Many people run for exercise . . . but stress injuries are common

**Stress Injury:**
Injury caused by repetitive motion, often with forceful exertion
Pain tracking is a known method for recovery and prevention.

There are no pain tracking solutions widely available to amateur runners.
Research Goals

- Learn more about attitudes and behaviors of amateur runners
- Specifically interested in experience with injury
- Current tracking tools and habits
Design Research

METHOD & PARTICIPANTS

Semi-structured interviews

3 Athletes (2 primary, 1 cross-trainer)

1 Coach

1 Physical therapist
<table>
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<tr>
<th>Enjoy injury decision autonomy</th>
<th>See the value in and would consider tracking pain</th>
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<tr>
<td>Have varied views on sharing data with others</td>
<td>Use multiple methods of workout tracking</td>
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Tasks

- Track workouts for reflection
- Decide whether to seek treatment
- Seek information on existing injury
- Educate self about prevention
- Give advice to other athletes
- Share activity history with a professional

Icons: Noun Project (Notepad - Aneeque Ahmed; Decision, Learn - Gregor Cresnar; Leg Pain - Gan Khoon Lay; Advice – Jasfart; Doctor And Nurse - Artem Kovyazi)
Design A: Real-time Pain Tracking
Design B: Third Party Integration
Design C: Social Injury Prevention Platform
Real-time Pain Tracking

Daniel turns on app before he goes on a run.

He experiences pain while running.

He inputs a pain point into the app.

After the run, Daniel looks at the data.

... and realizes something about his workout.
Previously, Max had experienced a lot of shin pain while running.

Prior to heading out on another run, she starts using her app.

The app suggests some exercises to help her shins.

Max performs a chosen exercise before running.

She finishes the run with less pain.

Pre-workout Suggestions
Lessons Learned

• Reluctance to acknowledge injury
• Strong existing habits for workout tracking and handling injury
• Prioritize efficiency