



## Clinical Pilot Summary

### Overview

Virdio Health conducted two pilot programs (Fall 2023 & Summer 2024) to evaluate its Augmented Reality (AR) guided, behaviorally reinforced digital physical therapy platform. The pilots focused exclusively on lower back pain to validate the experience and outcomes before expanding to other MSK conditions.

### Objective

To assess patient-reported pain reduction and time-to-outcome using Virdio's digital, at-home platform — without sensors, wearables, or in-person visits.

### Study Method

- Participants: 19 patients with lower back pain
- Evaluation: Initial intake varied by cohort; later pilot included a one-on-one PT evaluation via the Virdio app
- Intervention: AR-guided exercises targeting range of motion, positive reinforcement, and remote care team oversight
- Data Collected: Initial/final pain scores, program duration, ROM engagement, adherence

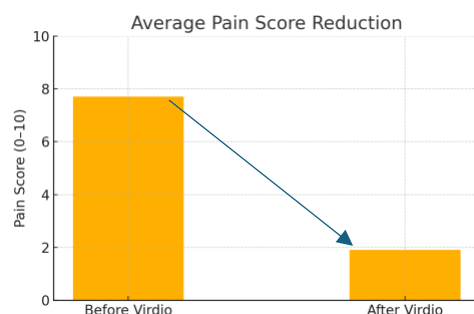
### Key Results

- Average Pain Reduction of 75% (7.7 → 1.9).
- Average Program Duration: 32 days (Median: 26 days)
- 73.7% completed the program with a pain score of 2 or less
- No sensors or wearables — just a smartphone, tablet, or laptop

### Quotes

“Seeing patients reduce pain by 75% in just a few weeks — with no wearables or clinic visits — validated the system we’ve been building.” — Mehul J Desai MD MPH, CMO

### Pain Score Reduction Chart



### Disclaimer

This data represents preliminary outcomes from internal pilot programs conducted by Virdio Health. Results have not been peer-reviewed and are intended solely for informational purposes.