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
Task 1

Track a workout and related pain

Welcome to Hermes!

Start Run

View Data

Welcome to Hermes!

Select Tracking Region

Specify Post-Run

Select a Body Region

left

right

Select a Body Region

left

right
Track a workout and related pain

Task 1
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
Testing Results

Further Refinement

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.).

Got it!

Swipe to record pain.

4:03 | 0.73 | 6:11

Current:

total
mi

Current:

min/mi
Track a workout and related pain

Task 1

Swipe to record pain.

Are you sure?

Yes, finish run.

Cancel

Select body part that hurt.

Right shin

Skip classification

Confirm
Track a workout and related pain

Task 1

View Big Date | View Bolt | 11
Date: 11/4/17

Tracking Left Knee

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

[Hand-drawn map and charts showing distance, pace, and elevation]
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

1. Swipe to record pain.
2. Select body part that hurt.
3. Confirm or 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

[Graphs and data on injury tracking]
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
Track a workout and related pain

Task 1

Press ring to record pain

Press ring to record pain

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
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
HERMES

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