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Benefits of the revolutionary AlterG anti-gravity treadmill

By David Bertone, P.T., D.P.T., O.C.S.



During my 25-year career as a physical therapist, there have been very few devices that have come to market that have immediately benefited a large segment of the rehabilitation population as the AlterG anti-gravity treadmill. Developed in 2005 by founder Sean Whalen, the treadmill utilizes the NASApatented differential air pressure unweighting technology. This groundbreaking device can remove up to 80 percent of a person's bodyweight, allowing them to rehabilitate with less stress to an injured body part or exercise with diminished compression to painful joints. Pain-free walking is a primary goal in any rehabilitation program when an injury occurs to your legs. Unfortunately getting to that point can be a long road,

especially after a complex fracture or even a joint replacement procedure. Some surgical procedures require prolonged periods of no weight bearing or partial weight bearing to the injured leg. This is necessary to allow proper bone, ligament or muscle healing before excessive stress is placed on the tissue. This creates other complications such as muscle wasting, weakness and stiffness of other joints while the injured area recovers.

The AlterG anti-gravity treadmill can help reduce the effects of reduced weight bearing by controlling the amount of pressure placed on the body during recovery. We can then speed up the healing time and work on normalizing the way you walk without causing undo stress to the non-injured side of the body. The unit is designed with see through windows surrounding you so your physical therapist can make gait corrections or observe joint/muscle abnormalities in real time.

Besides being extremely beneficial for the more serious leg injuries, it can also help speed up recovery for patients with chronic tendinitis, plantar fasciitis, ankle sprains, knee or hip arthritis, or those looking to return to athletics and running much faster. Just imagine the limitless possibilities when a person can walk or run in a reduced body weight environment. The benefits are immeasurable. We have been able to rehabilitate elite runners recovering from injury who normally would become so depressed and deconditioned by not being able to run during their recovery. The look on their face is priceless when they run at 40 percent of their bodyweight and know it doesn't hurt at all. In addition, they are able to sweat and maintain their aerobic conditioning, which is vital for an athlete hoping to return to competition.

Another benefit of the AlterG® is for people who not have been able to exercise or walk for fitness because of obesity or multiple joint pain. Many want to begin a simple walking program to complement a weight loss diet but just cannot manage to walk without pain or becoming short of breath very easily. Obesity puts a tremendous amount of stress on the body, often leading to early degenerative joint and spine disease. Now we have the capability of getting people to walk for exercise in a safe environment where they are monitored and can burn calories, while up to 80 percent of their bodyweight is removed by the antigravity feature of the AlterG treadmill. You can learn more about the features and benefits described by going to www.alterg.com and finding a practice in your area that has the unit. db Orthopedic Physical Therapy in [Lincroft](#) has the latest model available. Call 732- 747-1262 to schedule a free 10-minute trial.

Dr. Bertone is a doctoral trained physical therapist and board-certified in orthopedic rehabilitation by the American Board of Physical therapy Specialties. He is president of db Orthopedic Physical Therapy with locations in [Lincroft](#) and [Manalapan, NJ](#). Dr. Bertone can be reached at 732-747-1262 or via e-mail at dbertone@dborthopt.com. To learn more about the AlterG antigravity treadmill or find out if physical therapy is right for you , go to www.dborthopt.com.



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