

What is: an Anti-Gravity Treadmill?

The anti-gravity (Alter G) treadmill is a fantastic tool to integrate within physiotherapy rehabilitation. The machine's function is based around a pressurized chamber, which you zip your lower body in to, allowing you to walk or run at pressures as low as 28% of your body weight.

This allows you two main benefits: the ability to train or exercise harder and for longer than before and also the ability to speed up rehabilitation from illness, injury or surgery by getting moving a lot sooner.

What are the benefits of using an Alter G treadmill?

There are several benefits of exercising at altered gravitational forces. These include:

- Rehabilitate from lower extremity injuries with less pain and impact
- Start moving as soon as two days post-surgery following procedures such as hip or knee replacement
- Earlier mobilisation following lower extremity fractures and stress fractures and the ability to gradually increase loading
- Provide a safe way to lose weight and exercise more intensively
- Train without pain and reduce the stress to joints and muscles
- Recover effectively and with less pain after training or competition

What conditions can benefit from the use of an Alter G treadmill?

- Lower extremity stress fractures
- ACL reconstructive surgery
- Ankle sprains
- Achilles Tendon injuries and surgical repair
- Lumbar disc injuries
- Chronic pain
- Hip, knee and ankle replacements
- Many others – speak to a physiotherapist to find out if it could be useful for you



How can I access the Alter G treadmill?

Pure Sports Medicine has an Alter G treadmill at our City clinic on Threadneedle Street. Following an assessment by one of our physiotherapists and appropriate instruction, the Alter G treadmill can be used on a “pay as you go” basis and booked via our front desk or via the esq2 mobile and online app. For more information contact the clinic on 0344 770 0800.