



## WHAT IS mystride?

**mystride** insoles are engineered with force sensor technology to collect biomechanical data to help **PREVENT AND MANAGE INJURIES** associated with proper stance, gait and stride.



## HOW DOES IT WORK?

**mystride** smart insoles collect biomechanical data that is sent to a customized dashboard to review and manage collected data on a real-time app and online portal.

## WHAT IS IT TRACKING?

**mystride** insoles collect important biomechanical information such as (but not limited to): push off force, stride length; ground contact time; lateral weight shift; foot strike distribution by heel, mid foot, front foot, medial and lateral; cadence; stance; impact stress; and a real-time foot pressure map for analysis. *(More detail on the next page.)*

PUSH  
OFF  
FORCE

STRIDE  
LENGTH

GCT

WEIGHT  
SHIFT

FOOT  
STRIKE

CADENCE

STANCE

IMPACT  
STRESS



PROVIDES INSTANT  
DATA COLLECTION  
AND ANALYSIS!



## HOW DOES MYSTRIDE HELP A PHYSICAL THERAPIST?

**mystride** collects biomechanical data in real time with no lag or delay, the data is then stored and could be used for the following:

- 1 | A diagnostic baseline evaluation and ongoing analysis of progress against original baseline for patients.
- 2 | Easily access the following data in real time, and stored as an 'entry':
  - + *Stress (pressure) map of feet*
  - + *Ground Contact Time*
  - + *Stress and Strike Distribution (front foot, mid foot, heel, medial, lateral, big toe)*
  - + *Stride Length*
  - + *Stride rate or cadence (steps / strides per minute)*
  - + *Lateral Weight Shift (weight balance from left to right side of body)*
  - + *Weighted Pounds of Pressure per Second by strike zone (heel, mid foot, front foot, arch)*
  - + *Push-Off Force*
  - + *Vertical oscillation (\*will be ready in future versions)*
- 3 | Use the evaluation data for patients to support the recovery plan and/or injury prevention by effectively identifying biomechanical asymmetries (compensation post-injury or post-operative) and inefficiencies. Then apply this patient specific data to rehab progressions, overall health progress, and ongoing assessment of biomechanics.
- 4 | Monitor ongoing progressions of each tracked data point by having the patient use the smart insoles on a treadmill, within the clinic, outside, or at home.

**NOTE:** Data is collected while active (i.e. running, walking, jumping) or static (i.e. squats, lunges, balancing)



## HOW DOES MYSTRIDE HELP A PRACTICING CLINIC?

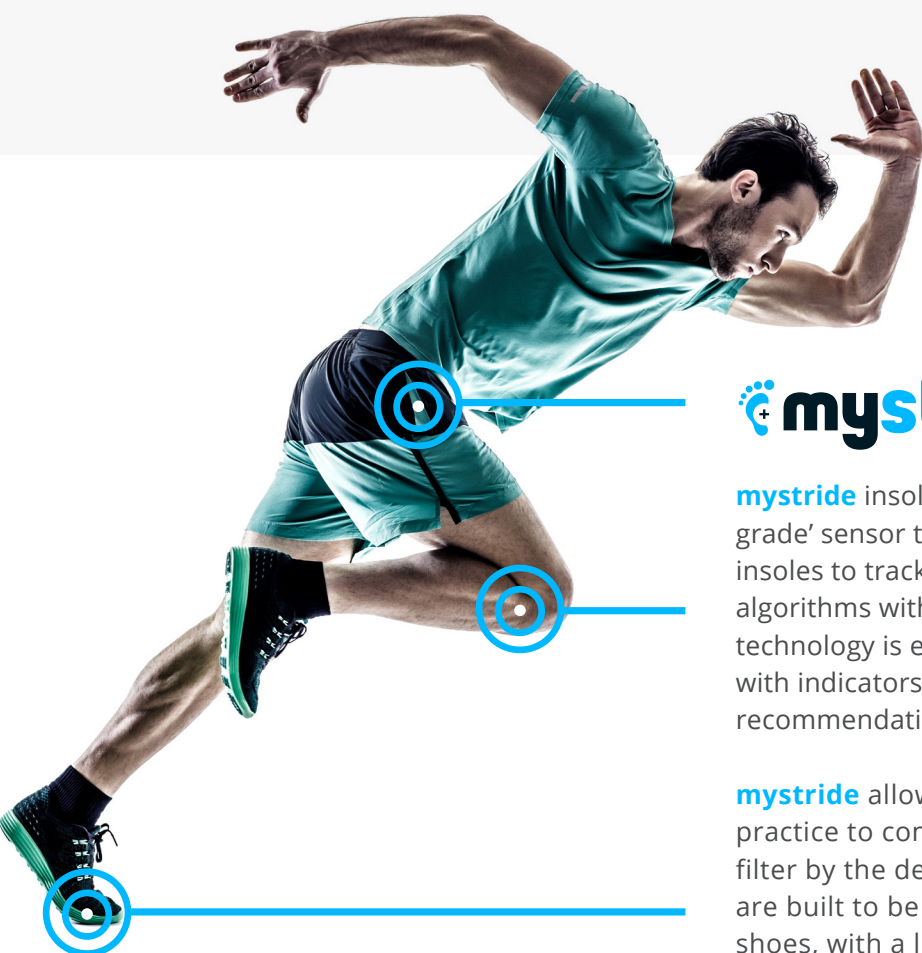
- + Use **mystride** to collect specific and aggregated data to establish and provide benchmarks, averages by demographics, and customized reports as you see relevant to your practice.
- + Build evidence-based studies with supporting **mystride** data to demonstrate proven methods of recovery, ongoing injury prevention, and new therapy/training techniques.
- + Retail distribution of the wearable insole technology is an option in your clinic.
- + Data collection and evaluation outside of your clinic. (*Instruct your patients to walk, run or perform specific physical activity on their own. Their results will automatically be uploaded to your dashboard for review.*)
- + Use the data to customize plans and offer ongoing oversight/support to patients, even after the annual allocation of insurance-paid visits expire.

# OPPORTUNITY FOR PARTNERSHIP

THE MYSTRIDE TEAM BELIEVES IN A TRUE PARTNERSHIP.

*What does that mean?*

- Working together to build a partnership with the end goal of helping patients get healthy and stay healthy
- Having the capability to customize (to an extent, TBD upon further discussion) not only the data, but also the method of data storage, and data presentation
  - + *We want to make sure we are creating reports of high value to you, your patient, and the practice*
- Accessing more data on your patients, resulting in:
  - + *Deeper collaboration and connection with your patients*
  - + *Customized recovery progression benchmarks, training plans and ongoing management and oversight of your patients*
- Providing a better, more unique and original experience for customers
  - + *Offer ongoing oversight even after insured PT visits have expired*
  - + *Offer continuously customized plans based on the progress and current state of your patients*
  - + *Offer more data to support your strategic clinic growth goals*
- **mystride** intends on collecting data from all sources to help build industry-wide benchmarks and possibly biometric data indicators to be used in preventing injury



## **mystride** DETAILS

**mystride** insoles are manufactured with proprietary 'medical-grade' sensor technology, which is embedded throughout the insoles to track specific data. Through research and building algorithms with medical professionals, **mystride** backend technology is equipped to provide an analysis of your activity with indicators of potential injuries based on form, and recommendations to help prevent those injuries.

**mystride** allows for an individual or physical therapy practice to compare data and results against others and filter by the demographics of your choice. **mystride** insoles are built to be of a similar feel to the insoles in your current shoes, with a little bit more support. **mystride** insoles are not intended to change your gait or stride.