



HERMES

Alex Vrhel

Diana Wang

Camille Birch

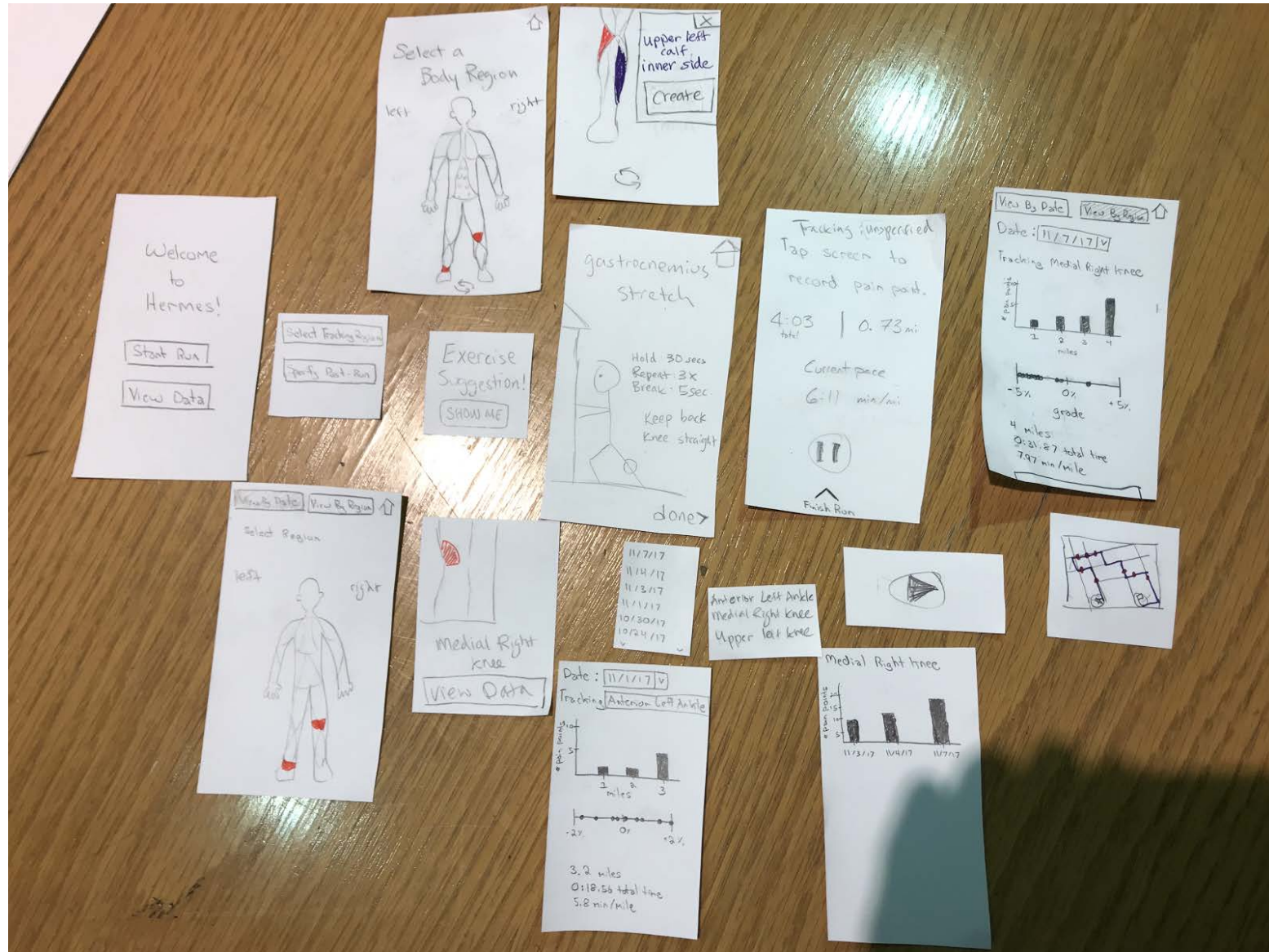
Michael Wang

The Problem

- Runners often deal with repetitive stress injuries
- Reluctant to admit when injured
- Want to understand the causes and handle it independently

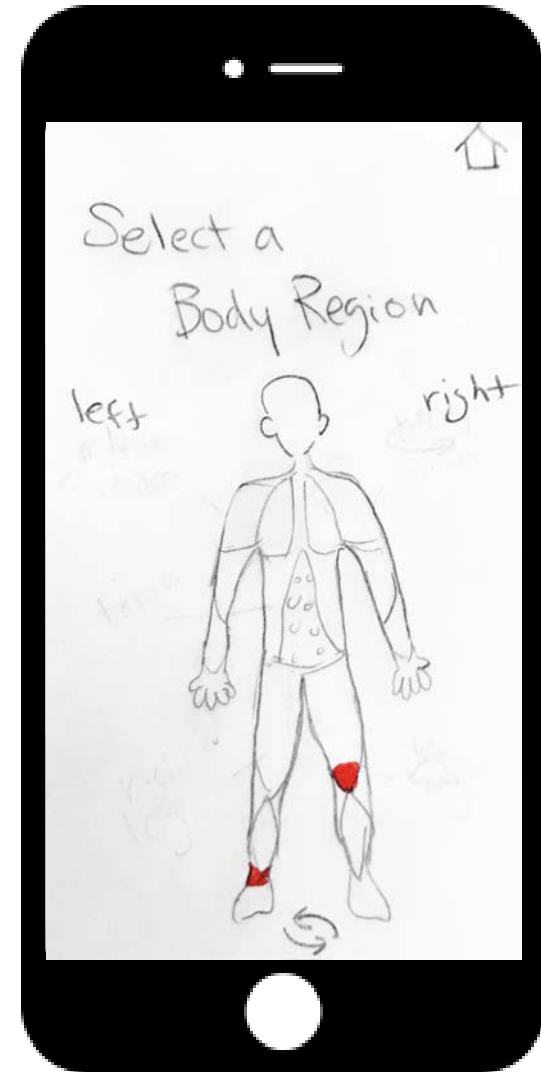
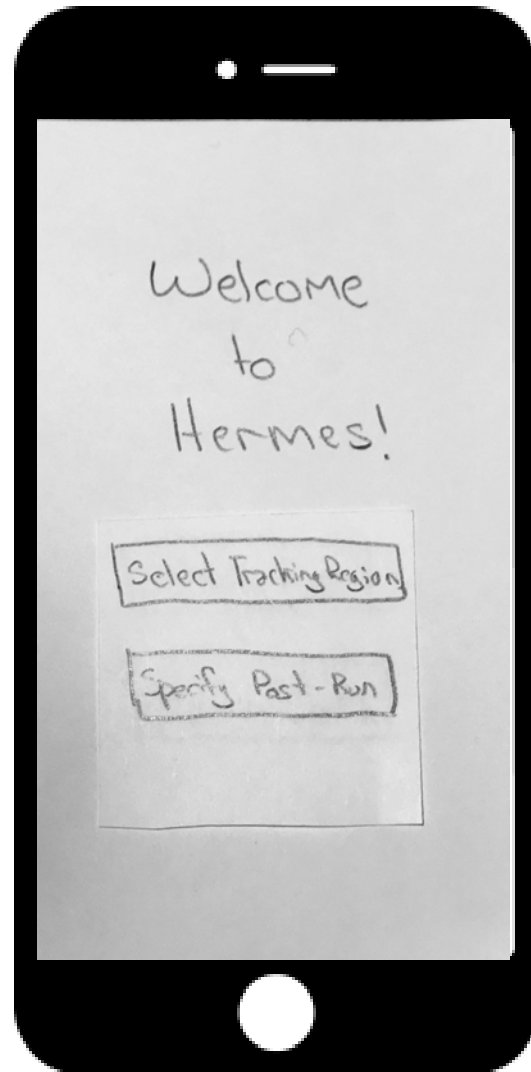
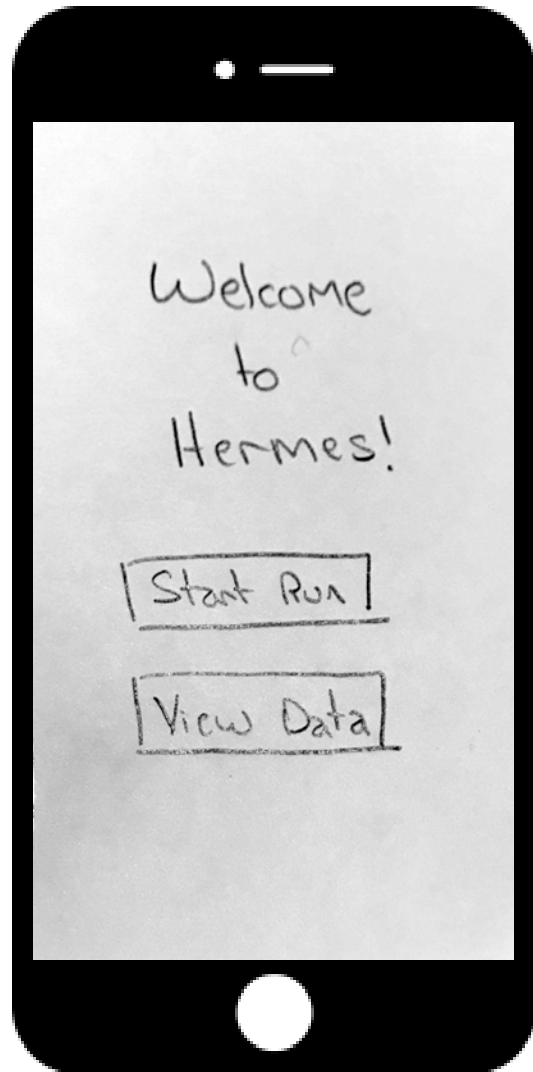


Initial Paper Prototype



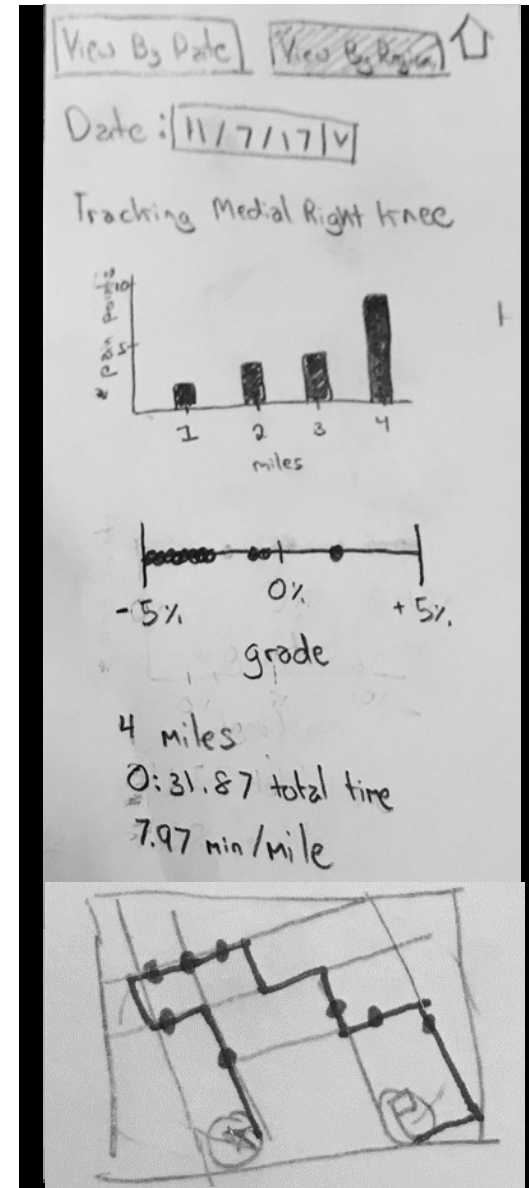
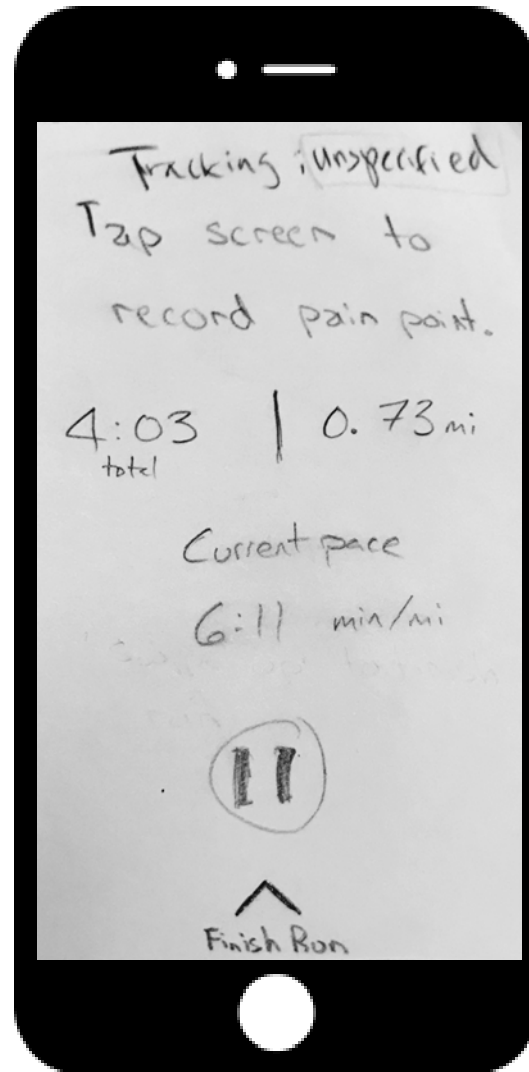
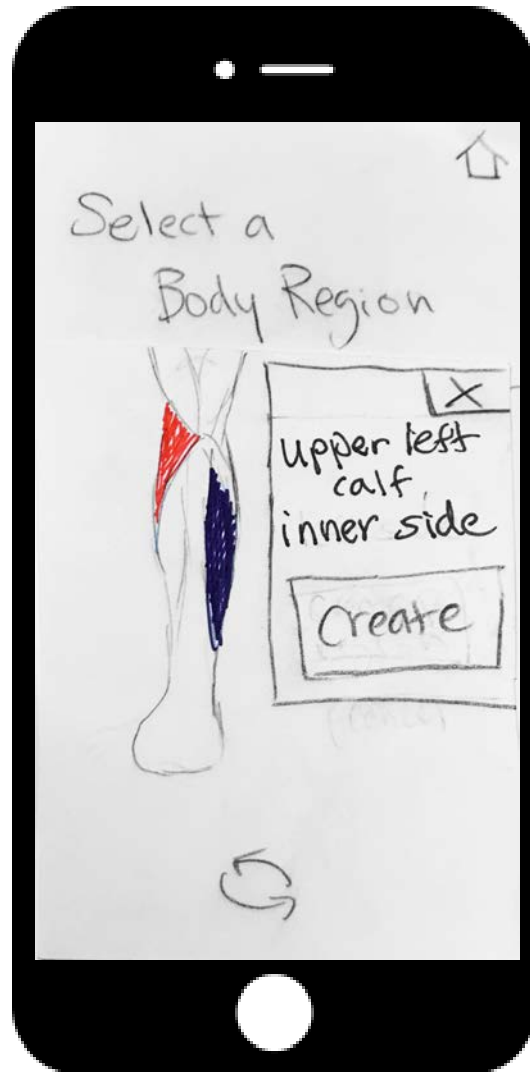
Track a workout and related pain

Task 1



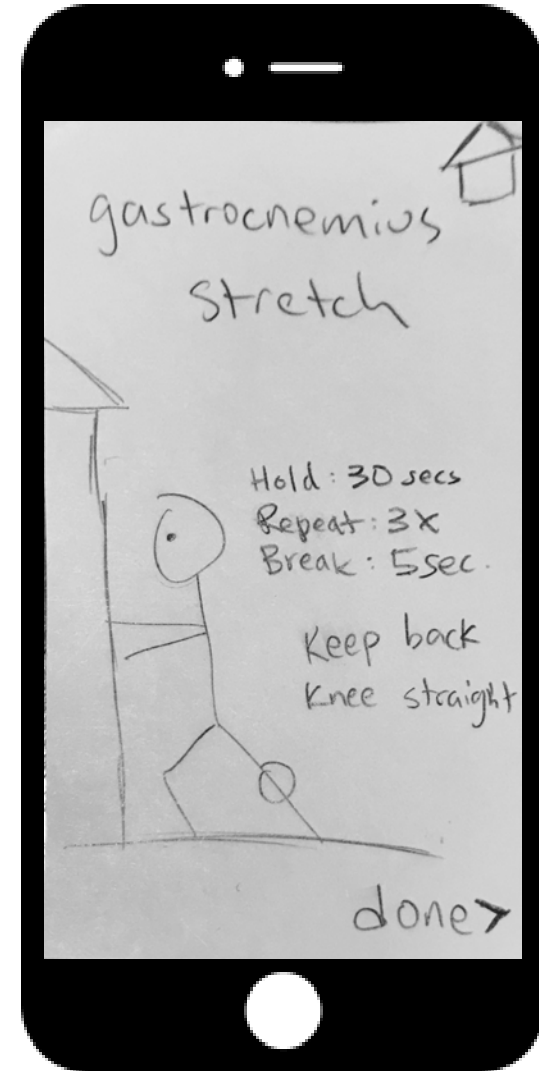
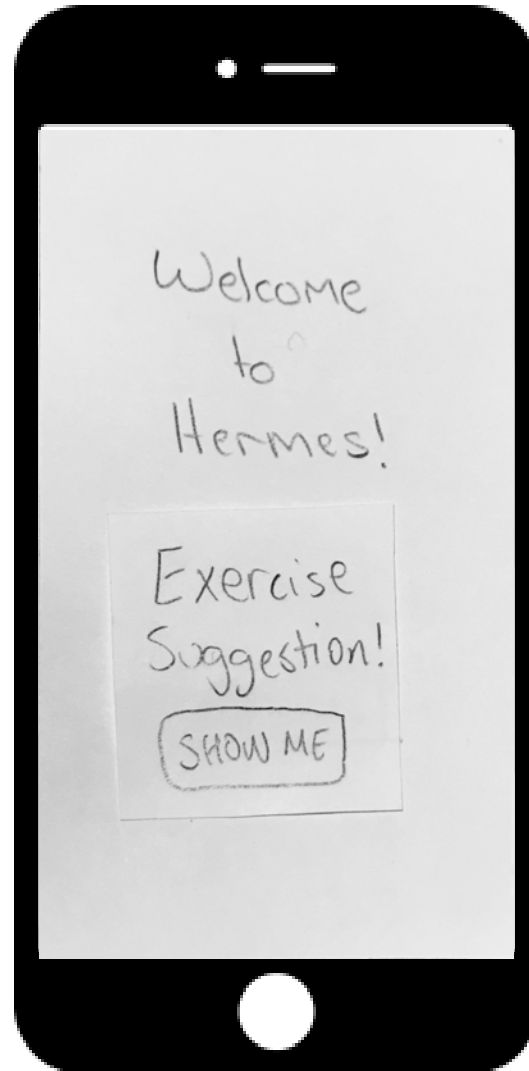
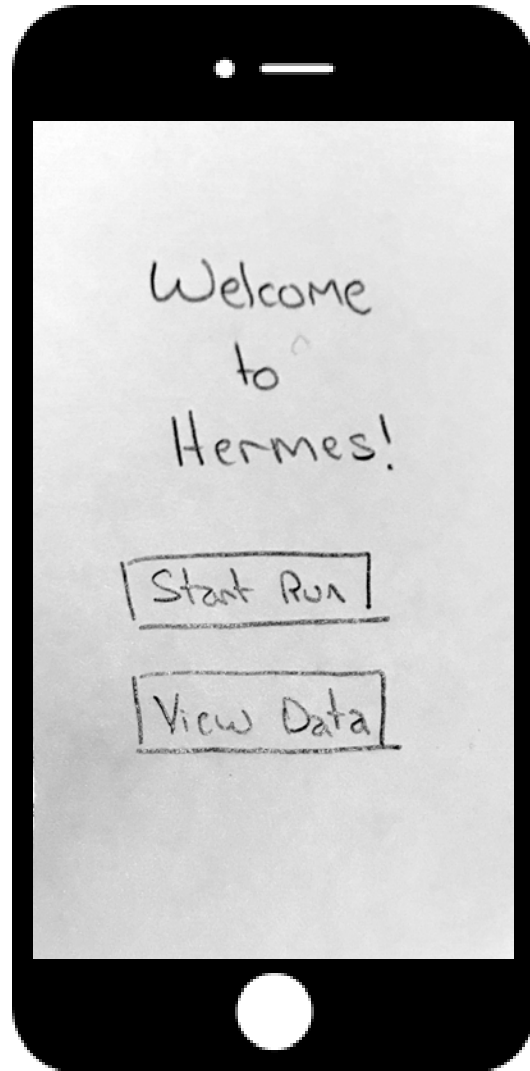
Track a workout and related pain

Task 1



Receive injury prevention suggestions

Task 2



Testing Process

3 UW students

Perform both primary tasks

Reflect on data from past run

Discuss method of input

Discuss tracking multiple body parts

Testing Results

Critical Incidents

Unclear how to proceed through first task



- Added instructions
- Moved body part selection to post-run

Exercise suggestion was disruptive



- Moved to post-run
- Added tips to pre-run

Missing data that athletes wanted



- Added pace
- Added insights to summary page

Testing Results

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Testing Results

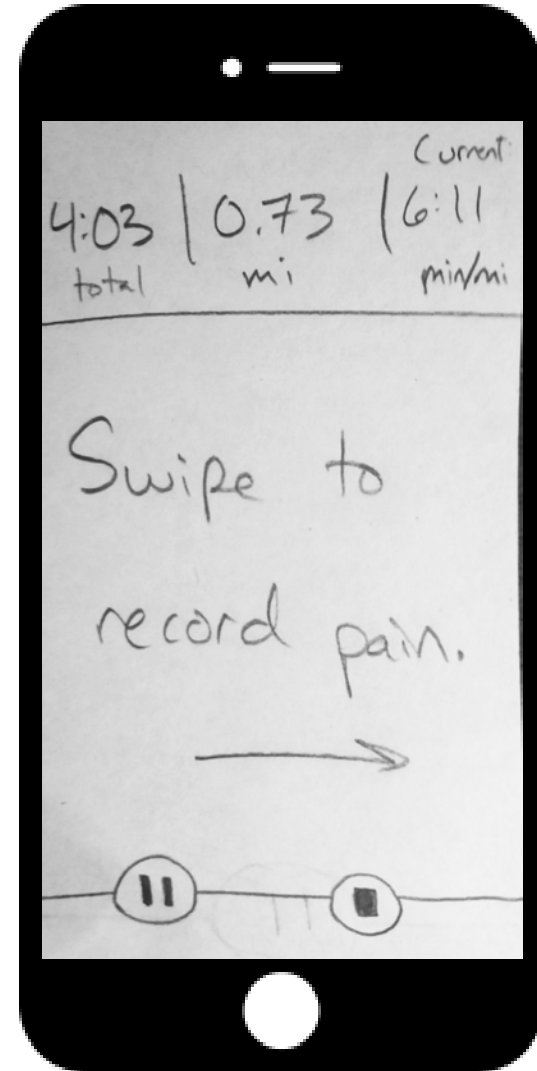
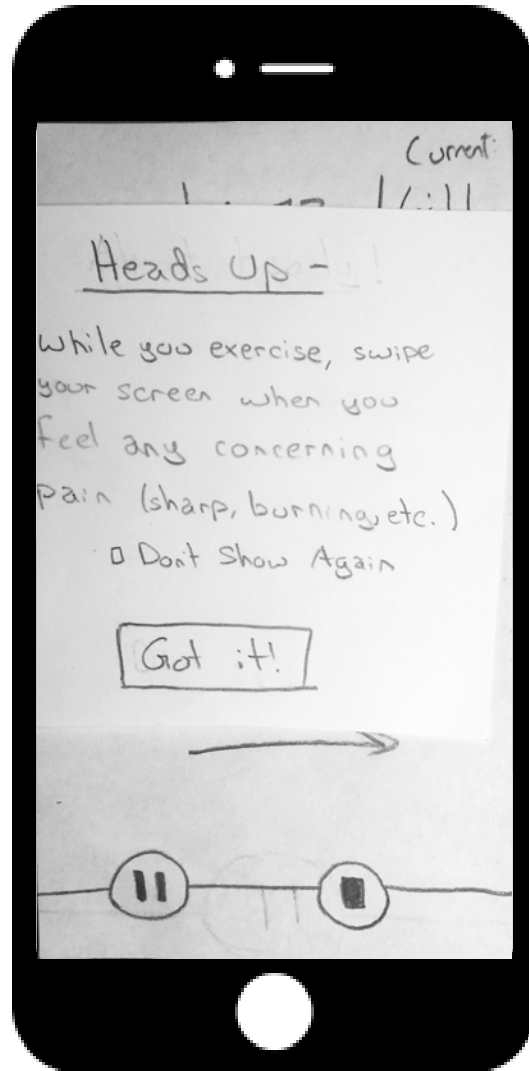
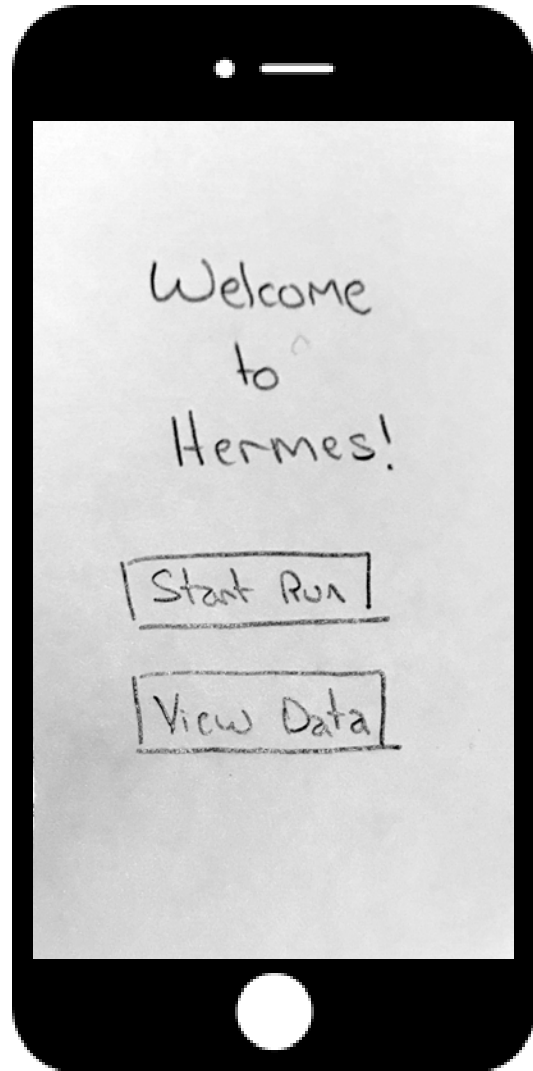
Further Refinement

Only support one body part per run

Use wearable ring device for pain input

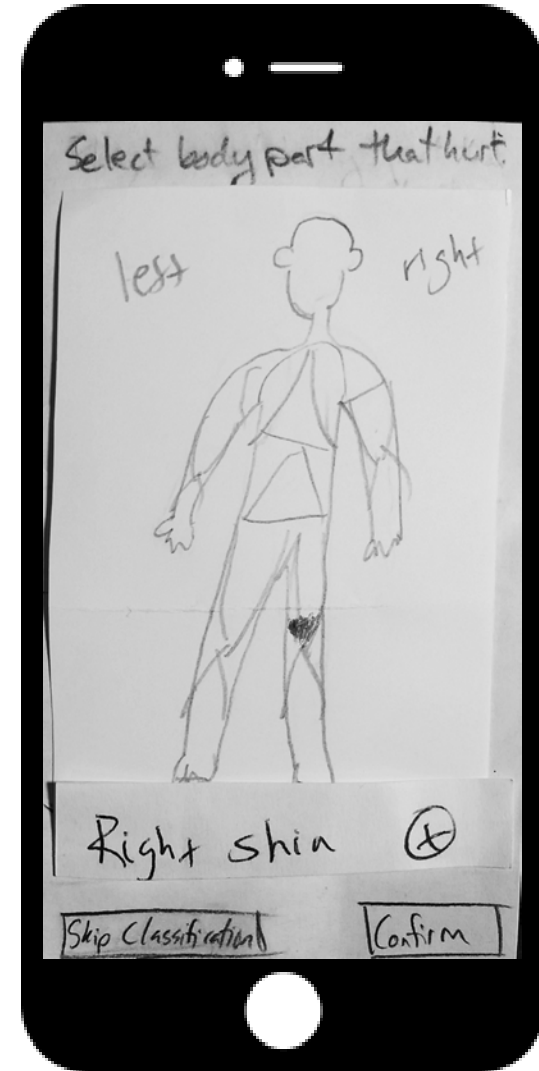
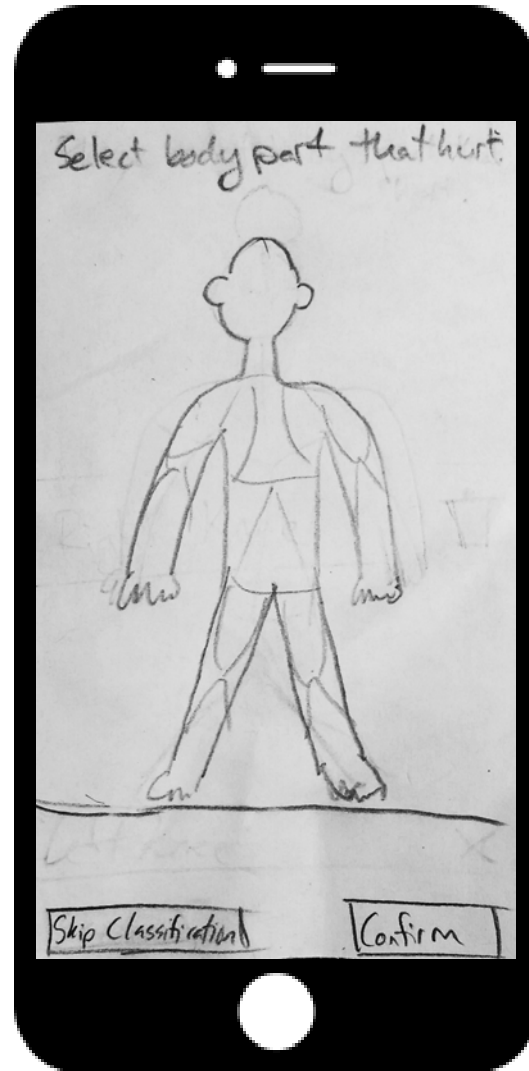
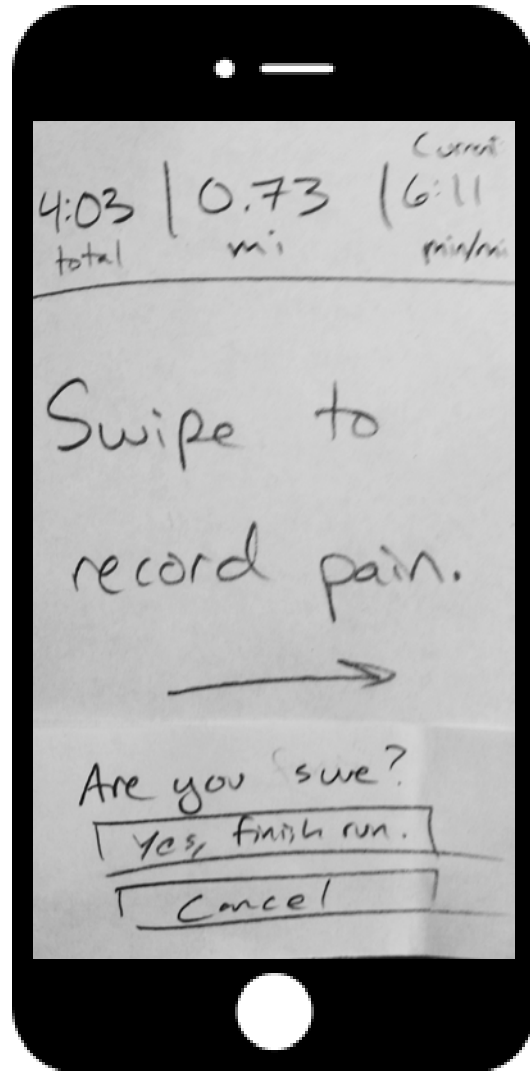
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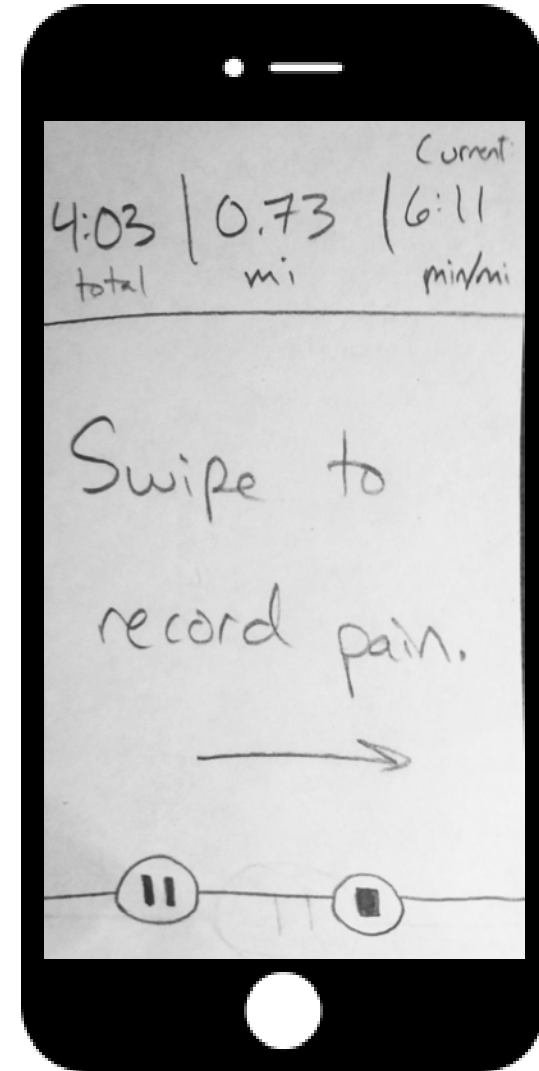
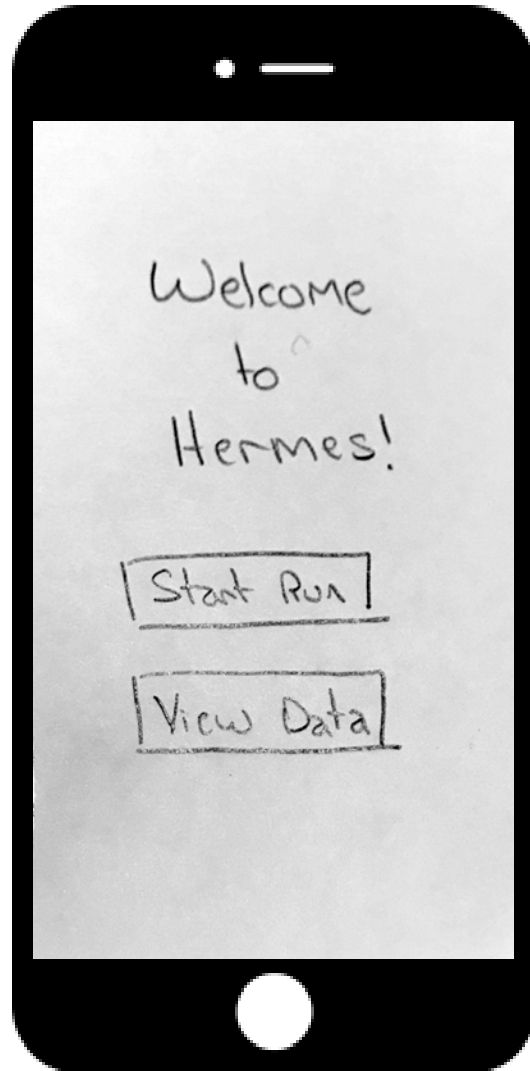
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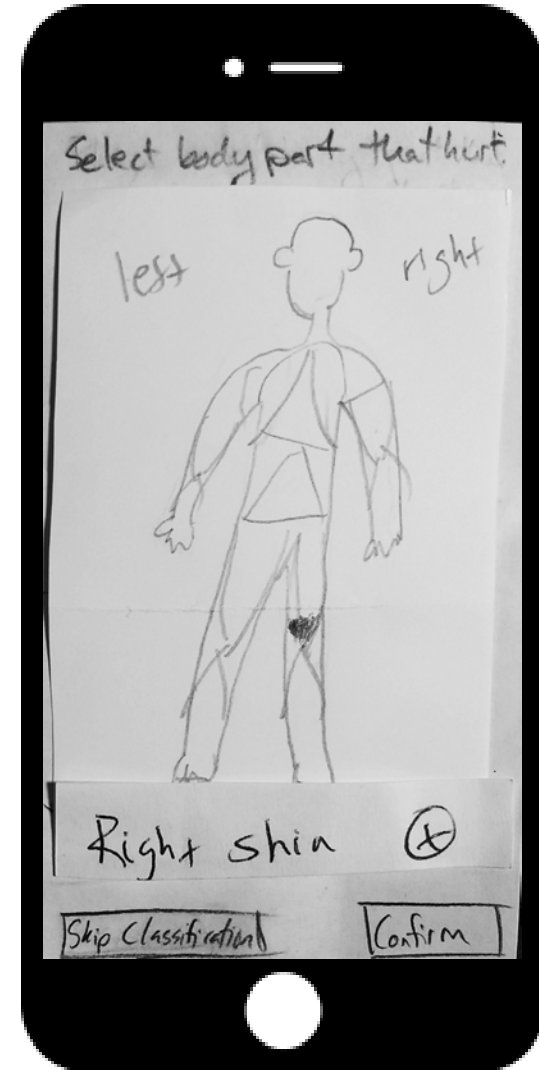
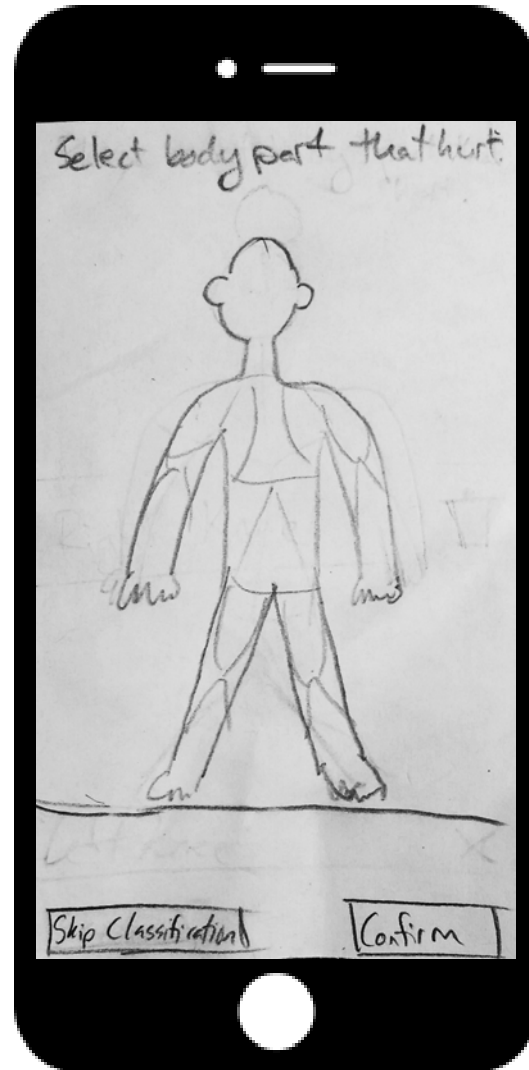
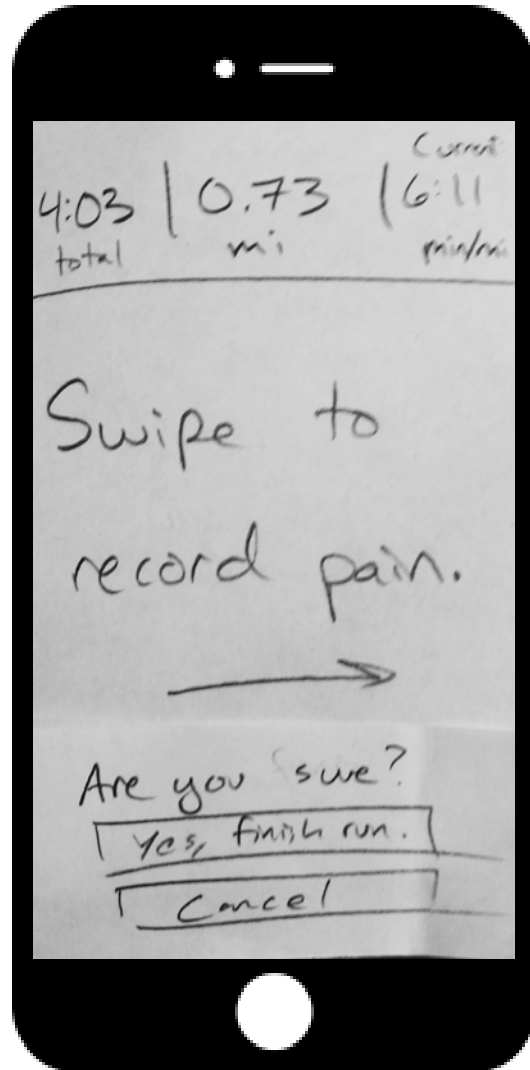
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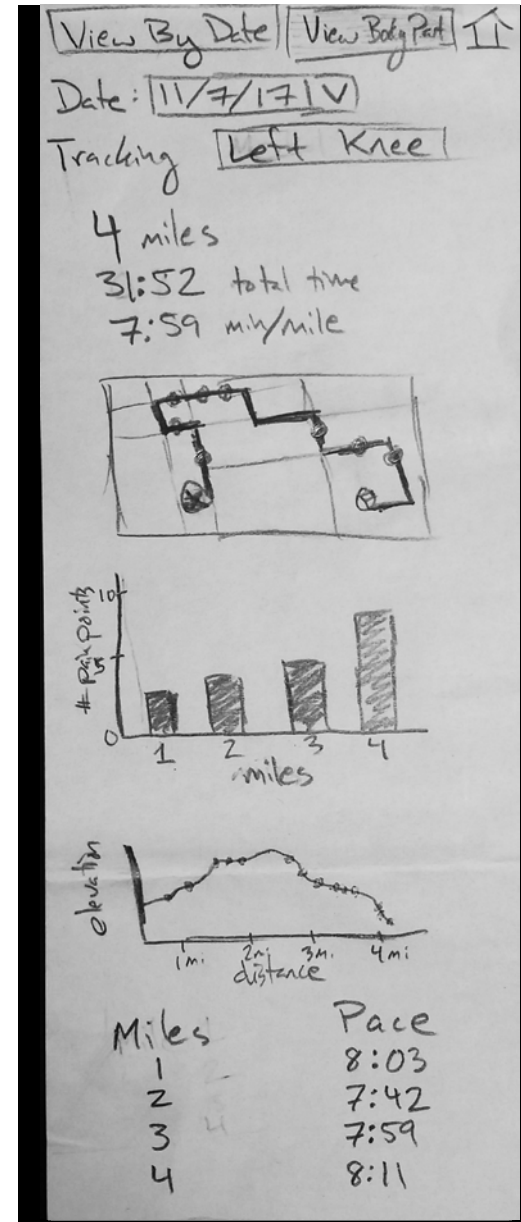
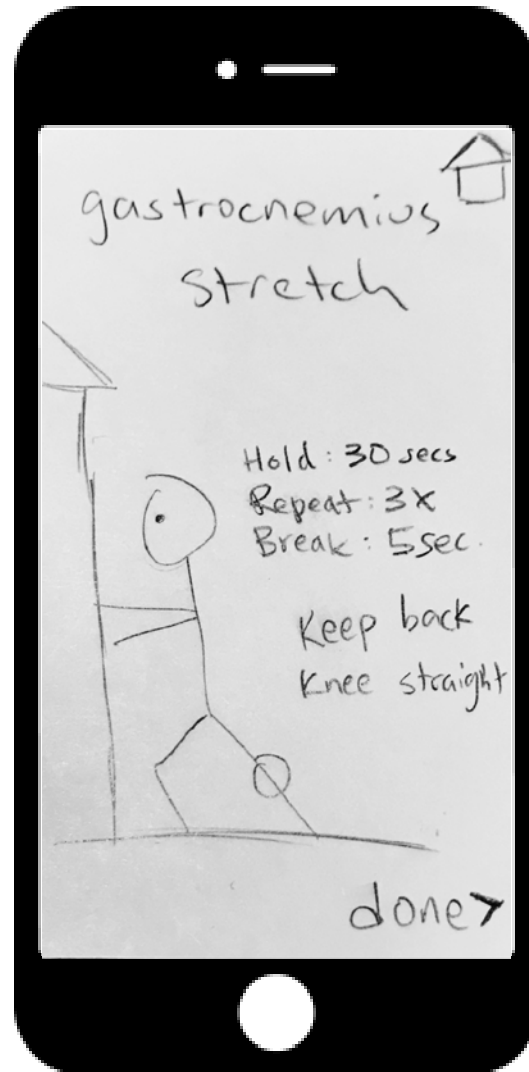
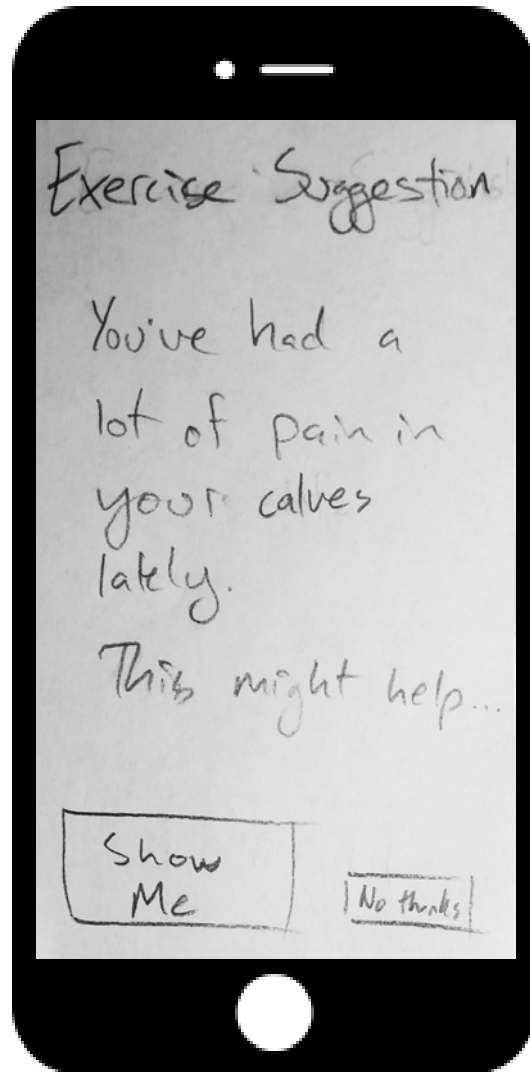
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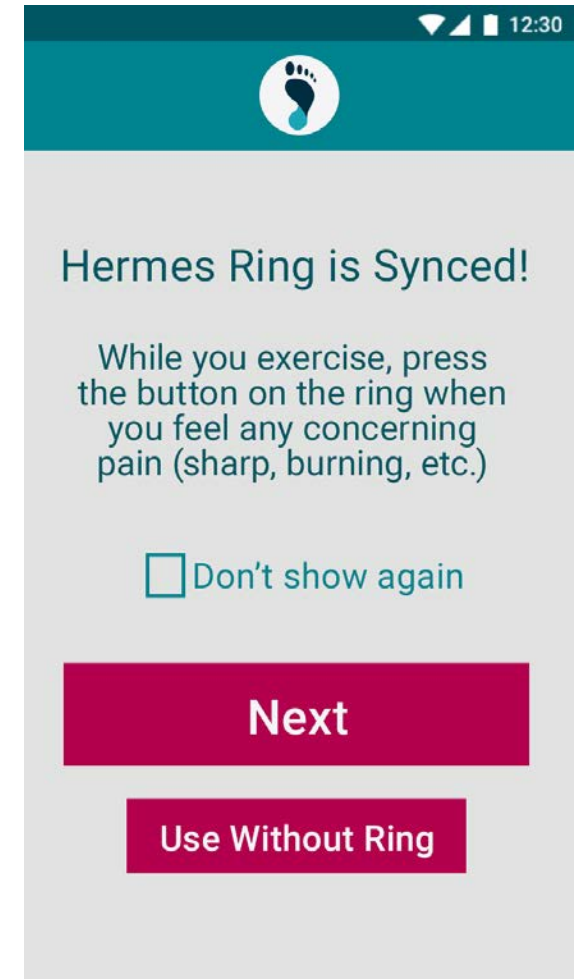
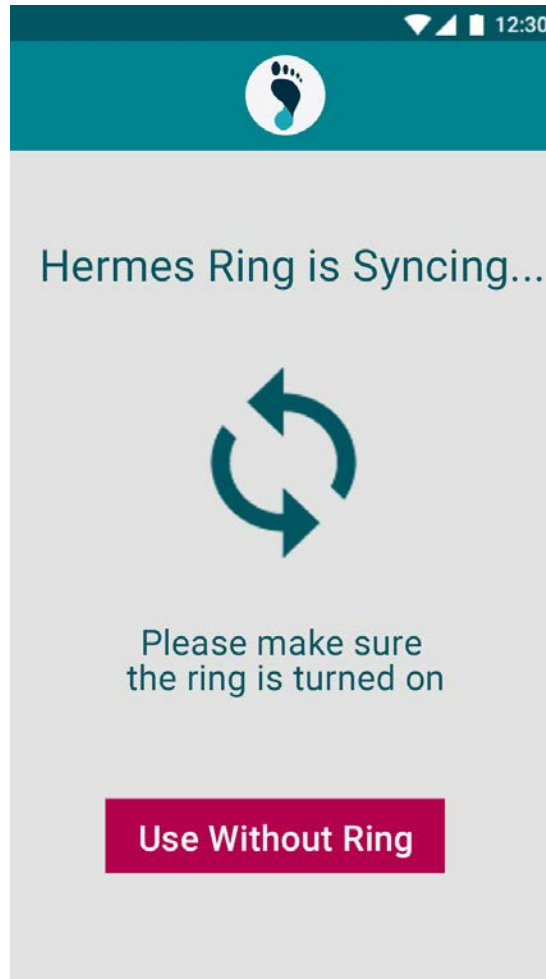
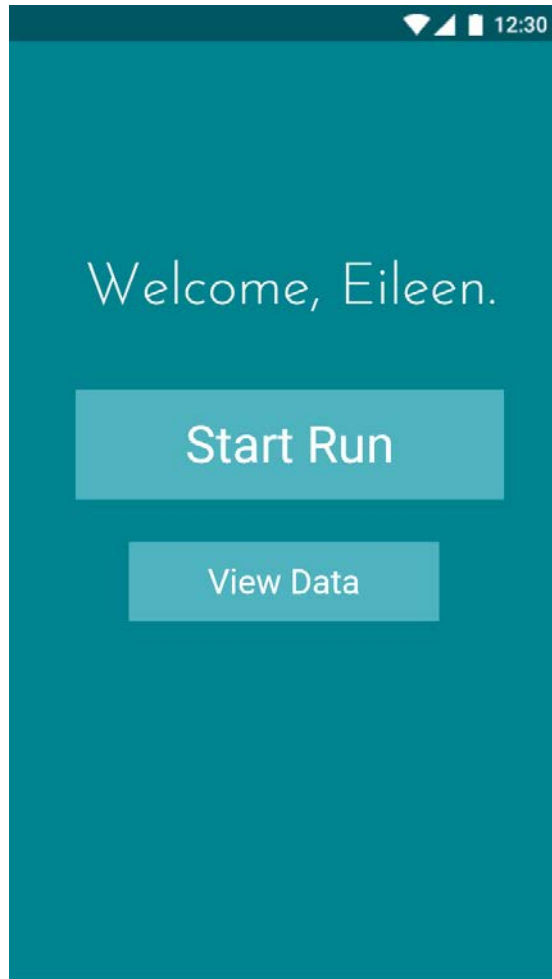


Digital Mockup



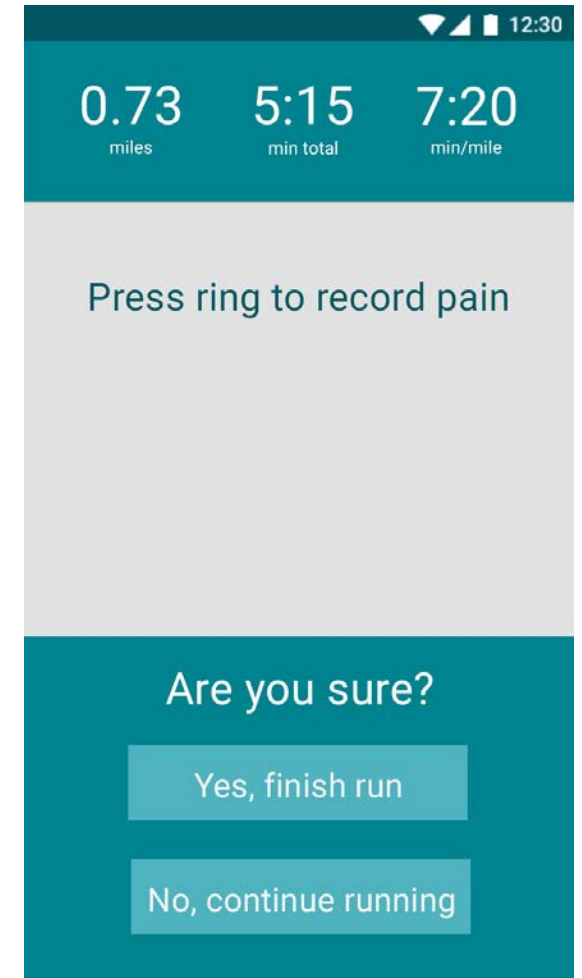
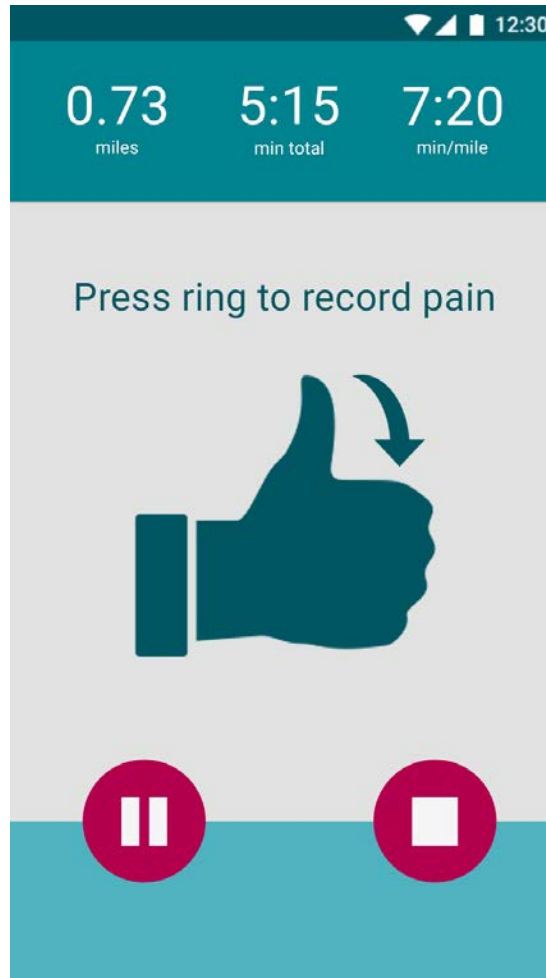
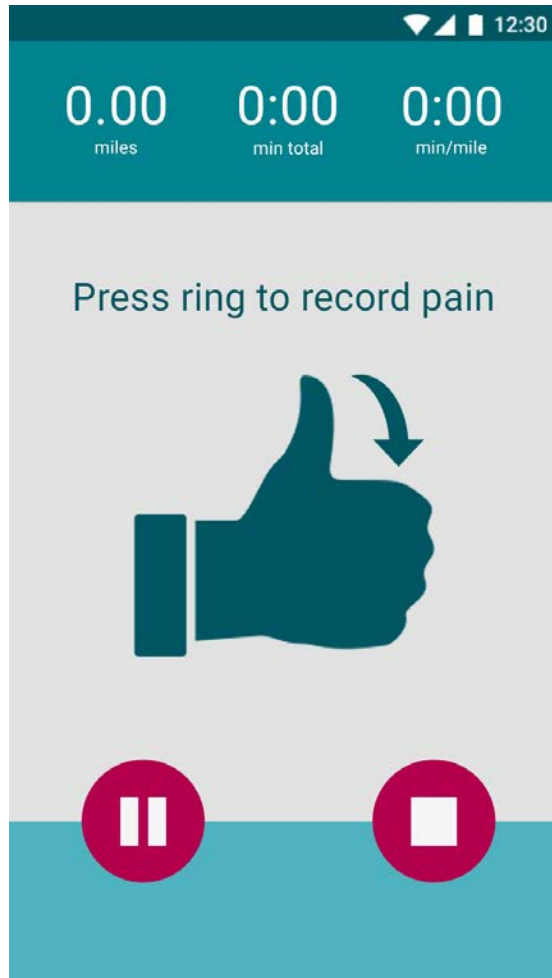
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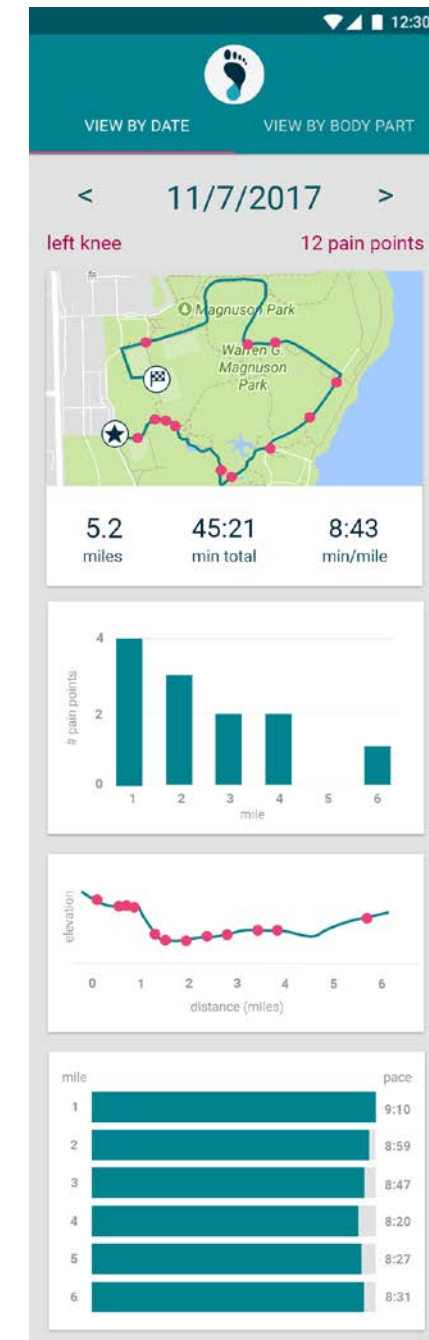
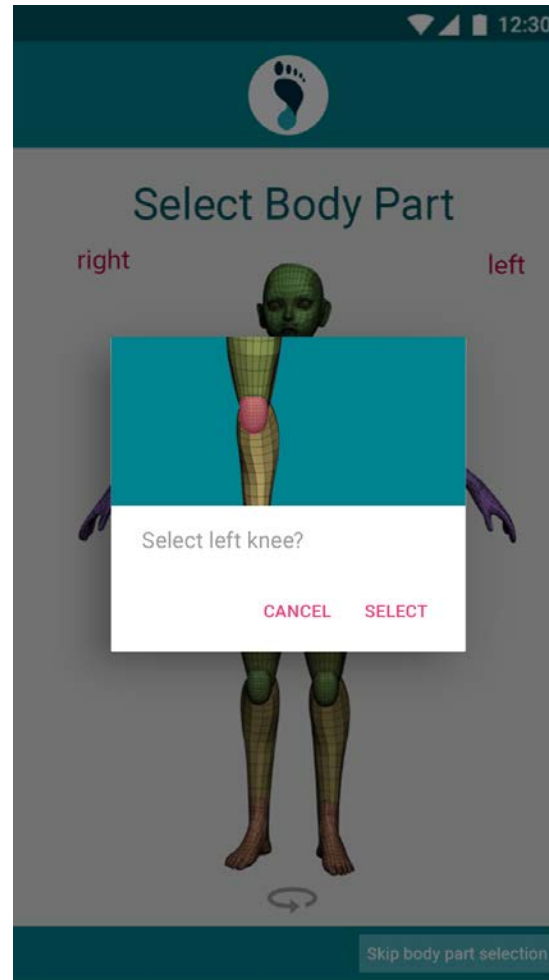
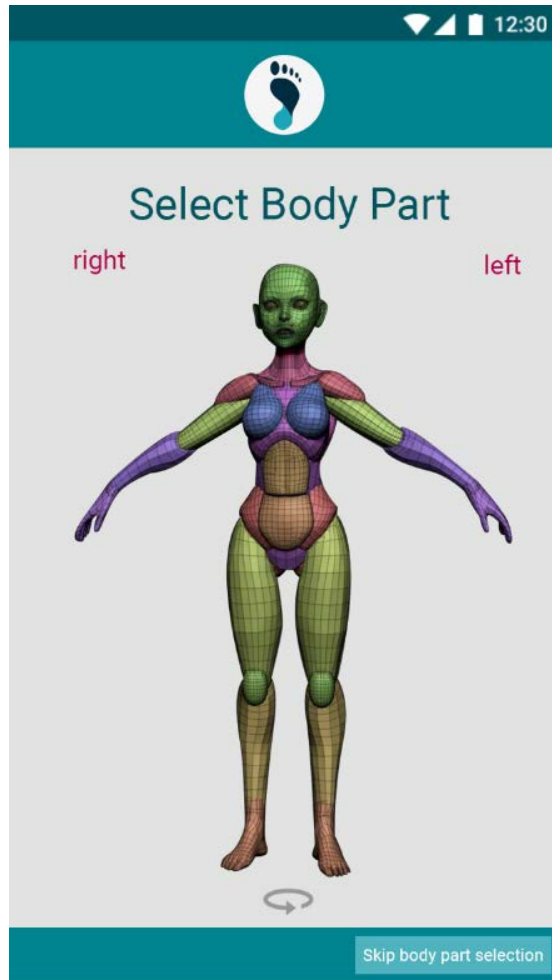
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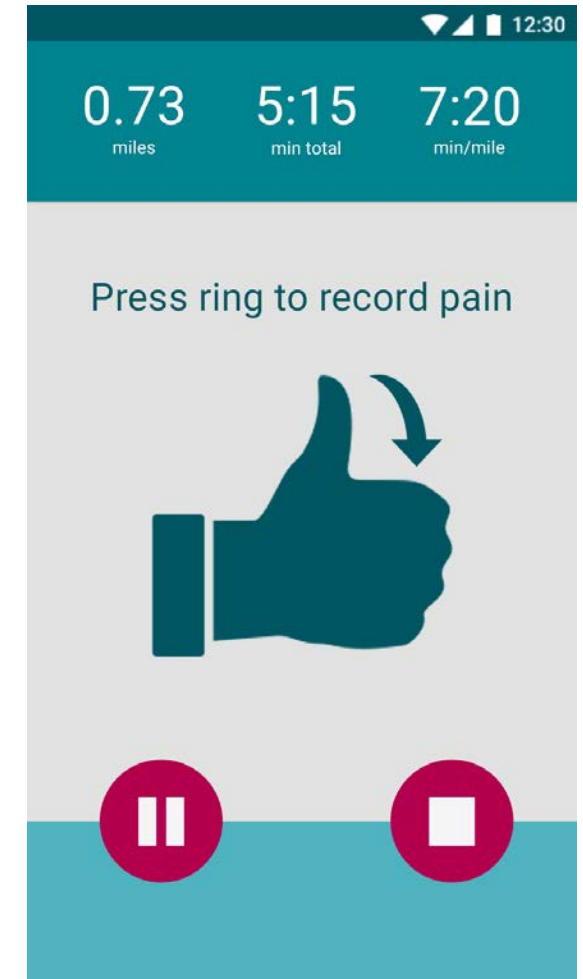
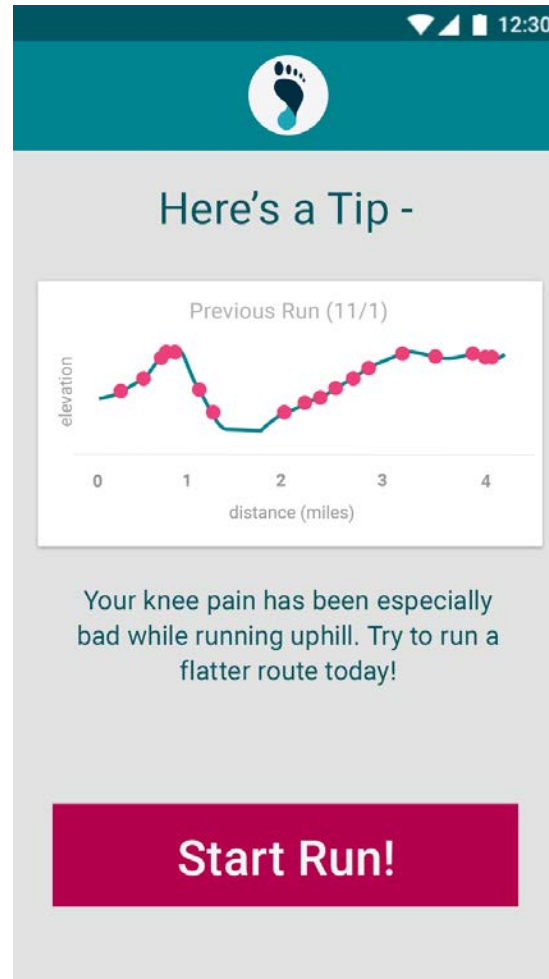
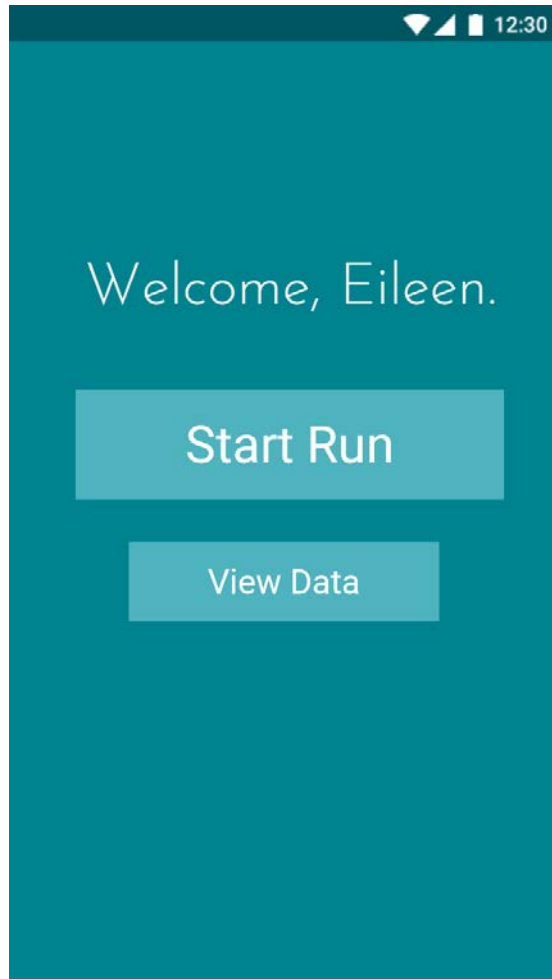
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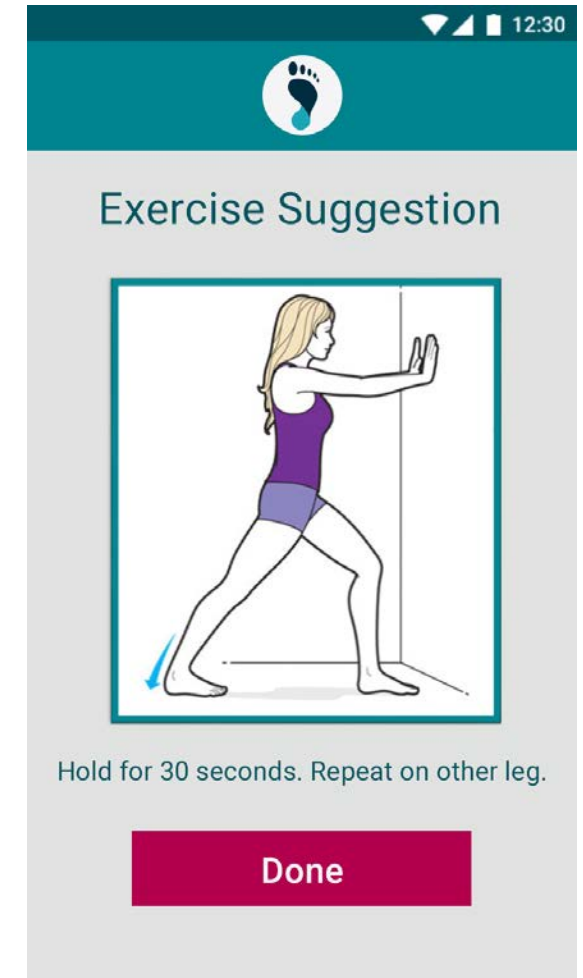
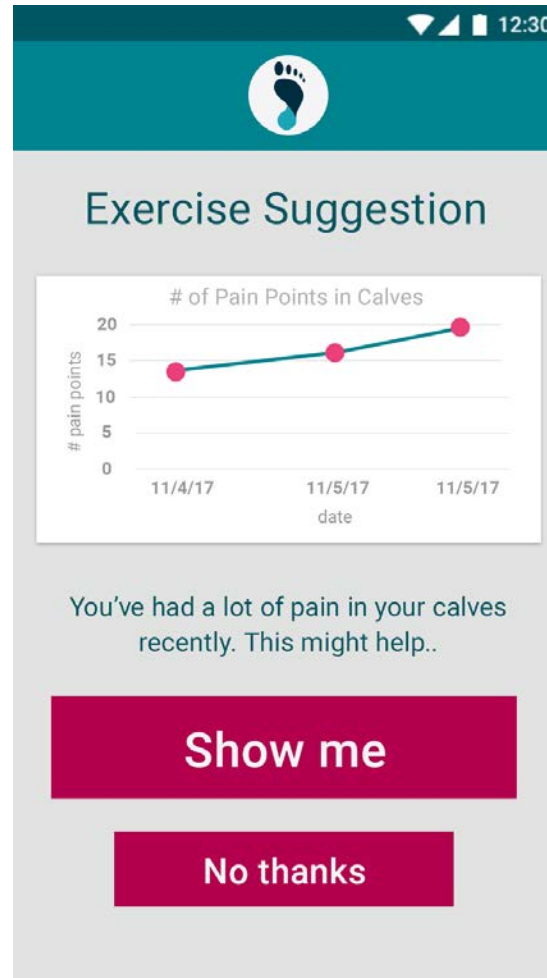
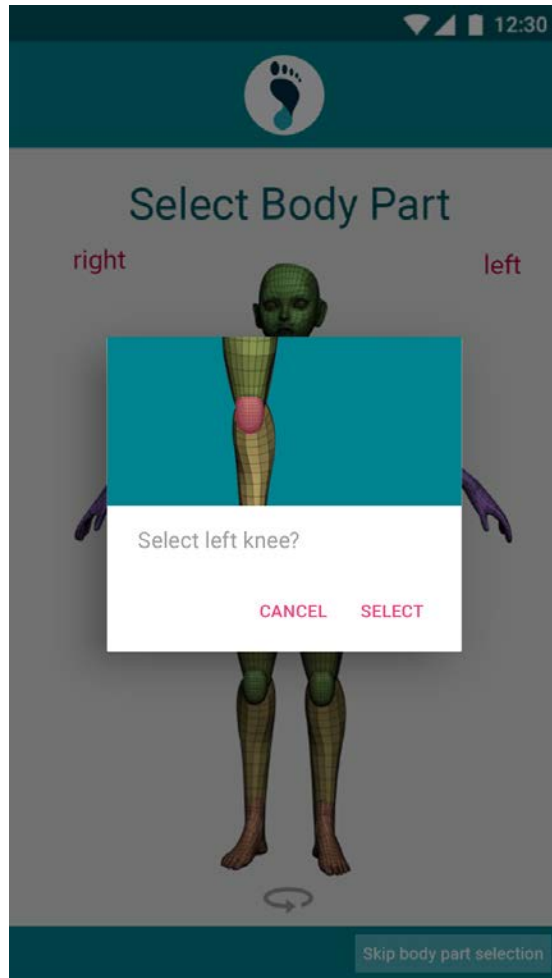
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Summary

- Design was initially confusing
- Major changes to primary tasks
- Feedback corrected issues and generated new ideas





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