

## AlterG Anti-Gravity Treadmill for Physical Conditioning Specialists

Thursday, 13 September 2012, 13:00 to 14:30 (BST)  
Physiquipe Clinic, West Didsbury, Manchester, M20 3YA

### About this event:

*This seminar, run by Physiquipe and with key speakers from AlterG's clinical team, will show you how leading clinicians and coaches use the Alter G to condition their clients & how you can do the same for your clients.*

The AlterG Anti-Gravity Treadmill® is a revolutionary treadmill with unique differential air pressure technology that provides accurate, safe and comfortable partial weight-bearing therapy while promoting normal gait patterns.

Designed by NASA, the system is revolutionising conditioning and rehabilitation across the world, including groups such as seniors, weight loss, neurology through to elite sport (18 of the Premier League Clubs have at least one system). The AlterG is also being used increasingly by amateur athletes in their preparation for events, as well as by individuals who just want to keep fit.

### Who should attend?

Any individual or organisation that helps clients and patients with their physical conditioning NEEDS TO ATTEND, including:

- Personal Trainers
- Running Coaches
- Sports Therapists
- Physio Therapists
- Gym managers

### Seminar Agenda:

- The theory and in practice – led by AlterG Europe's Clinical team
- Case Study - how leading physiotherapists and sports team are using it
- Q&A with our team of speakers

### Benefits of Attendance:

- The chance to test the system yourself
- How to generate more revenue by offering new and improved services to existing customers as well as attracting new business.
- A FREE 30 minute session with a client!
- A certificate of attendance



“The best piece of equipment made for running in the last 30 years”

Alberto Salazar, 3 times New York Marathon Winner & trainer to Double Olympic Champion Mo Farah

### About Physiquipe

Physiquipe supplies the worlds best physical rehabilitation equipment throughout the UK - to hospitals, the military, elite sports clubs, private physio practices, occupational therapists, chiropractors and many more.

Physiquipe opened its own clinic in Didsbury, Manchester in summer 2012 to provide physical diagnosis and rehabilitation programmes for athletes and medical patients.

The clinic is fitted with a unique combination of rehabilitation equipment that provides a step change in the measurement, assessment, treatment and outcomes of patient care.

The clinic offers commercial access to its facility for organisations that operate at any stage of the rehabilitation and conditioning process.

[BOOK YOUR COMPLIMENTARY PLACE HERE](#)

## More Information about The AlterG



### Who should use it?

#### PRO AND AMATEUR ATHLETES

The world's best athletes and sports teams consider the Anti-Gravity Treadmill an essential part of their athletic conditioning and rehabilitation programs:

- Strengthens and improves coordination of muscles, which in turn protects surrounding joints.
- Promotes the full range of motion while minimizing stress during athletic conditioning.
- Enables injured athletes to maximize their fitness retention as they recover.

#### NEURO REHABILITATION PROGRAMS

Used for Neuromuscular and proprioceptive re-training, it:

- Improves neuromuscular control and activity and promotes brain plasticity
- Enhances balance and confidence while emphasizing improved gait and stride length
- Provides a safe environment for multi-task training and learning
- Enables higher work load and training intensity for cardiovascular health and gait
- High-degree of comfort and minimal fear of falling
- 80% of target maximum heart rate exercise for longer periods of time

#### FOR WEIGHT LOSS SOLUTIONS AND TREATING OBESITY

- Exercise at fractional body weights to control metabolic workload and musculoskeletal strain while optimizing gait and range of motion
- Exercise at reduced body weights to minimize joint stress and pain
- Promote full range of motion to train for normal joint health and function
- Motivation, empowerment and compliance enhanced from experiencing immediate perceived weight loss
- Renewed functional capacity
- Improves cardiovascular and musculoskeletal health in individuals that can't exercise regularly
- Accommodates individuals with up to 58" waist
- Makes it possible to run (even for very obese individuals)

#### SENIOR REHABILITATION STRENGTHENING AND CONDITIONING

- Exercise at fractional body weights to overcome mobility challenges in older patients
- Promotes cardiovascular and musculoskeletal health in a safe environment
- Strengthening and improved coordination of muscles thereby protecting surrounding joints
- Builds confidence in older patients for improved functional capacity
- May lower the risk of falling

#### ORTHOPAEDIC FUNCTIONAL REHABILITATION

- Enables pre-surgery conditioning with significantly reduced pain (prehab)
- Expands the concept "Weight Bearing As Tolerated" from 20% of body weight to 100% in 1% increments, so patients can specify exactly where exercise becomes pain free and progress can be easily tracked
- Provides precise early partial weight-bearing following injury or surgery to restore natural gait, range of motion and improved patient outcomes

- Prosthetic training with improved balance and confidence
- Neuromuscular and proprioceptive re-training

### **AlterG On YouTube**

Workouts and training tips -

[http://www.youtube.com/watch?v=TmixL\\_7mlpg](http://www.youtube.com/watch?v=TmixL_7mlpg)

Alberto Salazar interview -

<http://www.youtube.com/watch?v=kifaF54eY-0>

Other videos for rehab and training -

<http://www.youtube.com/user/AlterGInc?feature=plcp>



### **In the Press**

<http://www.dailymail.co.uk/sciencetech/article-2120530/Alter-G-treadmill-Anti-gravity-fitness-latest-trend-new-hi-tech-machines.html>

<http://www.guardian.co.uk/lifeandstyle/2012/jun/20/ten-ways-to-train-like-elite-athlete>

<http://www.bouldersportsmedicine.org/alterg.html>

<http://naturalrunningcenter.com/2011/10/11/alter-g-treadmill-ultimate-rehab-recovery/>