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
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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
Design A: Real-time Pain Tracking
Design B: Third Party Integration
Design C: Social Injury Prevention Platform
Real-time Pain Tracking

1. Daniel turns on the app before he goes on a run.
2. He experiences pain while running.
3. He inputs a pain point into the app.
4. After the run, Daniel looks at the data.
5. ... and realizes something about his workout.
Pre-workout Suggestions

Previously, Max had 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.
Lessons Learned

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