



# HERMES

**Camille Birch**

Alex Vrhel

**Michael Wang**

Diana Wang



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



# Design Research

## TAKEAWAYS

Enjoy injury decision autonomy

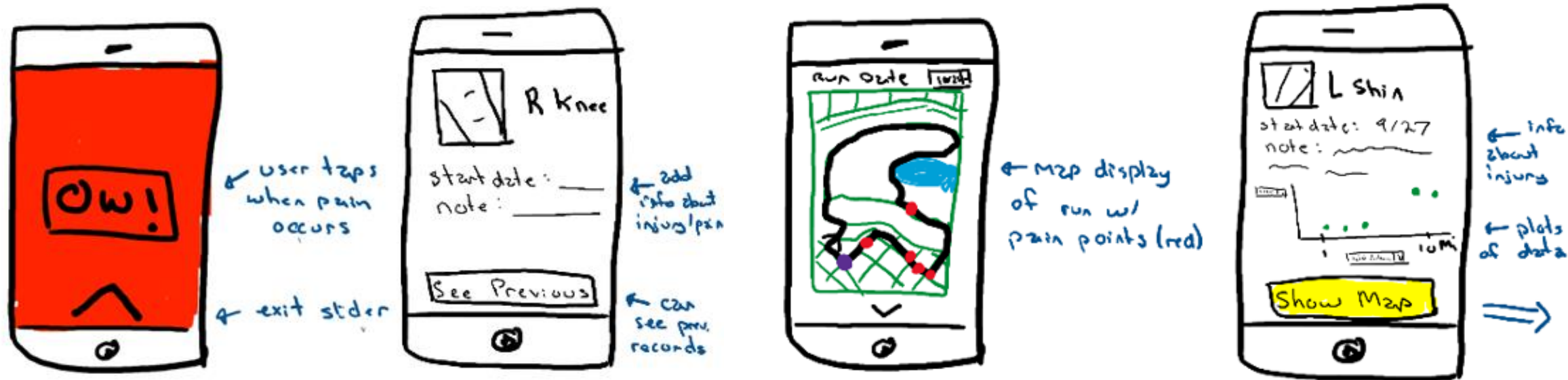
See the value in and would consider tracking pain

Have varied views on sharing data with others

Use multiple methods of workout tracking

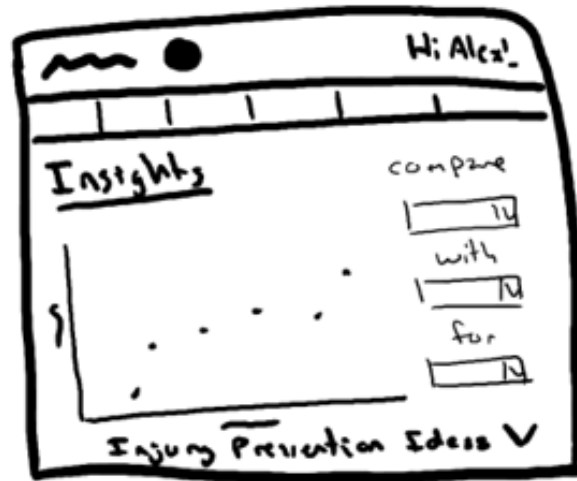
# Tasks





## Design A: Real-time Pain Tracking

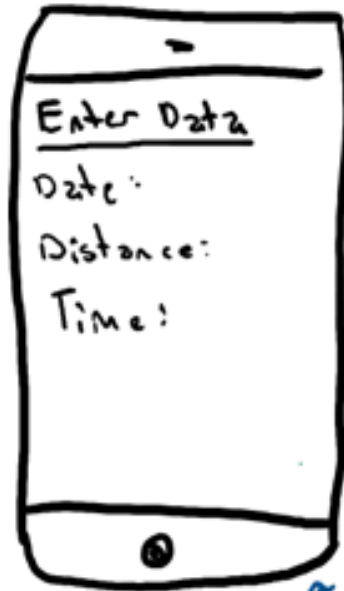




## Design B: Third Party Integration



popup  
tells user to  
congratulate  
other members



enter run  
data manually



curated  
resources

member  
conversations



positive  
feedback  
from other  
members

# Design C: Social Injury Prevention Platform



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

# Real-time Pain Tracking



Previously, Max has recorded a lot of shin pain while running



Prior to heading out on another run, she starts 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

A silhouette of a person running is shown against a bright, cloudy sky at sunset or sunrise. The runner is in mid-stride, with their right leg forward and arms pumping. The background features a mix of blue and orange light, with scattered white clouds. In the foreground, there are dark silhouettes of tall grasses or wildflowers.

# Lessons Learned

---

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



# HERMES

**Camille Birch**

Alex Vrhel

**Michael Wang**

Diana Wang