



# HERMES

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A close-up photograph of a person's hand tying the laces of a black and pink running shoe. The shoe is resting on a wooden bench. The background is a blurred outdoor setting with green foliage and a metal railing. The image has a semi-transparent dark overlay.

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

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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

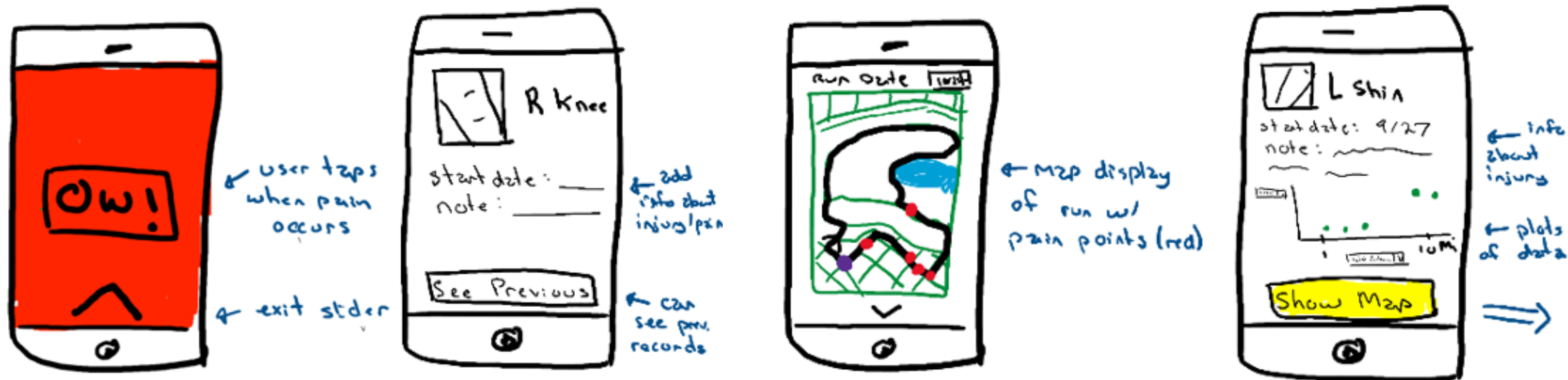
Have varied views on sharing data with others

Use multiple methods of workout tracking

# Tasks

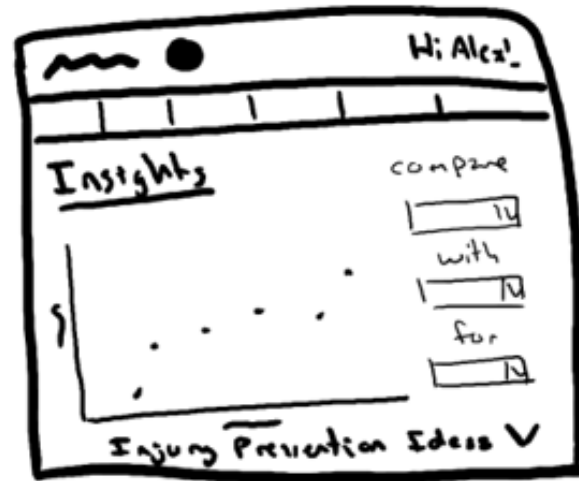






## Design A: Real-time Pain Tracking

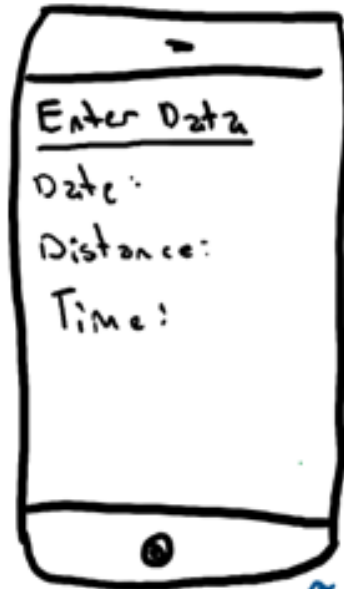




## Design B: Third Party Integration



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





# Lessons Learned

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



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