

**“The AlterG took the fear out of returning to training. It enabled me to begin running 6 weeks before my doctor cleared me to run on the ground and allowed me to incrementally transition back to full training.”**

Shannon Rowbury  
2008 US Olympic Team

**ALTER G**  
Anti-Gravity Treadmill

AlterG Inc.

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www.alter-g.com

### Ask Your Doctor or Physical Therapist

AlterG Anti-Gravity Treadmills are being used by leading medical facilities, such as Walter Reed Army Medical Center, Cleveland Clinic, Life Care Centers of America and the US Olympic Training Centers. Ask your doctor or physical therapist if AlterG would be right for your recovery or training program.

You have to experience the AlterG to truly appreciate how amazing it is. To find out what it feels like to defy gravity and exercise like never before, try the AlterG at a location near you.

Use your smartphone to scan this QR code for more information.



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# The AlterG Anti-Gravity Treadmill

## Defy Gravity

The new standard of care in rehabilitation and training, the AlterG® Anti-Gravity Treadmill® gives you the opportunity to exercise without pain, even while you are still recovering from surgery or injury.



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## Rehab and Train Without The Pain

The AlterG<sup>®</sup> Anti-Gravity Treadmill<sup>®</sup> gives you the opportunity to rehab from surgery, or train through injury, without pain. AlterG's unique unweighting technology reduces the impact of walking or running, while your body goes through the normal healing process.

- Precise unweighting allows you to walk or run between 20 and 100 percent of your body weight
- Easily select your reduced body weight where movement becomes pain free
- Give yourself the opportunity for a smooth progression back to full recovery
- Lower the impact on your joints and muscles during exercise
- Fun and easy to use, run or walk like you're on the moon!

## Imagine Running 50 Pounds Lighter

The first time you try the AlterG you won't believe how much fun it is to exercise at a lower body weight. People who have used the AlterG say it's like "running on air", and "it's so much more fun than normal running" and "you have to try it to believe it!" The AlterG can be used in a variety of ways and provide a broad range of benefits, such as:

- Rehabilitating after surgery of the lower extremity (hip, knee, ankle or foot)
- Training through an injury
- Reduced impact training and conditioning
- Gait training for neurologic patients
- Weight control and reduction
- Strength and conditioning for older patients

## Chosen by the World's Best Teams and Athletes

The AlterG has been tested and utilized by top professional athletes and teams, including:

- America's elite distance runners, such as **Dathan Ritzenhein** and **Shannon Rowbury**
- Top professional and Olympic athletes, and dozens of pro teams worldwide, including the **Boston Red Sox**, **Chicago Bears**, **Los Angeles Lakers** and **Manchester United**

The world's best athletes and teams use the AlterG to reduce the frequency of injuries, build fitness, and train and recover more quickly. They also use the AlterG as a core part of their athletic conditioning and training programs to strengthen and improve muscle coordination while minimizing stress on their bodies. **Just go to [www.alter-g.com](http://www.alter-g.com), look for "Find An AlterG Near Me", and enter your zip code to find your nearest location.**

**"I started prescribing AlterG's partial weight bearing therapy and now my ACL patients are JOGGING earlier than ever. The AlterG makes it easier and less painful for my patients to begin closed kinetic chain movement FASTER after surgery, and they really seem to like and appreciate using the AlterG."**

- Charles F. Preston, MD  
Muir Orthopaedic Specialists  
Walnut Creek, CA



## Easy and Fun To Use

AlterG is easy to use, with simple, but important enhancements beyond a traditional treadmill.

1. First, you step onto the Anti-Gravity Treadmill, raise the enclosure to your waist and then zip into the air chamber that surrounds your lower body.
2. Next, press start and the AlterG measures your weight.
3. Now, push the + or - buttons on the control panel to select the body weight you wish to exercise at.
4. The air chamber inflates around your lower body and the positive air pressure gently lifts you off the treadmill to the body weight setting you selected (for example: 80%).
5. You can then select the speed and incline of the treadmill and begin exercising.