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

Select a Body Region

Tracking Injury:
Tap screen to record pain point:
4:03 | 0.73 mi total
Current pace: 6:11 min/mi

Finish Run

Date: 11/7/17
Tracking Medal Right Knee

4 miles
9:31:87 total time
7.97 min/mile
Receive injury prevention suggestions

Task 2

Welcome to Hermes!

Start Run

View Data

Welcome to Hermes!

Exercise Suggestion!

SHOW ME

gastrocnemius stretch

Hold: 30 secs
Repeat: 3x
Break: 5 sec
Keep back knee straight

done
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

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

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
Only support one body part per run

Use wearable ring device for pain input
Final Paper Prototype
Track a workout and related pain

Task 1

Welcome to Hermes!

Start Run

View Data

Heads Up -

while you exercise, swipe your screen when you feel any concerning pain (sharp, burning, etc.)

Don’t show again

Got it!

Swipe to record pain.
Track a workout and related pain

Task 1

- Swipe to record pain.
- Select body part that hurt:
  - Left
  - Right shin

Are you sure? Yes, finish run. Cancel.
Track a workout and related pain

Task 1

- Date: 11/4/17
- Tracking: Left Knee
- Distance: 4 miles
- Total time: 31:52
- Pace/mile: 7:59

Graphs showing distance, elevation, and pace for each mile.
Receive injury prevention suggestions

Task 2

Welcome to Hermes!

Start Run

View Data

Here’s a Tip
Your shin pain has been especially bad when running uphill. Try to run a flatter route today!

Got it!

Swipe to record pain.
Receive injury prevention suggestions

Task 2

Swipe to record pain.

Are you sure?

Select body part that hurt.

Right shin

Skip classification

Confirm

Total

mi

min/mi

4:03 0.73 16:11

Cancel
Receive injury prevention suggestions

Task 2

Exercise Suggestion

You've had a lot of pain in your calves lately. This might help...

Show Me

No thanks

Gastrocnemius Stretch

Hold: 30 secs
Repeat: 3x
Break: 5 sec

Keep back Knee straight

done

Date: 11/9/17

Tracking Left Knee

4 miles
31:52 total time
7:59 min/mile

Distance

Miles Pace
1 8:03
2 7:42
3 7:59
4 8:11
Digital Mockup
Track a workout and related pain

Task 1

Welcome, Eileen.

Hermes Ring is Syncing...

Please make sure the ring is turned on

Hermes Ring is Synced!

While you exercise, press the button on the ring when you feel any concerning pain (sharp, burning, etc.)

Don't show again

Next

Use Without Ring

Use Without Ring
Track a workout and related pain

Task 1

Press ring to record pain

0.00 miles 0:00 min total 0:00 min/mile

Press ring to record pain

0.73 miles 5:15 min total 7:20 min/mile

Press ring to record pain

Are you sure?

Yes, finish run

No, continue running
Track a workout and related pain

Task 1
Receive injury prevention suggestions

Task 2

Welcome, Eileen.

Start Run

View Data

Here’s a Tip -

Your knee pain has been especially bad while running uphill. Try to run a flatter route today!

Start Run!

Press ring to record pain

0.73 miles
5:15 run total
7:20 min/mile
Receive injury prevention suggestions

Task 2

Select Body Part

Exercise Suggestion

You’ve had a lot of pain in your calves recently. This might help...

Show me

No thanks

Exercise Suggestion

Hold for 30 seconds. Repeat on other leg.

Done
Summary

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