Frequently Asked Questions

What is an Anti-Gravity Treadmill?
AlterG Anti-Gravity Treadmills use NASA-developed Differential Air Pressure (DAP) technology that enables unprecedented unweighting therapy and training capabilities.

How does it work?
Unique unweighting with air pressure comfortably lifts the user and allows him/her to walk or run at a fraction of their body weight.

Who can use it?
Just about anyone. Top-level athletes, orthopedic and neurological patients, children, seniors and those looking to improve overall fitness.

What is it good for?
• Allowing you to walk or run with no pain while maintaining a normal gait
• Train without pain and reduce the stress to joints and muscles, and injured areas of your lower body
• Lose weight and exercise more intensively while unweighted

Why does it work?
A pressurized “anti-gravity” chamber counteracts gravitational forces, gently adjusting body weight from 100% down to as low as 20% with unparalleled precision. This uniform lifting force reduces impact, pain and effort. All while supporting normal gait and balance - and encouraging full, free range of motion and natural movement.

For more information call the Cheshire team at (203) 679-3533 or the North Haven team at (203) 230-9226.
Real-Time Intuitive Analytics

**Weight Bearing Symmetry**
Improves balance control and reduces risk of pain and joint degeneration from overuse in the unaffected leg

**Stance Time Symmetry**
Helps correct asymmetries to achieve increased step length, speed and improve stance time

**Cadence**
Improvements can lead to faster gait, better mobility and improved health

**Live Video Monitoring**
A built-in treadmill camera enables live monitoring, allowing patients to visualize abnormal gait patterns and empower them to initiate improvements

**User guidelines**
Weight between 85-400 lbs
Height between 4 ft 6 inches up to 6 ft 4 inches (Leg length factors in for users at either end of height spectrum)

**How will my physical therapist determine if the AlterG is right for my condition?**
The AlterG can take your physical therapy sessions to the next level. Certain injuries or restrictions can keep the AlterG from being the best treatment method for some patients. Your physical therapist is an expert in your care and they will discuss the capabilities and options of all available tools and treatments with you.

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Gaylord Physical Therapy
Orthopedics and Sports Medicine

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Monday - Thursday 7a-7p
Friday 7a - 5p

Train | Recover | Perform

See the AlterG in motion at www.rehabwithapro.org.