



WHAT IS mystride?

Insole technology built with new sensor technology to collect biomechanical data and provide specific analytics in movement and while static.

Through the mystride app and online portal, physical therapists will have a customized dashboard to review, analyze and manage a patient's data.



HOW DOES IT WORK?

Simply fit the insoles in your patient's shoe, download the **mystride** app for your smart device, pair the insoles through instructions on the app, and go!

WHAT IS IT TRACKING?

Important biomechanical information for PTs, such as (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 and provides analysis and analytics on biomechanical data for Physical Therapists, allowing them to:

- 1 | Use as a diagnostic evaluation and ongoing measurement for your patients.
- 2 | Easy and real time access to the following data:
 - + *Real-time stress 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*
- 3 | Use the evaluation data for patients to support the recovery plan and/or for injury prevention by more easily 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 your patient use the insoles on a treadmill, around 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 THE CLINIC?

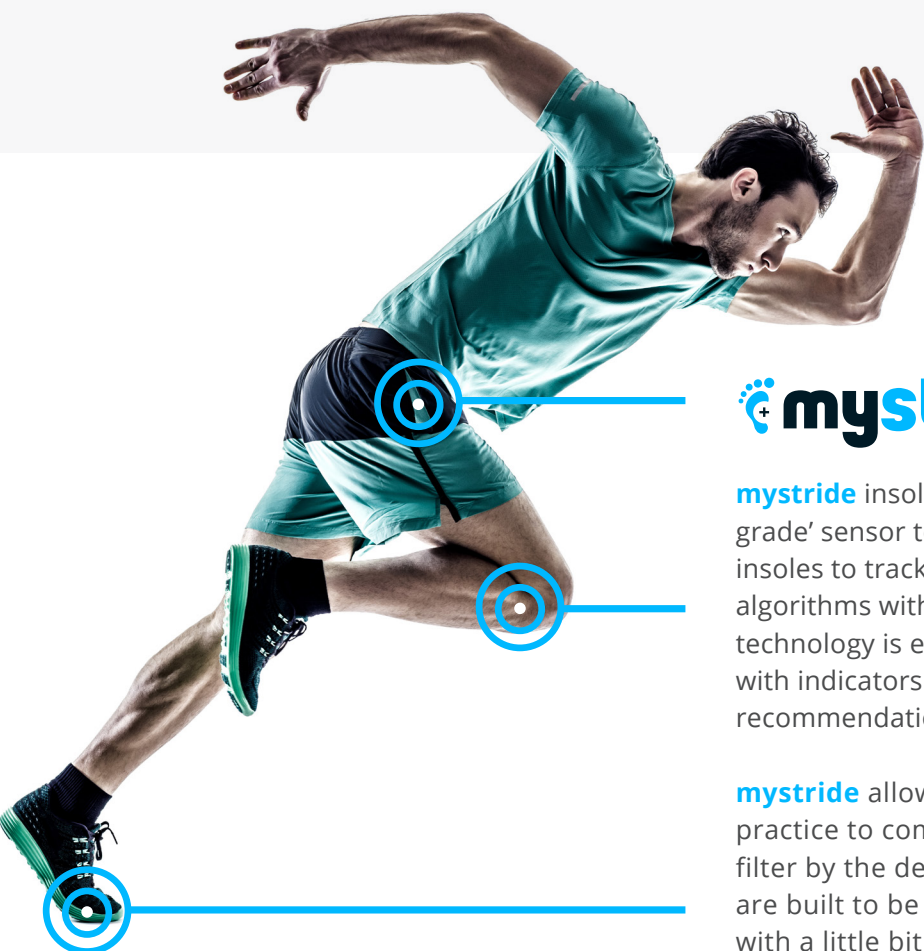
- + Use **mystride** to collect specific and aggregated data to establish and provide benchmarks, averages by demographics, and customized reports as you see relevant to your practice
- + Build evidence-based studies with supporting **mystride** data to demonstrate proven methods of recovery, ongoing 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 an partnership with the end goal of helping your patients get healthier and stay healthy
- 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*
- 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*
- 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 similar to the insoles in your current shoes, with a little bit more support. **mystride** insoles are not built to change your gait or stride.