

The Ultimate in Neuromuscular Re-education



The Study

The Neubie is FDA-cleared for therapeutic indications like increasing blood flow, re-educating the neuromuscular system, treating pain, and improving range of motion. In this study, we are looking at how typical treatments with the Neubie affect the autonomic nervous system (“ANS”) and other measures of overall health as measured by the Biostrap wearable biometric device.

The Study

18 participants, ages 22-61, performed 2 rehab sessions per week with the Neubie.



100% COMPLIANCE

Design

Participants underwent rehab sessions with the Neubie 2x per week for 4 weeks.

Weeks 1-2

NORMAL LIFESTYLE
for “Baseline” measurements

Weeks 3-6

NEUBIE + APP

Participants received physical therapy treatments with the Neubie 2x a week

Week 7

WASHOUT

Back to normal lifestyle for a 1-week “Washout”



Why the Autonomic Nervous System (ANS)?

The ANS controls many aspects of our health, recovery, and performance, including:



HEART RATE

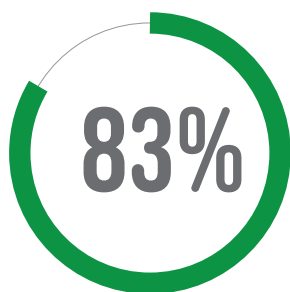
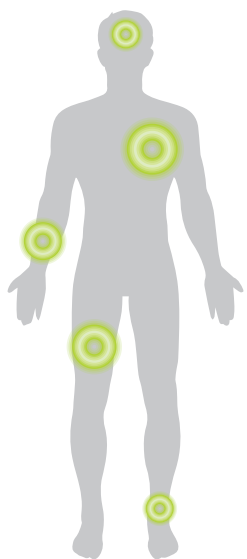


BLOOD PRESSURE & BLOOD FLOW



SLEEP & RECOVERY

1 Impact on Performance



83% of participants experienced **significant improvements in pain and range of motion**

2 Impact on Cardiovascular Health & Resilience



69% of participants **Improved Heart Rate Variability** throughout the study



63% of participants **Decreased their Resting Heart Rate** without any cardiovascular training.



INCREASED BLOOD FLOW

Overall, participant’s showed improved Arterial Elasticity through the intervention which persisted through the wash-out period.

3 Impact on Sleep



56% of participants **Increased their Sleep Efficiency** as shown by reduced awakenings and greater time spent in deep sleep



63% **Increased their Biostrap Recovery Score** by an average of 7% during the treatment phase



4 Conclusion

In addition to improvements in pain and range of motion, participants undergoing treatments with the Neubie experienced ANS related benefits and saw improved markers of overall health.