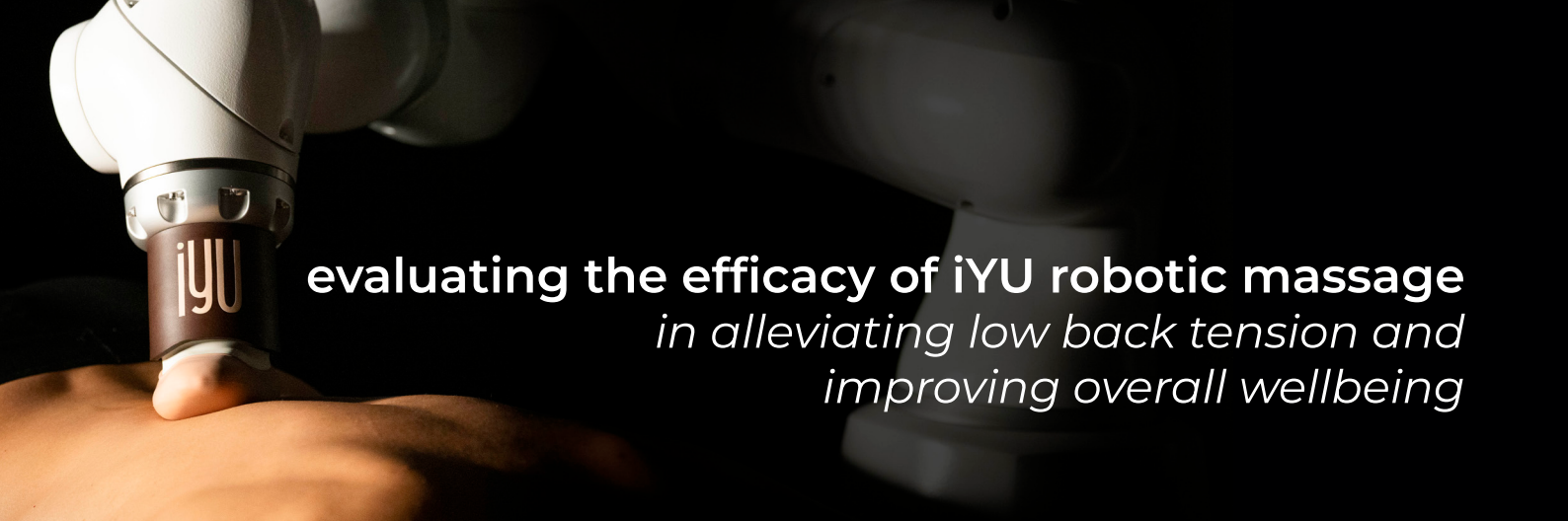




evaluating the efficacy of iYU robotic massage *in alleviating low back tension and improving overall wellbeing*

research protocols

30 participants - 2 sessions (30 min) per week - during 5 weeks



GROUP 1: iYU



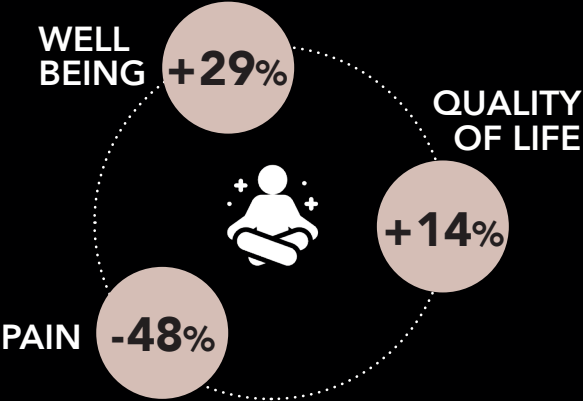
GROUP 2: EXERCICES + iYU



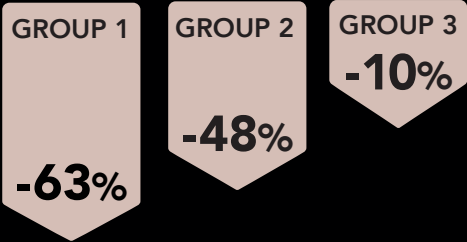
GROUP 3: EXERCICES + RELAXATION

key results

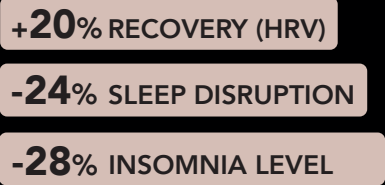
iYU groups showed significant impact on stress, sleep, and back pain



 **PHYSIOLOGICAL STRESS**
cortisol pre/post session 10



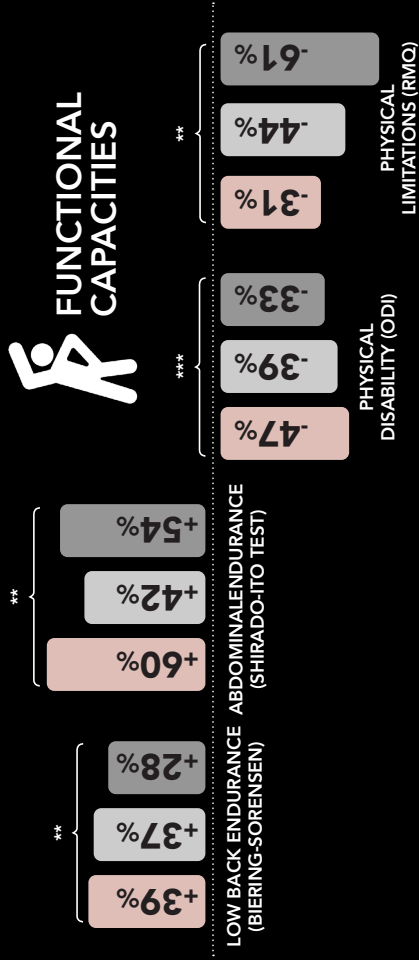
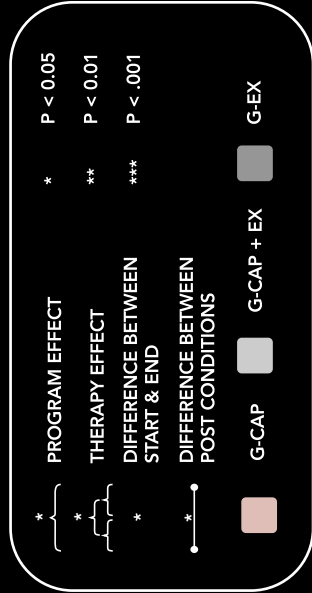

SLEEP QUALITY



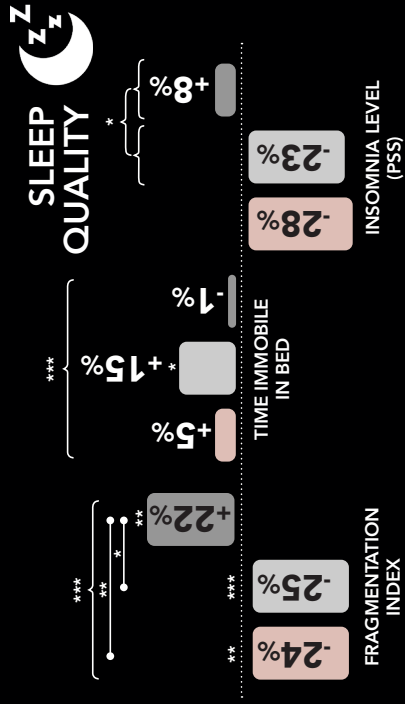
FUNCTIONAL CAPACITIES
+44%



« Comparison of the combined and separate effects of different therapies on the physical and mental well-being of people with chronic low back pain », Research Report, submitted for publication 2026.



PHYSIOLOGICAL STRESS



-31%

-43%

-35%

+22%

+5%

-1%

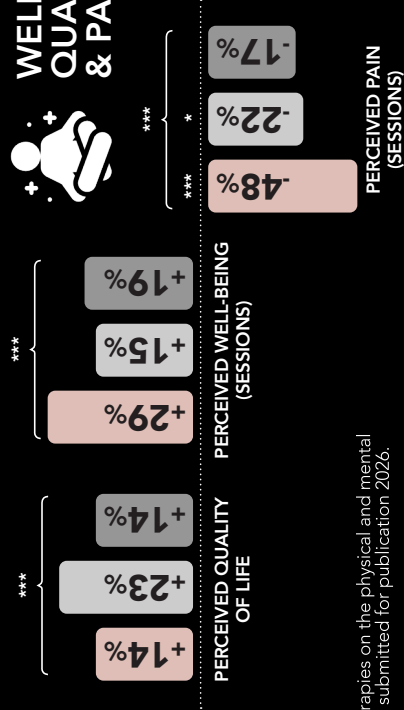
+8%

PERCEIVED STRESS (PSS)

TIME IMMOBILE IN BED

SLEEP QUALITY

WELL-BEING, QUALITY OF LIFE & PAIN



-48%

-22%

-17%

-24%

-25%

-28%

-23%

PERCEIVED PAIN (SESSIONS)

FRAGMENTATION INDEX

INSOMNIA LEVEL (PSS)