicated to encourage the use of AI tools in improving the health outcomes of postmenopausal females and eventually, reshaping the future of rehabilitation sciences and social wellbeing.
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