



WHAT IS mystride?

mystride insoles are engineered with force sensor technology to collect biomechanical data to help **PREVENT AND MANAGE INJURIES** associated with improper 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 in a real-time app, customized dashboard and online portal.

WHAT IS IT TRACKING?

mystride insoles collect data 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 CLINICIAN?

mystride collects 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?

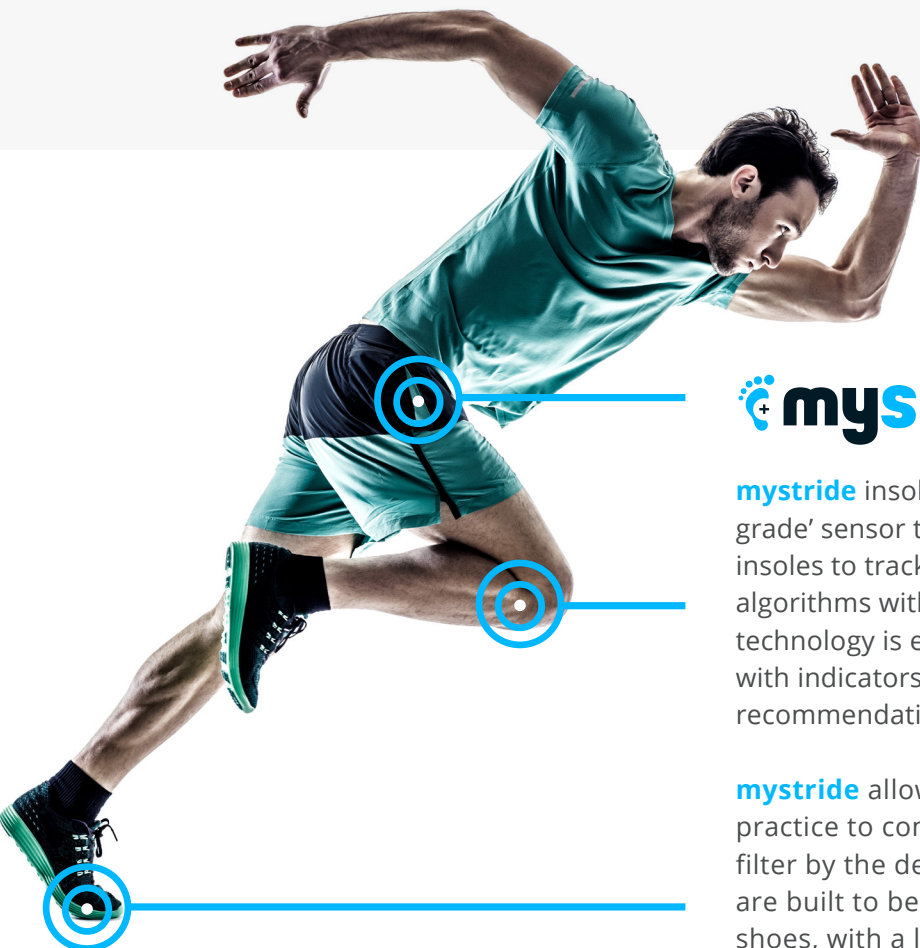
- + Use **mystride** to collect specific and aggregated data to establish and provide benchmarks, averages by demographics, and customized reports as you see relevant to your practice.
- + Build evidence-based studies with supporting **mystride** data to demonstrate proven methods of recovery, ongoing 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.