

Included are the full-length peer reviewed medical research papers. For your convenience, we have also included short summaries of each article with quotes taken directly from the corresponding research study.

ALTERG MAY HELP WITH THE MANAGEMENT OF HEALTH CONDITIONS, INCLUDING OBESITY

Managing Knee Osteoarthritis: The Effects of Body Weight Supported Physical Activity on Joint Pain, Function, and Thigh Muscle Strength

Jason Peeler Mathew Christian, Juliette Cooper, Jeffrey Leiter, and Peter MacDonald

Summary: “Participants reported significant improvements in knee joint pain and function and demonstrated significant increases in thigh muscle strength about the degenerative knee. Participants also experienced significant reductions in acute knee pain during full weight bearing treadmill walking and required dramatically less low body positive pressure (LBPP) support to walk pain free on the treadmill.”

AlterG Enabled Exercise: Breaking the Obesity-Osteoarthritis Cycle

Dev Mishra, MD

Summary: “The AlterG is the only exercise modality that allows accurate and precise real-time modulation of body weight support, speed, and inclination to enable the overweight individual to achieve high exercise levels. Furthermore, the AlterG is the only machine that allows the individual to “feel” their desired weight, which is empowering and contributes to very high levels of exercise compliance, and free fat loss irrespective of diet.

Case Study- Walking Program for Obesity

Shawn Simonson, Jane Shimon, Elaine Long, Brooke Lester

Summary: “Overall, the potential of the AlterG as an adjunct treatment modality for obese individuals is promising. Based on findings from this study, the AlterG may be beneficial in an initial exercise prescription regimen for obese individuals.”

ALTERG MAY HELP YOU RECOVER FASTER FOLLOWING AN INJURY

Traditional Rehabilitation versus AlterG Anti-Gravity Treadmill Following Anterior Cruciate Ligament Reconstruction: Clinical Outcomes from a Randomized Controlled Study.

John Brown, Bethany Laresen, Marc Jacofsky, Dan Neal, Kyle Brooks

Summary: “Although both treatment groups were still ‘recovering’ at 12 weeks, the lack of control-like range of motion and the delay in restoration of walking velocity and distance in the Traditional group may be influencing the subject’s perception of their healing as reflected in the difference in pain and symptom sub-scores between the groups. These data suggest that the AlterG is an effective means of achieving earlier functional recovery in level over-ground walking when compared to physical therapy that utilizes a standard treadmill.”

Case Study- ACL and Medial Meniscus Tear: Non-Surgical Intervention

Vinny Comiskey, MA, ATC, CSCS

Summary: “The athlete was released for return to sport by the treating physician after 2 weeks of rehabilitation... The AlterG Anti-Gravity Treadmill was incorporated into the athlete’s rehabilitation plan to maintain fitness, manage gait and progressively increase impact on the extremity. The athlete resumed full activity after release from rehabilitation and continued using the AlterG as part of the reconditioning and sport specific training program.”

ALTERG ANTI-GRAVITY TRAINING CAN PREVENT FALLS IN THE ELDERLY POPULATION

Fall Prevention and the AlterG

Jason C Chun

Summary: “The AlterG provides a safe, comfortable exercise modality that enables individuals that could not otherwise participate in closed-kinetic chain activities the opportunity to do so. Creating the ability for exercise in these individuals along with optimizing current rehabilitation trends could result in significantly decreased fall incidents in the elderly.”

ALTERG MAY HELP WITH RECOVERY FOLLOWING A STROKE

Stroke Rehabilitation and the AlterG

Jason C Chun

Summary: “In one short moment, a stroke can significantly change the physical, psychological, emotional and financial situation of an individual... But because of the amazing plastic ability of the brain, those neurological patients with the willpower and the ability to continue rehabilitation can see improvements months or even years after the initial insult. With the AlterG Anti-Gravity Treadmill, patients now have a safe, comfortable rehabilitation tool to help them achieve this.