

Your experience deserves a clear record.



STRIDE: The digital journal
bridging the lived reality of lower-
limb prosthetics with clinical care.

Your prosthetist sees the appointment. You live the whole day.



Write it down. Bring it with you.



STRIDE is a private notebook for a below-knee or above-knee prosthesis you already wear.

- Describe the socket.

- Note when it feels different.

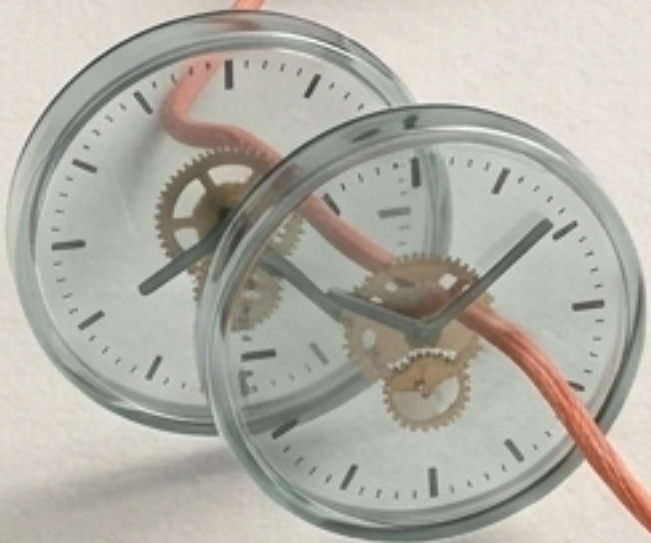
- Keep your photos and clinical advice.

- Compare the same activity across the day.

Four entries. One continuous record.

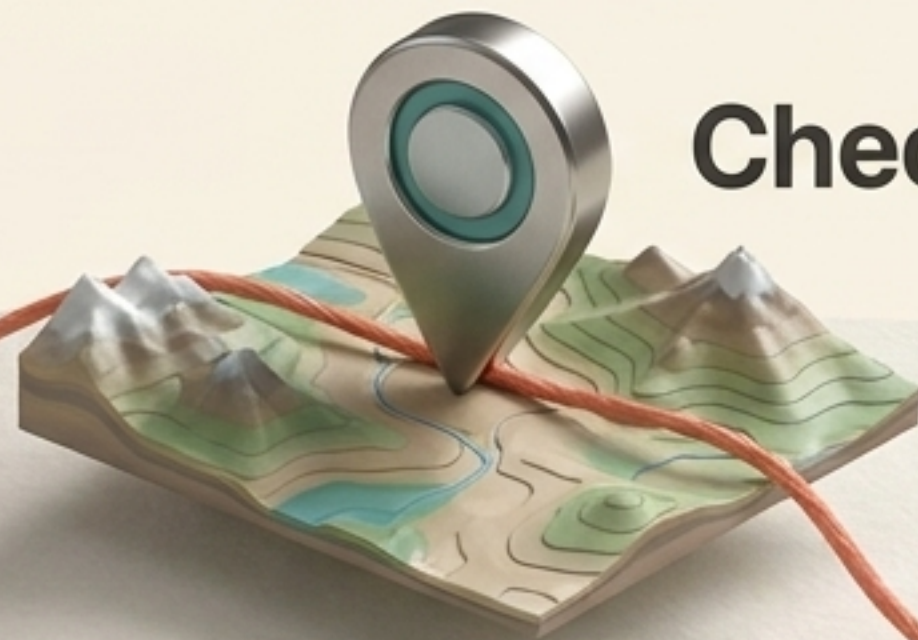
Describe

Check-in



Compare

You write what happened, and you
take it to the person who decides.
Nothing here diagnoses a fit.



Keep

Morning Baseline: Name the socket you actually wear.

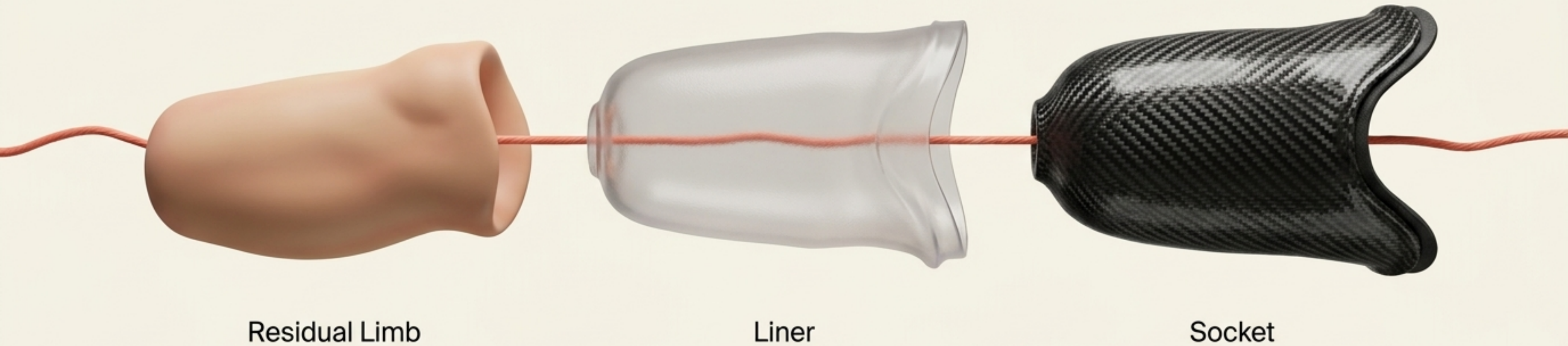


Page 1: Left Leg

7:00 AM. Each limb gets its own page. The pictures in the app are illustrations. Your words describe your exact equipment, capturing your morning baseline before the day begins.

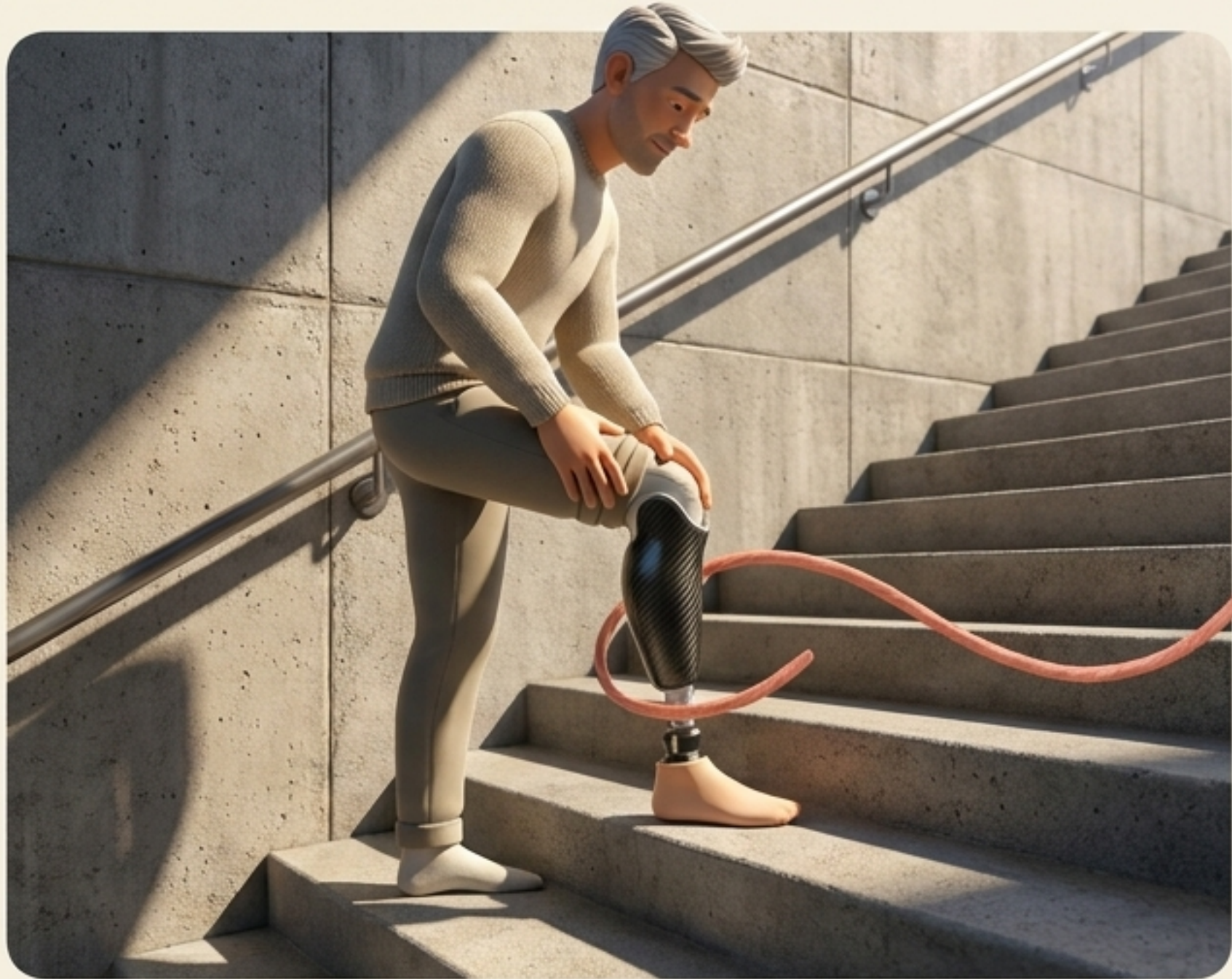
Make the invisible understandable.

A socket is part of a system.
Explore the relationship between
your limb, liner, and socket.



(Generalized educational geometry. This is not your fitted socket, a body scan, or a measured pressure map.)

Midday Reality: Check in when it feels different.



12:30 PM. Socks don't change, but bodies do. Log exactly where and when the fit shifted, replacing vague memory with precise, timestamped location data.

Meet the technology. Keep the context.

Explore knee systems with manufacturer photographs and model details.



Genium X4



C-Leg 4



Kenevo

(Knee components for AK and other systems replace the knee. Socket fit is assessed separately. Photographs © Ottobock; no affiliation implied.)

Afternoon Context: Keep what you learn.



Clinical note

Date: phictor elinical and liwy obeervktian
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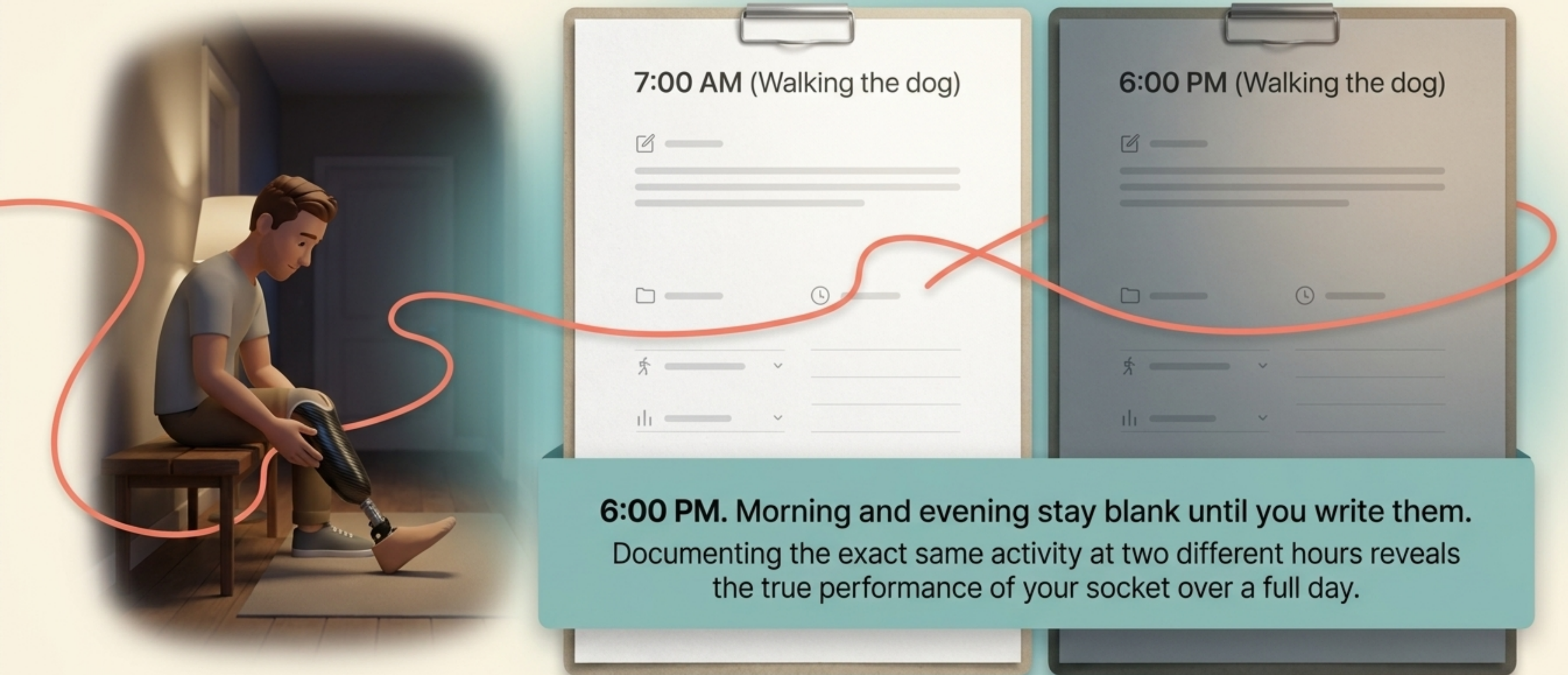


Polaroid photographs sock-
strategy (cock-ply

3:30 PM.

Retain photographs, sock-ply strategies, and clinical advice. Keep the context of your care team directly alongside your daily observations.

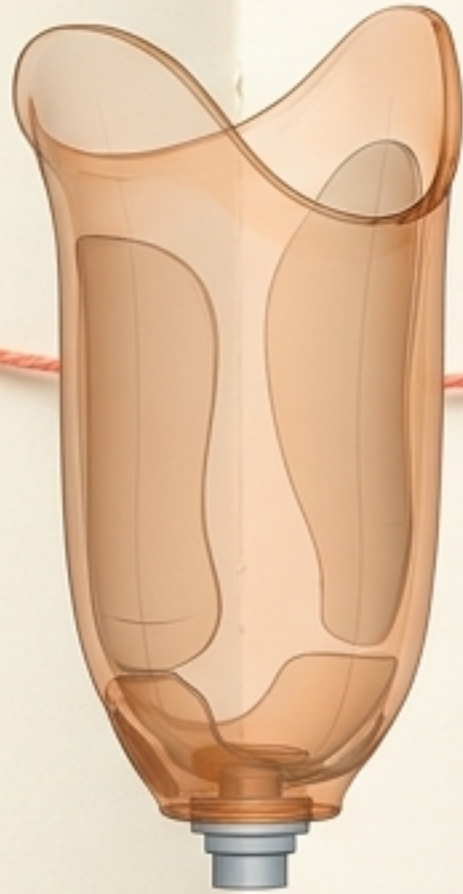
Evening Review: Compare two hours.



Finding The Difference.



[7:00 AM Fit]

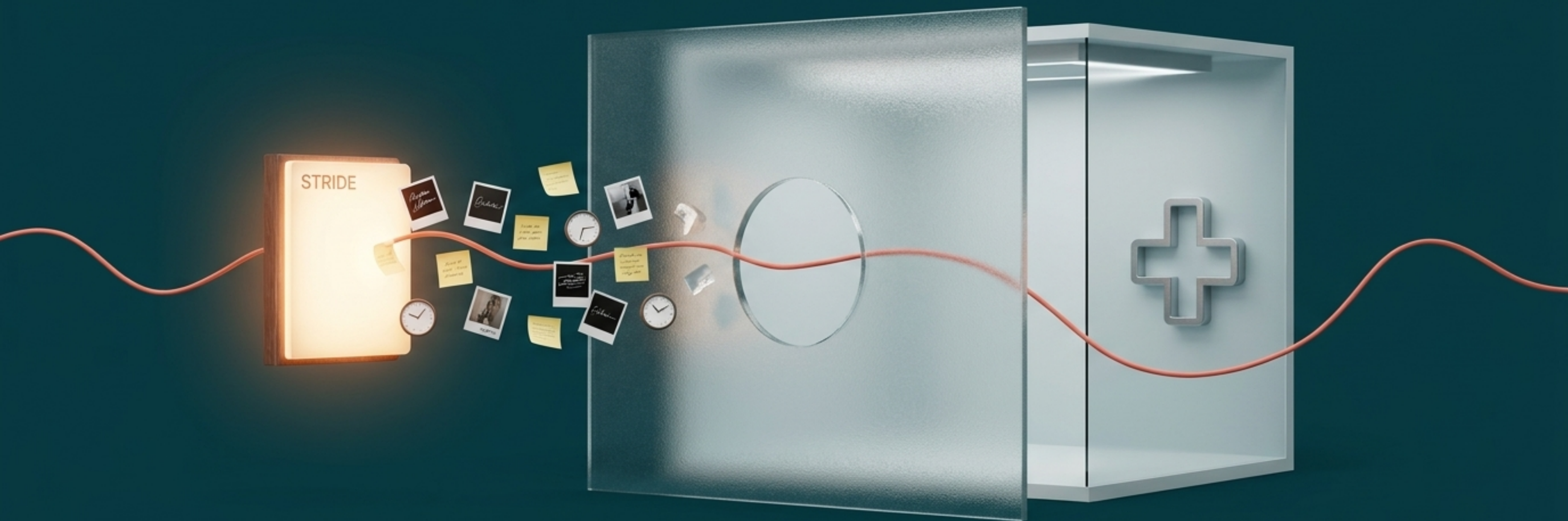


[6:00 PM Fit]



By subtracting how a socket feels in the morning from how it feels at night, STRIDE isolates the exact insight your prosthetist needs to make precise adjustments.

Your record. Yours alone. Your prosthetist decides.



STRIDE does not diagnose, prescribe socks, or say the prosthesis is safe to wear. Your care team makes the clinical decisions.

Share one issue. Revoke it anytime.



The Case Link: Open a specific issue for one email.
Generate a secure link for your clinical team.
Revoke access the moment you choose.

The Informed Conversation.

Less left unsaid.
More to build on.

STRIDE translates scattered daily discomforts into a structured history, empowering your clinical team to make precise, informed adjustments.



Your life is bigger than your socket.



Start with what you notice.
Keep what you learn.
More life. In every day.