

A **Hopkinton Physical Therapy** White Paper



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Alter-G Treadmill

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Introduction

People need access to decreased weight-bearing environments for a variety of reasons including post-surgical rehabilitation, marathon training, and physical therapy.

Problem Statement

Options are extremely limited for anyone looking for this kind of environment.

Previous Options

Pool therapy has long been accepted as the only solution for those people with special weight-bearing considerations. Access to public swimming pools, however, is limited by location and schedule. The overall time required is also much greater because of the prep time before and after pool usage. A public swimming pool is not a controlled environment for those with weight-bearing restrictions because of fluctuations in water temperature, fluctuations in the chemical concentrations present in the water, and 'slip and fall' dangers at the entry/exit points.

Hopkinton Physical Therapy's Solution

Fortunately technology is catching up and the new Alter-G treadmill provides a great alternative to swimming pools. The Alter-G allows a weight-bearing environment of anywhere from 100% weight-bearing, as with regular treadmills, all the way down to 20% weight-bearing.

Benefit 1

Post-surgical patients are allowed to work on their normal gait pattern while staying within the medical weight-bearing restrictions set by the surgeon.

Benefit 2

Distance runners can utilize the treadmill for training purposes with decreased stress-loads on their joints.

Benefit 3

Physical therapy for these populations can now take place in a more controlled environment on land simply by pulling on a specialized pair of shorts.

Implementation

Hopkinton Physical Therapy (parent company Ashland Physical Therapy & Sports Medicine, Inc.) purchased an Alter-G treadmill in January of 2010.

Summary

There is now an efficient and effective alternative to pool rehabilitation for injured patients and athletes who have special weight-bearing considerations.