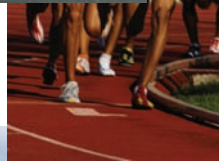


# The G-Trainer

G-Trainer™ Anti-Gravity Treadmills™ are changing the weight of the world. G-Trainers enable people to improve mobility and health, recover from injury and surgery more effectively, overcome medical challenges that limit movement, and enhance physical performance. Whether you're an elite athlete who can't afford bench time or an individual whose daily life doesn't have time for sitting still, G-Trainers are designed for everyone.



## Applications

### Rehabilitation

Physical activity has a direct impact on the state of your health, but physical activity can be restricted by medical conditions that limit mobility. The G-Trainer allows individuals to improve overall health, benefit from exercise regardless of many conditions that limit mobility and weight-bearing activities, and rehabilitate more effectively, with less pain after lower extremity injury or surgery.

### Injury Prevention

Whether you're a world-class athlete or a weekend golfer, it's always preferable to prevent injuries rather than recover from them. The G-Trainer allows individuals to receive the health benefits of walking or running while reducing the risk of injury and they can get a great cardiovascular workout without the chronic pain so many people experience while exercising. And it allows athletes to increase training volume and speed while minimizing the risk of impact-related injury and continue training regimens without pain caused by chronic injury issues.

### Training and Conditioning

Elite athletes and weekend joggers alike are always looking for technological advancements to help them run farther, faster. The G-Trainer is being adopted by athletic trainers, conditioning specialists, and exercise facilities to augment training and conditioning routines, enhance performance, and provide the most advanced option in reduced-impact exercise.

## Sports + Orthopedic Leaders Physical Therapy

Sports + Orthopedic Leaders PT, Inc. is committed to excellence in its provision of physical therapy services to our valued patients and referring physicians. We strive to provide an exemplary model of physical therapy in a professional, caring, results and cost-effective environment. Our goal is to help individuals regain their highest functional level in work, sports and everyday life. We believe that our approach allows individuals to quickly and successfully return to their prior functional level, and successfully return to the activities they enjoy the most. We provide individualized, goal-oriented treatment with the foremost expertise that physical therapy and sports medicine have to offer.

### G-Trainer Users Include:

#### Health and Medical

Cooper Institute  
Palo Alto Medical Foundation  
Riekens Institute of Human Performance

#### Professional Sports

Phoenix Suns  
Chicago Bulls  
Nike  
Oakland Raiders  
Miami Heat

#### NCAA Organizations

University of CA at Berkeley  
University of Nebraska  
University of Oregon  
University of Wisconsin

#### Government

Ft. Bragg  
Ft. Drum  
Palo Alto VA Hospital  
Walter Reed Army Medical Center

"We use the G-Trainer for rehab, extra cardio work without the pounding, and speed training. For post surgery and injury rehab, like knee scopes and ankle issues, we've been able to put players on the G-Trainer early and not only work them back into contact but to look at their mechanics and see that they are running properly."

Aaron Nelson  
Head Athletic Trainer  
Phoenix Suns

## The G-Trainer Difference

### Unrestricted Mobility

You can reduce their body weight easily without restriction. A person is able to maintain a normal gait, stride length, bounding, leg kick, and normal body positioning.

### Natural Body Movement

Overcome limitations such as water resistance and cumbersome harnesses associated with conventional unweighting systems allowing for a natural gait pattern. The G-Trainer's supportive force is at your core and is uniformly distributed over the your lower body making it very comfortable while allowing for natural body movement.

### Full Range of Motion

You can walk or run with a full range of motion. Not only do you have a full stride length but your upper body is not restricted in movement. Other systems that support a person's weight make it nearly impossible to achieve a full range of motion. Because the G-Trainer allows the you to reduce your body weight you're able to even extend range of motion to condition muscles more thoroughly.

### Extended Variable Options

With the G-Trainer you can add reduction of body weight to traditional treadmill variables of speed and incline. Variables can be adjusted and programmed to meet any health, medical, therapeutic, training, or conditioning need. The G-Trainer continually adjusts to ensure the accuracy of set variables is consistent throughout a session.

### Broad Variable Range

Weight, speed, and incline settings can be set with precision and include a broad range. Effective body weight can be reduced to as low as 20% of the your body weight with reduction increments of 1% allowing for progressive weight bearing. Speed variables can be adjusted up to 18 miles per hour in forward motion or 10 miles per hour in reverse and incline can be set up to 15%.

### In-use Setting Adjustment

Each variable can be adjusted to different levels while in use. This advantage means you can adjust settings to meet your performance level and tailor workouts to account for ability level, pain or fatigue. Variables can be altered on-the-fly your or your clinician without interrupting your workout.

For more information, visit  
us on the web at  
[www.solpt.com](http://www.solpt.com)  
or contact us directly at  
(510) 547-1630



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Alter-G, Inc., a Silicon Valley company founded in 2005, is setting standards for results-oriented, body weight support equipment, enabling individuals to improve mobility and health, recover from injury and surgery more effectively, overcome medical challenges that limit movement, and enhance physical performance.

**ALTER**

G-Trainer is a trademark and Alter-G is a registered trademark of Alter-G, Inc.

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Now Offering the Advanced  
Technology of...

## The G-Trainer

