



HUR Medical Concepts
for a Data-supported
Patient Journey.



Healthy China 2030 – 健康中国 2030

“Prevention rather than treatment”

“预防胜于治疗”

President Xi Jinping
习近平主席

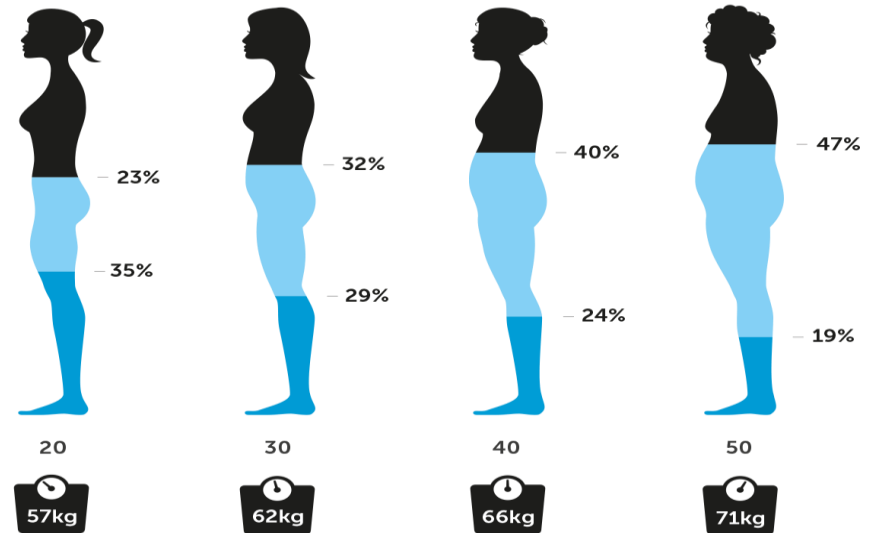


AMERICAN HEART ASSOCIATION:

”The benefits of strength training for older adults are extensive. It reduces the risk of cardiovascular disease, stroke, hypertension, type 2 diabetes, osteoporosis, obesity, colon cancer, breast cancer, anxiety, incontinence and depression.

AMERICAN COLLEGE OF SPORTS MEDICINE:

“8-10 Strength Training Exercises, 10-15 repetitions of each, 2-3 times per week”



HUR Medical Concepts

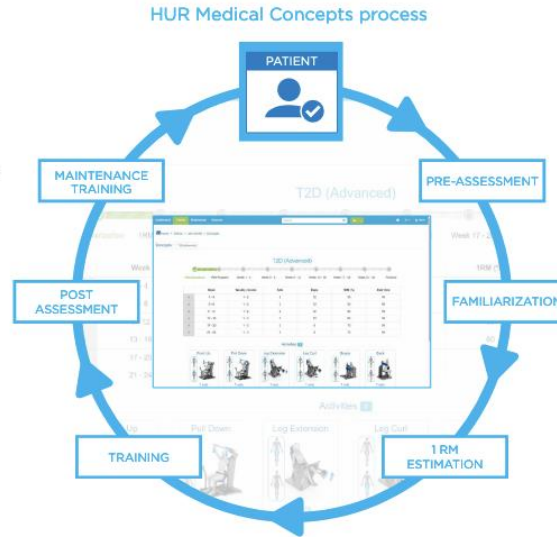
For preventive exercise, disease management and rehabilitation



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Sciences
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General overview

The HUR Medical Concepts, combined with HUR solutions and products, help professionals to provide the best practice of exercise as medicine based on the latest international treatment guidelines with the help of HUR solutions and products. The concepts presented here are based on research findings from all over the world. In addition, our 30-year experience and knowledge gained through feedback and cooperation with research institutes, professionals, and different organizations within relevant fields have contributed towards the HUR Medical Concepts.



HUR MEDICAL CONCEPTS

FALLS PREVENTION

Provides information on falls and a method for preventing falls.

HYPERTENSION

Is designed to be used in strength training as a therapeutic modality in treatment of elevated blood pressure (BP).

TYPE 2 DIABETES

The HUR type 2 diabetes (T2D) concept is designed to be used in strength training as a therapeutic modality in treatment of type 2 diabetes.



体系

Medical Concepts

平衡系统

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高血压 / Hypertension

利用平衡训练作为高血压治疗的辅助性措施。

心肺康复 / Cardio Rehabilitation

平衡训练是心肺康复的重要组成部分。

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HUR SmartBalance Report

Printed: 5.10.2022 10:22

Person Information

Name: [Redacted]
 Birth Date: [Redacted]
 Gender: [Redacted]
 Height (cm): [Redacted]
 Weight (kg): [Redacted]

Group Information

Name: Test
 Contact Person: [Redacted]
 Phone: [Redacted]
 Email: [Redacted]

Test Information

Name: KT 29.09.2022 - 3
 Date: 29.09.2022 09:22:55
 Protocol: Stable/Unstable Platform Romberg 30s
 Port Time (s): 30
 Supervisor: [Redacted]

Results

Static Balance Score

99

Static Balance Score indicates the individual's ability to stand still with eyes open on a firm surface.

Visual Dependency Score

71

Visual Dependency Score indicates how closing the eyes can affect an individual's ability to stand still on a firm surface.

Proprioception Disturbance Score

71

Proprioception Disturbance Score indicates how much standing on a soft surface can affect the individual's ability to stand still with eyes open.

Vestibular Dominant Score

100

Vestibular Dominant Score indicates how much closing the eyes and standing on a soft surface can affect the individual's ability to stand still and balanced.

The scale for score is 0 to 100 where 100 is the best achievable score. A lower score may indicate a higher fall risk than average.

Left



Right

Weight Distribution indicates how much weight the individual places on each foot.

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High 99-100% Medium 80-99% Low 60-79% Not Available

ANALYSIS FOR

List of Tests

Test Name	Date	Supervisor
Stable Platform Romberg 30s	27.04.2022 12:27:17	[Redacted]
Unstable Platform Romberg 30s	17.04.2022 10:30:09	[Redacted]
Stable Platform Romberg 30s	27.09.2022 09:13:07	[Redacted]
Unstable Platform Romberg 30s	29.09.2022 09:18:14	[Redacted]

Test Information

Test Name: KT 29.09.2022 - 2
 Date: 29.09.2022 09:18:14
 Protocol: Stable/Unstable Platform Romberg 30s
 Supervisor: [Redacted]
 Additional Info: [Redacted]
 Baseline test: No

Romberg Quotient

Test	Score
Eyes Open	100
Eyes Closed	100
Eyes Open Unstable	100
Eyes Closed Unstable	100

Table 1: Romberg Quotient

Test	Score
Eyes Open	100
Eyes Closed	100
Eyes Open Unstable	100
Eyes Closed Unstable	100

Table 2: Romberg Quotient

Test	Score
Eyes Open	100
Eyes Closed	100
Eyes Open Unstable	100
Eyes Closed Unstable	100

HUR SMART BALANCE



HUR Smart Zone - 智能区



HUR

SMART TOUCH SOFTWARE

- Controls air pressure resistance in the machines
- 100 gram starting load and increments
- Loads individual training program and settings
- User guidance and feedback
- Automatic progression by AI
- Data of every single movement by user

SMART TOUCH 软件

- 控制机器内部气压阻力
- 100克初始压力及后续可调增量
- 加载个人训练计划及设置
- 用户指南及反馈
- AI依据训练表现自动增加阻力
- 收集用户每个动作的数据

Introducing features for HUR SmartTouch software:

Power

Power is an important exercise objective for sport activities, improved functional capacity for aging adults, as well as for rehabilitation purposes. Muscular power is defined as the product of force generation and movement velocity, which is demonstrated as the highest power output attainable during a given movement or repetition.

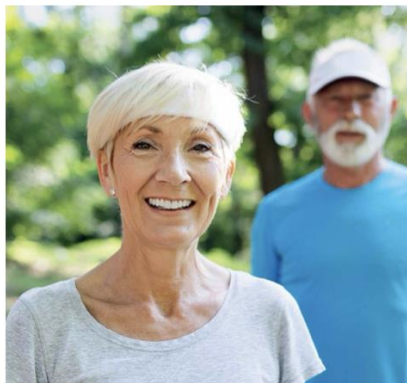
The HUR SmartTouch Power feature motivates users to perform their exercise correctly and thus help to improve the individuals' muscle strength. The previous exercises are analyzed automatically, and individual Power targets are shown during the exercise.

Power for individual users

The user interface displays vertical bars which demonstrate the peak power of each repetition, while a horizontal line represents the power target. Over time, users can see real-time, visual reporting of their progress they make. This motivates the users to reach for maximum effort, gaining the best possible outcome from the time invested in exercise.

Power feature for Instructors

Ensuring the quality of the exercise is the key to improving the user's strength. With HUR SmartTouch Power feature, instructors can observe the peak power of individual repetitions and the power trend to optimize the exercise components, including repetitions, resistance and speed according to the set target. Individually optimized training programs motivate users to perform at the top effort, reaching for maximal results.



Introducing features for HUR SmartTouch software:

Range of Motion

HUR SmartTouch enabled machines provide range of motion which help determine where the user's individual movement starts and ends. Motivate individuals to exercise safely, independently and improve their range of motion by using HUR SmartTouch pneumatic technology machines.

Effective Workouts for Individuals

With the Range of Motion feature users are guided to exercise in their optimal area of range of motion. Our intelligent technology demonstrates the user's individual range of motion which is defined together with the instructor. Range of Motion feature motivates user to perform the full movement in order to maximize the benefit of each repetition.

Quality assurance for Instructors

Defining an individual's range of motion is important for ensuring an optimal and effective exercise experience. With HUR SmartTouch Range of Motion, instructors can easily set the individual range of motion and guide the users to exercise in their maximal range of motion. HUR SmartTouch automated data capture provides the instructors with valuable insights about the quality of each repetition that the user has performed during the exercise.



USER PERSPECTIVE

用戶視角

- Safe – 安全
- Quiet – 安靜
- Easy to use – 使用簡便
- Trackable results – 結果可溯
- Concrete health benefits – 為健康帶來的益處可具體化

MANAGEMENT PERSPECTIVE

管理角度

- Safe – 安全
- Quiet – 安靜
- Space saving – 節省空間
- Staff saving – 節省人力
- Time saving – 節省時間
- Demonstrable results – 成果可被展示
- **DATA – 數據**





PERSONAL

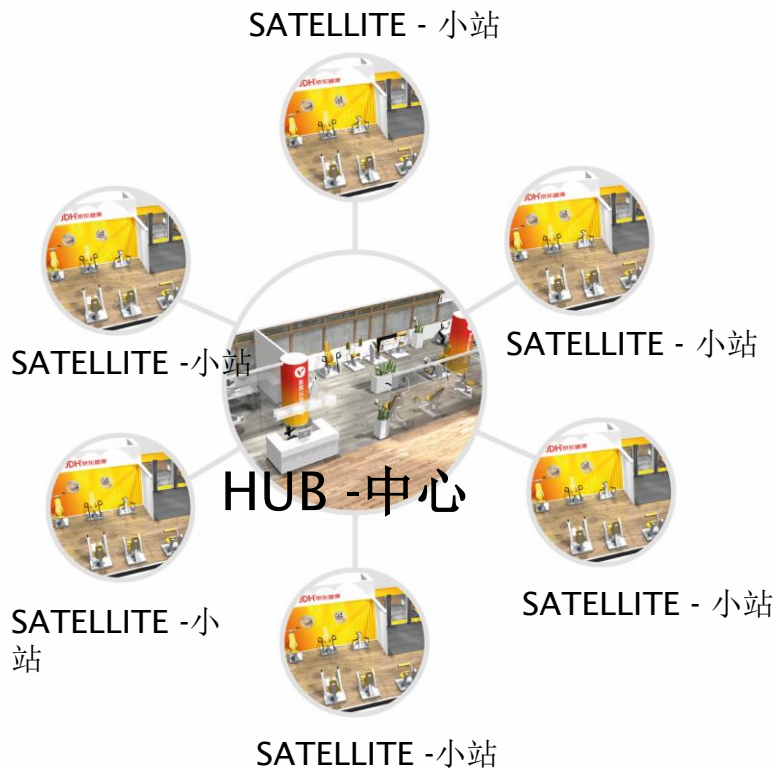
个人模式



AUTOMATIC

自动模式

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INFRASTRUCTURE 基础设施

HUB - 健康中心

- Trained staff - 员工培训
- Health check - 健康检查
- Endurance test - 耐力测试
- Physiotherapy - 康复理疗
- **Gym** - 健身房


SATELLITE - 健康小站

- **Gym** - 健身房



SATELLITE - 健康小站





HUR CO-OPERATION 护尔合作

- PRODUCT DISTRIBUTION - 产品营销
- JOINT VENTURE FOR PRODUCTION IN CHINA - 在中国设立生产性合资企业
- INVEST IN HUR FINLAND - 投资芬兰护尔，从而扩展到全球市场



Thank you!
謝謝！



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