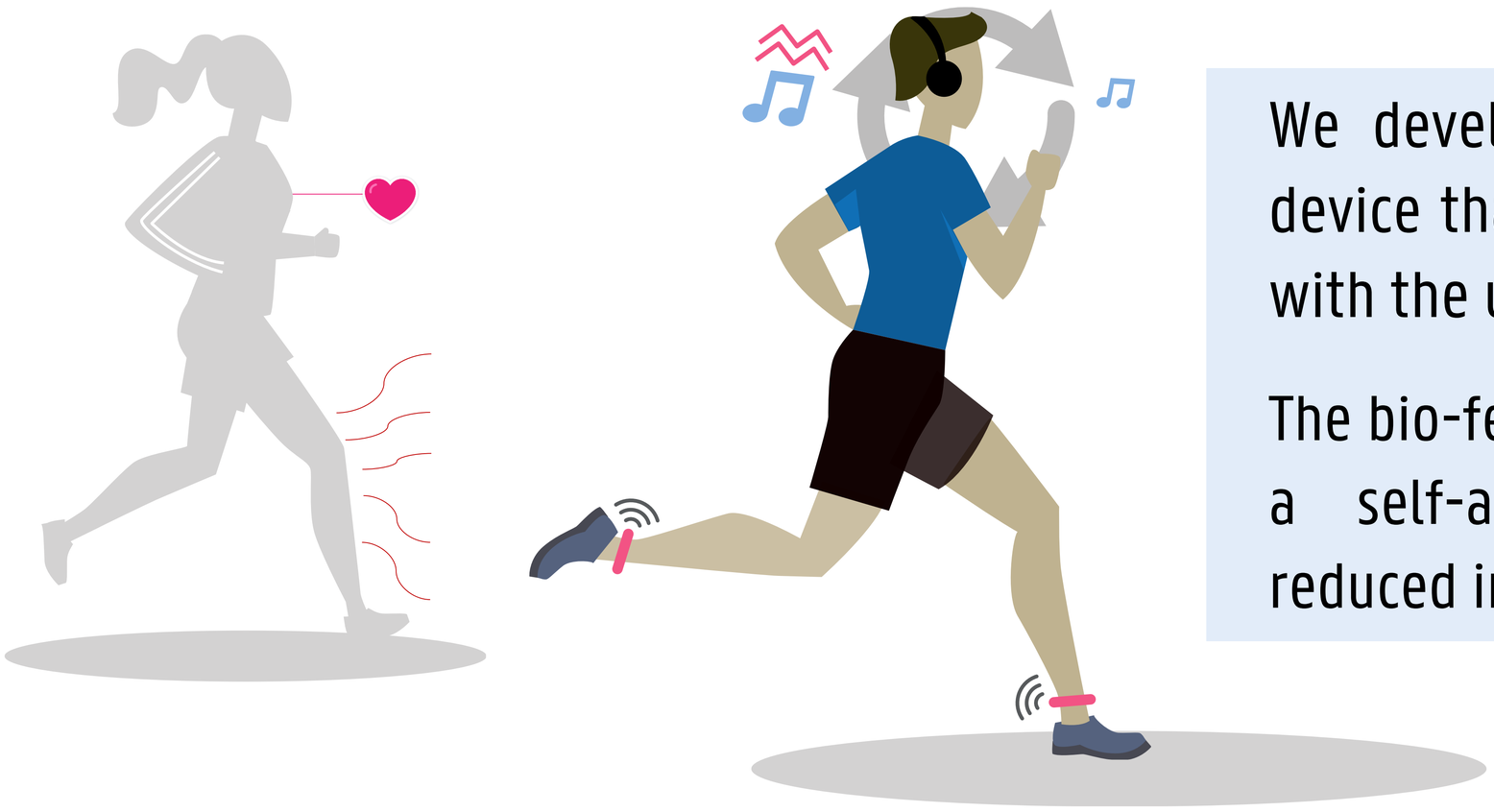
LOW IMPACT RUNNING VIA REAL-TIME AUDIO FEEDBACK

Technology for a healthy running lifestyle?

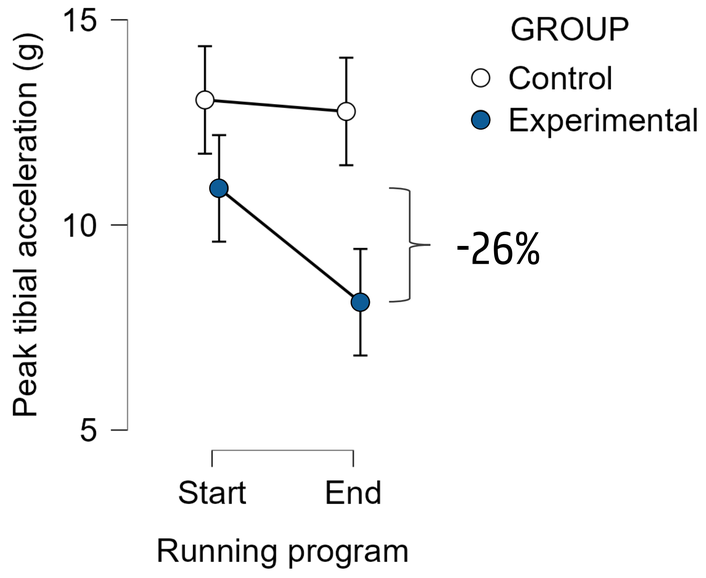


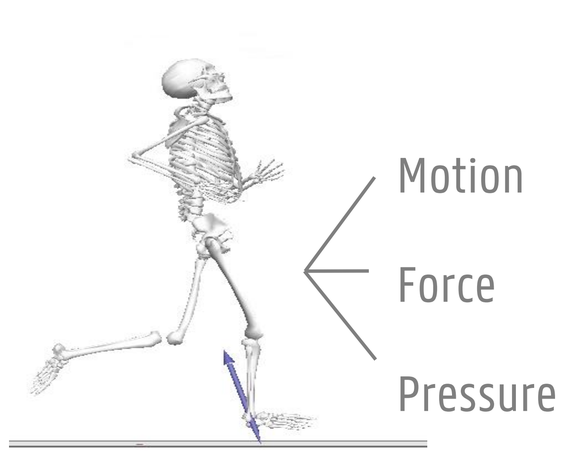
We developed and tested a wearable device that stimulates impact reduction with the use of audio bio-feedback.

The bio-feedback uses music to facilitate a self-adapted running style with reduced impact in a motivational way.

Milestones

Conceptualization and prototyping — Evaluation in RCT design — Biomechanics analysis — Outreach





KENNIS MAKERS

Lopen met minder impact: daar zit muziek in!

Can YOU hear it?

✔ Valid feedback

✔ Impact reduction

✔ Movement adaptations

No clear retention

From academic R&D to industry

Using a cross-disciplinary approach, the Biomechanics of Human Movement research unit, the Institute for Psychoacoustics and Electronic Music, and imec Ghent (CMST and IDLab) improved our understanding of Low Impact Running. The results have the potential to create a significant ‘impact’. A spin-off called *OnTracx* will focus on optimizing prevention and rehabilitation of running-related injuries using a commercial prototype combined with insights from the sports, health and medical field

BiR&D Cross-Disciplinary PhD awards 2023
Presented at the Annual Event
by dr. Pieter Van den Berghe
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