

REHABILITATION SERVICES

AlterG[®] Anti-Gravity Treadmill[®]

WHAT IS AN ANTI-GRAVITY TREADMILL?

The AlterG Anti-Gravity Treadmill is revolutionizing fitness by allowing you to run (or walk) normally, with greatly reduced impact. Through patented NASA technology, the Anti-Gravity Treadmill provides up to 80% body weight support to reduce the stress and strain on your body.

WHAT ARE THE BENEFITS?

The benefits of controlling gravity and reducing your body weight while you walk or run include:

- Train through injuries
- Run without the discomfort or strain usually associated with running
- Burn more calories by going farther or faster than you normally can
- Practice walking in a safe environment
- Feel the joy of running without the impact on your joints

WHAT DOES THE AlterG DO?

Using NASA Differential Air Pressure technology, the AlterG comfortably supports the user and “unweights” them by as much as 80% (adjustable in 1% increments). This uniquely adjustable unweighting can accomplish:

- Significantly and precisely reduces reaction forces
- Helps minimize discomfort and encourages movement
- Creates a safe environment to work on technique
- Allows for an increase in training volume with less impact



HOW DO I SIGN UP?

At Franciscan CityWay we offer one-hour private sessions. You will also receive a complimentary one-on-one session with a licensed physical therapist to help show you how to use the equipment. If you are interested in signing up or speaking more about the Alter-G please call (317) 528-6804.

Cost

- 1 hour session: \$25
- Package of (5) 1 hour sessions: \$100