

To all members of the press, November 7, 2022

Verification experiment Phase 2 report by Phiten and Y's*.

*(Operating the largest self-funded rehabilitation center, "Nokosoku rehab center")

"Phiten Light Technology" has potential to improve the efficiency of rehabilitation (motor learning) and self-care for hemiplegic stroke patients.

Phiten Co., Ltd. (Headquarters: Kyoto, Japan; President: Yoshihiro Hirata; hereinafter referred to as "Phiten") and Y's, Inc. (Chairman and CEO: Yasuhiro Hayami; hereinafter referred to as "Y's"), one of M3 group operating the medical information website "m3.com" and other websites, and also operates a self-funded rehabilitation facility "Nokosoku rehab center", have completed the verification experiment Phase 2, "Experiment to verify the effectiveness of Phiten Light Technology in functional recovery" which was being conducted as the second phase of their research partnership. Phiten Light Technology was used to 20 people with hemiplegia due to the after effects of a stroke during the rehabilitation, and the survey was conducted on improvements in movement efficiency due to changes in muscle tonus on the affected side, awareness of the change, and intention to continue use (Descriptive form to 20 people and interview to 5 physical and occupational therapists in charge of rehabilitation). The therapist in charge of rehabilitation observed a clear change, and 70% of patients aware of the change (see Figure 1). And, more than half of the patients and physical and occupational therapists respectively reported regarding easier movement "feel lighter and easier movement" and "decreased muscle tonus of the affected side muscle, and increased efficiency in specific movements".

[Summary of Verification experiment] Influence of Phiten Light Technology to patients during rehabilitation treatment at "Nokosoku rehab center"

■ Purpose: Improving Efficiency Using Phiten Light Technology in Rehabilitation for patients with sequelae of cerebrovascular disease Sufferers

⇒ After the previous Phiten Titanium Tape verification (<https://ys-j.co.jp/news/20220603.html>), suppressing the increased muscle tonus found in patients with sequelae of cerebrovascular disease in maintenance rehabilitation can improve joint mobility and activities of daily living was observed. This time, Phiten Light Technology is used for the purpose of improving its efficiency in rehabilitation and self-training, and clarify how to use it efficiently, including self-care.

■ **Method:** During rehabilitation, Phiten Light Technology is applied based on the user's desire to learn movement, to body parts recognized as necessary by physical and occupational physical and occupational therapists, and observe any changes in functional evaluation and awareness change before and after use. *Frequency: 2 times a week, 5 times in a row

<Implementation center> Nokosoku rehab center (Ikebukuro, Osaka, Kobe, Nagoya)

<Subject> ·Post-intervention questionnaire survey was conducted on patients of each center (20 patients with hemiplegia due to aftereffects of stroke).

·Post-intervention semi-structured interviews was conducted for a total of 5 physical and occupational physical and occupational therapists in charge of rehabilitation.

<Implementation period> September 26, 2022 - October 19, 2022

▼What is Phiten light technology ("Healthy Light Bathing")?

"Healthy Light Bathing" is light technology developed by Phiten that combines multiple wavelengths, including near-infrared rays. This "Healthy Light Bathing" is also used in Phiten Shop's popular health equipment "AQUA TITANIUM BATHING CAPSULE" and "AQUA TITAN BATHING EGG". The light of "Healthy Light Bathing" radiated from the PRL unit pours down like a shower to support your relaxation.

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▼ Detailed description web page: <https://www.phiten-lifetec.com/products/healthylightbathing-shower/>



<Results(excerpt)>

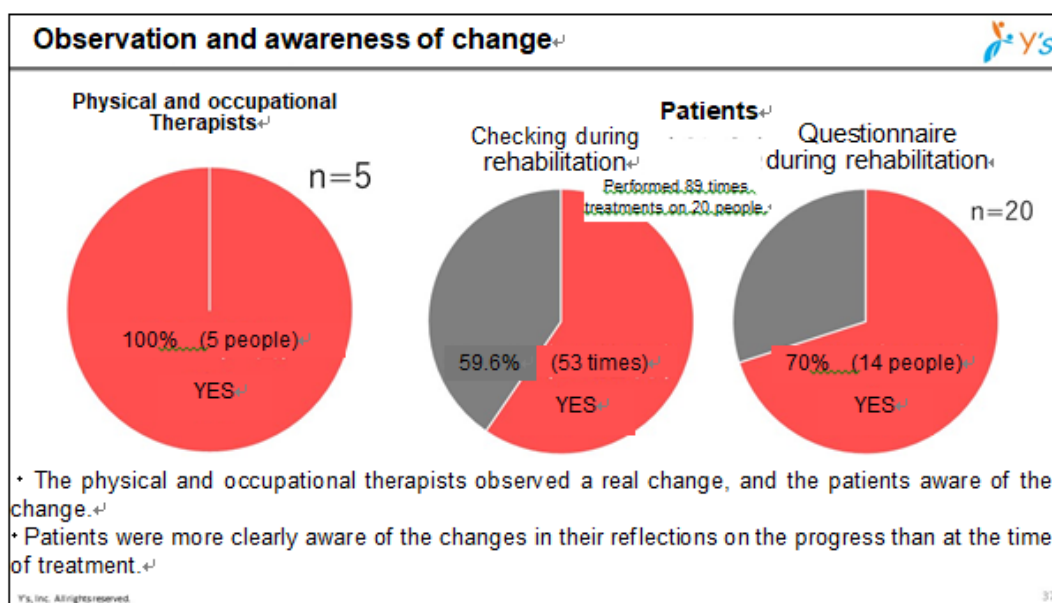
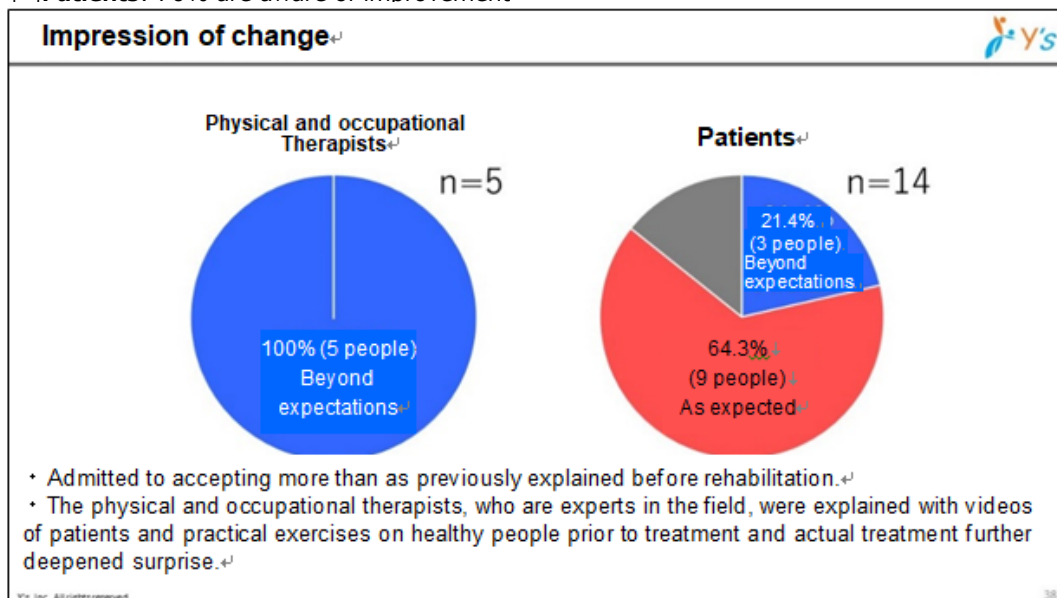


Figure 1

▶ **The physical and occupational therapists:**

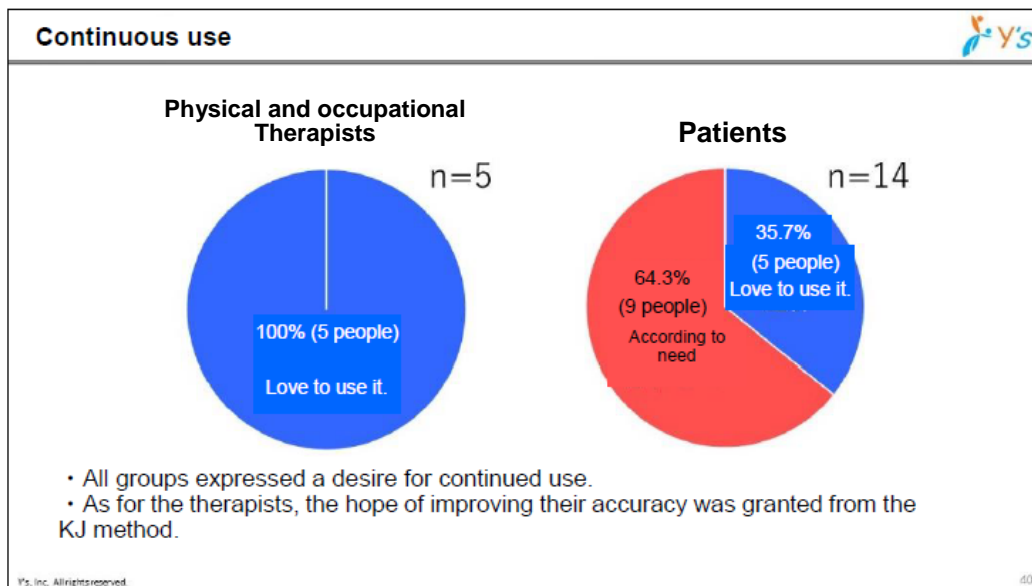
- Was able to bring about changes in 100% of the users through the use of devices.
- Used to reduce muscle tonus that directly interferes with movement.
- The irradiated areas were primarily the shoulder girdle and forearm on the affected side

▶ **Patients:** 70% are aware of improvement

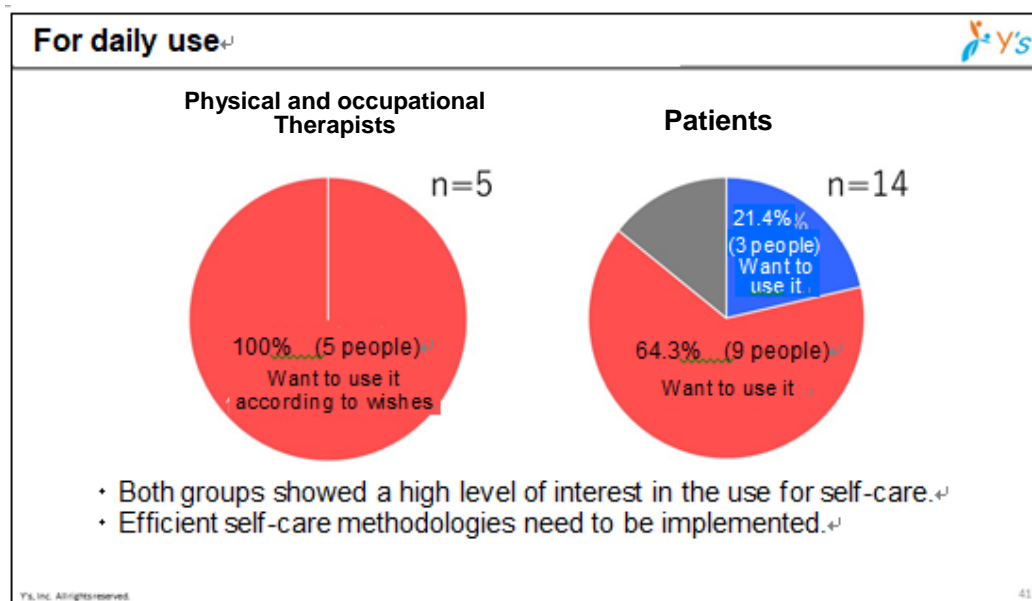


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- ▶ Of the patients who felt a change, 85.7% either accepted the improvement as explained in advance or were received with surprise. More than half of the patients felt that the irradiated body parts had become lighter and relaxed.



- ▶ Get improvements. Then, 100% hoped to use it for future rehabilitation.



- ▶ 85% want to use it for self-care.

Summary:

- More than half of the respondents accepted the answer regarding ease of movement.

The physical and occupational therapists:

Decreased muscle tonus in irradiated muscles, increased efficiency of specific movements.

Patients: Feel lighter, easier to move.

- Functional evaluations showed that only irradiation suppressed increasing muscle tonus on the affected side of hemiplegic stroke and improves the efficiency of movement, and patients themselves also observed the same awareness.

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<Company Profile>

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Location: 678, Tearaimizu-cho, Karasuma-dori Nishikikoji-kado, Nakagyo-ku, Kyoto-shi, Kyoto
Established: October 4, 1983
Representative name: President, Yoshihiro Hirata
Business description: Manufacture and sale of cosmetics, quasi-drugs and medical equipment, Manufacture and sale of sports-related products, health foods, health goods, etc.,

Real estate business

Company Name: Y's, Inc. (URL: <https://ys-j.co.jp/>)
Location: 10th floor, Akasaka Intercity, 1-11-44 Akasaka, Minato-ku, Tokyo 107-0052
Established: February 4, 2014
Representative name: Chairman and CEO, Yasuhiro Hayami
Business description: Rehabilitation business Operation of " Nokosoku rehab center ",
a rehabilitation facility specializing in cerebrovascular diseases
B to B business Rehabilitation Product Development Consulting, Rehabilitation Facility Consulting,
Digital Content Services, Rehabilitation Training Services

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