



RMS Physical Therapy

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YOUR REPORT FROM RMS PHYSICAL THERAPY

We take pride in providing the highest quality of patient care and superior customer service

*We are dedicated in helping our patients return to the quality of life they desire
Be Healthy - Stay Well*

Earl & Geoff

~ Optimizing Human Movement for the Purpose of Healing and Health ~



**From the desk of
Earl Gunther Jr., PT**

RMS Physical Therapy Launches the AlterG Anti-Gravity Treadmill

**To experience the AlterG difference for
yourself, please contact us for more information
and to schedule an appointment (847) 895-2910.**

***The AlterG Anti-Gravity Treadmill is beneficial
for:***

- Lower body injury & surgery rehabilitation
- Rehab after total joint replacement
- Neurological retraining / Gait training in neurological patients
- Strengthening & conditioning in older patients
- Aerobic conditioning
- Weight control & reduction
- Sport specific conditioning programs
- Stress related injury
- For Athletes who want to increase mileage or speed w/o injury
- For Performance Enhancement

What is the AlterG Anti-Gravity Treadmill?

The AlterG Anti-Gravity Treadmill, in most aspects, looks and works like a regular treadmill. It was developed with NASA technology to simulate the feeling of weightless walking or running. The AlterG is a state of the art unweighting treadmill which allows patients to reduce their body weight by up to 80% while they walk or run.

We feel that the AlterG adds a new dimension to the care and treatment provided to your patients at RMS Physical Therapy. Whether it is an athlete trying to build mileage or someone with degenerative joint disease wanting to walk without pain, the AlterG can be beneficial for weight bearing issues. The AlterG allows a patient to walk sooner during the rehabilitation process, by unweighting them, it facilitates a normalized gait pattern and reduces fear.

How Does it Work?

The AlterG Anti-Gravity Treadmill creates a powerful lifting force that allows for ultra-low impact. Once fitted on the machine, the belt starts moving and you're free to adjust the speed and incline, as on a regular treadmill. Only now, you can also control how much of your weight you want to feel by reducing your weight. You can reduce your weight to about 20 percent, roughly the same sensation astronauts experience on the moon. With less gravity to fight, exercise becomes pain free. The strain on your knees, hips & lower back disappears, making it easy to maintain mobility and range of motion. This will allow ease and comfort while walking or running, while reducing the amount of impact on your joints.