



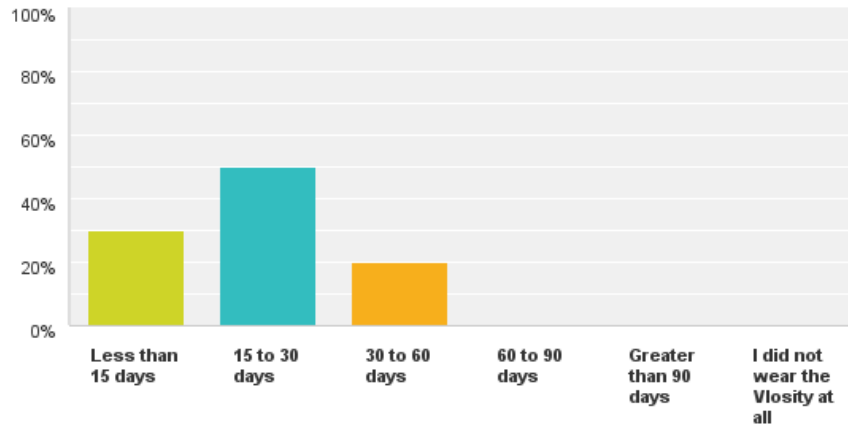
## Vlosity Study with 10 Division I Volleyball Athletes under Coach John Dunning

### Training Load

*70% of athletes trained with the Vlosity greater than 15 days but less than 60 days.*

**Q5 Please describe the TOTAL number of individual days that that you wore the Vlosity posture product [For example, if you wore the Vlosity 3 times a week for 8 weeks, the total number of days equals 24].**

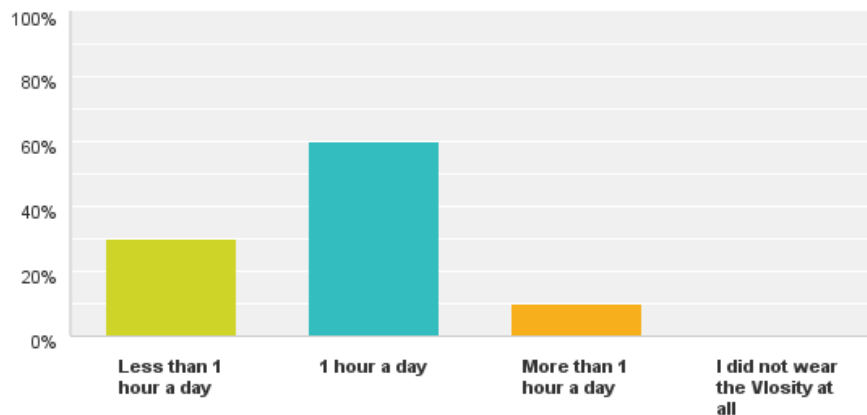
Answered: 10 Skipped: 0



*70% of athletes trained with the Vlosity for 1 or more hours a day*

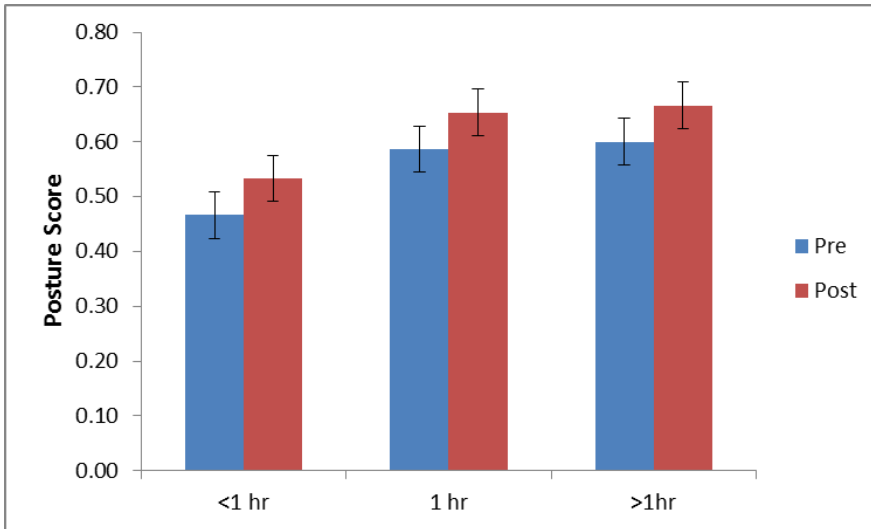
**Q6 Please describe how long, on average, you wore the Vlosity posture product each day.**

Answered: 10 Skipped: 0



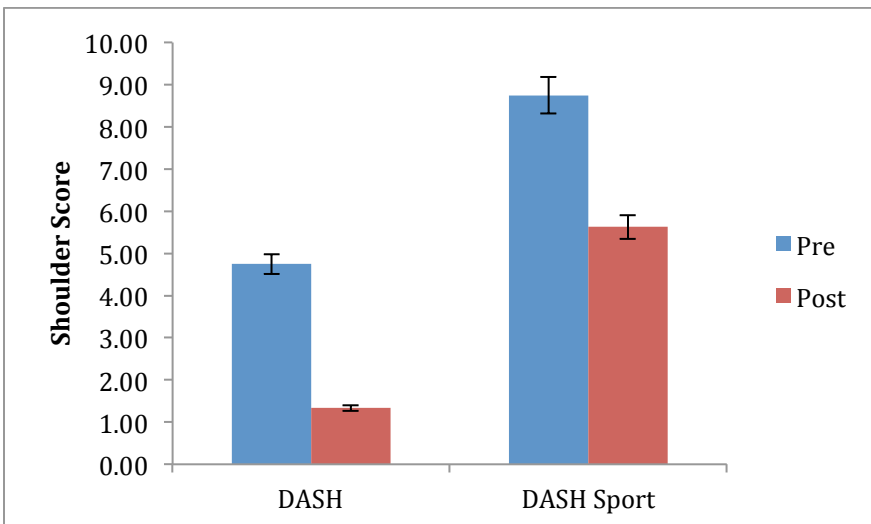
## Posture

Posture was measured on a Visual Analog Scale and was improved on average 12% while training with the VLOCITY. Graph below shows posture improved across all levels of daily training loads of wearing the VLOCITY (less than, equal to or greater than 1 hr a day). Greater scores indicate better posture.



## Shoulder Scores

Shoulder function and sport related function was measured with a DASH clinical questionnaire. Shoulder function improved on average 72% (DASH) and sport related shoulder function improved on average 36% (DASH Sport). Graph below demonstrates these improvements where a lower score indicates less shoulder disability and greater shoulder function.



## Shoulder Fatigue Scores

Fatigue of shoulder muscles was measured on a Visual Analog Scale. The shoulder external rotator muscles are located on the back of the shoulder and act to decelerate the arm (Back ER). Training with the Vlosity demonstrated a 13% reduction in fatigue for this muscle group. The shoulder internal rotator muscles are located on the front of the shoulder and act to accelerate the arm (Front IR). Training with the Vlosity demonstrated a 14% reduction in fatigue of this muscle group. The graph below shows these results where lower values indicate lower shoulder fatigue scores.

