EIGHT YEARS OF CLINICAL EXPERIENCE. ONE CLEARER WAY TO SEE READINESS.

The Science of Readiness

From NeuPT HRV clinical learning to the ReadyOS 90-second assessment.

THE SCIENCE CAME BEFORE THE SOFTWARE.

ReadyOS began with a clinical question, not a software feature: could a practical physiological measurement help clinicians better understand the individual in front of them—and make changes around care visible?

NeuPT Technologies built on years of experience using heart rate variability (HRV) in physical therapy to turn that question into ReadyOS: a 90-second scan, a clear readiness interpretation, and an approach we call **Readiness-Based Care™**.

From clinical observation to clinical workflow

2017–2018 | The beginning

NeuPT Technologies was founded in 2017 to advance useful technologies in physical medicine. In 2018, clinicians at Competitive Edge Physical Therapy (CEP) in Tampa began documenting HRV observations around care, initially including former elite military operators familiar with physiological monitoring.

Clinicians observed that physiological measurements could change before and after encounters and began organizing observations across active, passive, and recovery-oriented interventions. These early clinical observations shaped the question ReadyOS would ultimately address; they were not controlled trials proving treatment effect.

2019–2022 | Making HRV practical for clinics

The NeuPT HRV system translated established measurement science into a repeatable clinic workflow. Training, consistent acquisition methods, and patient-friendly communication became central priorities. NeuPT Technologies reports historical training and deployment of the predecessor HRV system across more than 200 physical therapy clinics. That experience belongs to NeuPT HRV; it should not be confused with ReadyOS installations.

2022–2024 | The idea becomes Readiness-Based Care

The clinical insight evolved beyond reporting a single HRV number. A measurement becomes more useful when interpreted alongside a person's own baseline, recent trends, symptoms, workload, and goals. Readiness-Based Care™ puts that context at the beginning of the clinical conversation—without replacing clinical judgment.

2024–2026 | Engineering ReadyOS

ReadyOS was developed as a purpose-built platform for point-of-care physiological assessment. Its Standard Scan takes 90 seconds. The product organizes physiological measurement into an accessible readiness interpretation, including the clinician-facing guidance **Train, Adjust, or Protect**. Repeated measurements can help a clinician and patient observe changes over time and around a visit.

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What makes the measurement foundation credible

NeuPT Technologies confirms that its engineering team has **completed accuracy validation of the ReadyOS 90-second Standard Scan**. It also confirms **completed comparative measurement validation against the ECG-based NeuPT HRV assessment system**, involving both its engineering team and an independent researcher.

These are ReadyOS-specific technical evaluation activities—not simply references to decades of general HRV literature. Detailed numeric accuracy and agreement results are not reproduced in this public narrative; NeuPT Technologies describes the validation scope separately in its companion Measurement Validation Summary.

Research that contributed to the journey

In 2023, A. Christopher Wikman authored an exploratory preprint examining the earlier NeuPT HRV system and acute physiological responses around selected integrative therapies. The study involved seven participants and 300-heartbeat recordings. It is a relevant piece of the predecessor system's research history, but **it did not test ReadyOS or its 90-second Standard Scan** and should not be confused with the separate ReadyOS comparative validation activity.

Why this matters at the point of care

A clinician's decisions still begin with symptoms, examination, patient goals, and professional judgment. ReadyOS adds another piece of context: an objective physiological measurement that can be repeated with a consistent method. It can make the conversation more informed before treatment and more visible afterward.

A change in HRV is a measurement of an acute physiological response, not by itself proof that one treatment caused a better outcome. That distinction is part of what makes a practical measurement platform trustworthy.

READYOS: ONE SCAN. ONE SCORE. ONE CLEARER CONVERSATION.

ReadyOS is designed to support physiological monitoring and clinician decision-making; it is not a diagnostic test. Company development milestones and deployment figures in this narrative are based on NeuPT Technologies' historical account.

Selected scientific references

1. Wikman AC. The NeuPT HRV Diagnostic System has Clinical Utility in Measuring Acute Responses to Integrative Therapies. Preprint, 2023. https://doi.org/10.31219/osf.io/69jc2

2. Task Force of the European Society of Cardiology and the North American Society of Pacing and Electrophysiology. Heart rate variability: standards of measurement, physiological interpretation, and clinical use. Circulation. 1996;93(5):1043–1065. https://pubmed.ncbi.nlm.nih.gov/8598068/

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