



# ALTERG

# ANTI-GRAVITY TREADMILL

## WHY USE THE ANTI-GRAVITY TREADMILL?

The AlterG anti-gravity treadmill uses differential air pressure to reduce the load on your knees. This is particularly beneficial after surgery if you are struggling with the progression to walking without crutches, performing weight-bearing exercises, or engaging in cardiovascular training.



### GET BACK TO WALKING

The treadmill serves as an excellent aid for transitioning from crutches to full weight bearing. By working at a lower percentage of your body weight, you can minimize pain and increase the likelihood of walking with normal mechanics. Starting this process early helps in building up leg strength and endurance. Additionally, following the natural walking mechanics while using the treadmill helps maintain the health of other joints, prevents stiffness and muscle atrophy, and limits the development of poor habits. The same principles apply during transitions from walking to running.

Using an anti-gravity treadmill is especially beneficial for individuals who have undergone a meniscus repair. After the procedure, weight-bearing allowances can be gradually increased in increments of body weight percentage each week. Instead of guessing the amount of weight you're putting through your leg, you can precisely set the treadmill to the prescribed body weight percentage, allowing you to walk without the need for crutches. This early start in functional rehabilitation can significantly benefit the recovery process.

AlterG can also go beyond the typical use of a treadmill. With its unweighting abilities, you can start performing bodyweight and single-leg exercises earlier while still building up the strength to do these exercises without assistance.

## GROUP23

You will first be scheduled for a physiotherapy assessment where you will learn about the anti-gravity treadmill, how to set it up, which movements to perform, and which parameters to use. Going forward, you have the option to continue the use of the AlterG sessions with the physiotherapist or book them independently. To schedule an individual AlterG session on your own, visit the Group23 website and click on the 'Book Appointment' button located in the top right corner of the main page. If you previously had a physiotherapy assessment, you will have the option to book your own 30-minute AlterG session, available for booking only on the hour.



## GROUP23

SPORTS MEDICINE