NEW TECHNOLOGY

ALTER G
Anti-Gravity Treadmill

RESTORING BALANCE & MOBILITY

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. Neurological patients having experienced stroke, brain injury, spinal cord injury, Parkinson’s disease, MS, amputation and other conditions may benefit from this technology. From teens to seniors, our staff will discuss the benefits of AlterG and whether this technology can be a part of your recovery.

What is it good for?
• Look to regain symmetry and cadence in your walking
• Allowing you to walk with less weight and work to normalize your gait
• Rehab without pain and reduce the stress to joints and muscles, and impaired areas of your lower body
• Work on balance within a supported system

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 Gaylord Outpatient Services in Wallingford at (203) 284-2888, Option 1.

www.gaylord.org
Real-Time Intuitive Analytics

**Weight Bearing Symmetry**
Improves motor control and balance, while reducing the risk of pain and joint degeneration from overuse in the unaffected leg.

**Step Length Symmetry**
Improved symmetry can increase step length and walking speed to achieve a more efficient gait and reduce fall risk.

**Stance Time Symmetry**
Helps correct asymmetries to achieve a more normal step length, speed and stance time.

**Cadence**
Improvements can lead to faster walking, better mobility and overall health.

**Live Video Monitoring**
A built-in treadmill camera enables live monitoring of both stride and abnormal stepping patterns. Empowering users to initiate improvements in their walking.

**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.