

ALTER

▶ Defy Gravity



the **G-Trainer**



The G-Trainer Difference

Precision Unweighting

The G-Trainer offers precise unweighting to as low as 20% of body weight in 1% increments for progressive weight bearing needs.

Unrestricted Mobility

Individuals can reduce their body weight without restricting their ability to maintain a normal gait, stride length, bounding, leg kick, and normal body positioning.

Natural Body Movement

The G-Trainer overcomes limitations such as water resistance and cumbersome harnesses associated with conventional unweighting systems allowing for natural body movement.

Full Range of Motion

While using the G-Trainer, not only do you have a full stride length but your upper body is not restricted in movement.

Extended Variable Options

Body weight reduction is added to traditional treadmill variables of speed and incline, which can all be adjusted and programmed to meet any health, medical, therapeutic, training, or conditioning need.

Broad Variable Range

Effective body weight can be reduced to as low as 20% of the individual's body weight with reduction increments of 1%. 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 meet the individual's ability level or to accommodate for pain or fatigue. Variables can be altered on-the-fly by not only a clinician or trainer, but also by the individual without interrupting their workout.

Applications

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.

The G-Trainer is applicable for many health and medical applications, reducing the risk of impact-related injuries during exercise, and augmenting training and conditioning routines.

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"I believe the G-Trainer will become the standard in rehabilitation and training."

*Dr. Amol Saxena,
Podiatric Surgeon at the Palo Alto Medical Foundation*



Technology

The G-Trainer combines five areas of technology all working together: our patented Gravity Differential Technology originally developed at NASA, an advanced air pressure regulation system, an enclosure sealing component, a customized treadmill, and a touch screen control panel. G-Trainers are so precise that a user can choose to reduce their effective body weight by as much as 80% in as small as 1% increments.



Health and Medical Applications

The G-Trainer anti-gravity treadmill has been cleared by the FDA for lower extremity rehabilitation, aerobic conditioning, weight control, gait training for neurological patients, and strengthening and conditioning for older patients. As the most technologically advanced unweighting system, the G-Trainer is ideal for individuals with conditions such as*:

- ACL Rupture/Reconstruction • Total Joint Replacement • Chronic Achilles Peritendinitis • Chronic Lateral Instability
- Bone Fractures • Charcot Joint • Subtalar Dislocation • Labral Tear • Stroke • Spinal Cord Injury
- Traumatic Head/Brain Injury • Cardiac Rehabilitation • Conditioning in Patients with Diabetes
- Osteoarthritis • Inflammatory Arthritis • Parkinson's • Plantar Fasciitis

Rehabilitation: Lower Extremity Injury or Surgery

- Precise control over progressive weight bearing and natural gait mechanics helps patients regain range of motion, build strength, and assists in proprioceptive retraining.
- Comfortable unweighting exercise for rehabilitating after lower extremity injury or surgery.

Aerobic Conditioning

- Aerobic conditioning during rehab periods and without pain from chronic conditions.
- Reduced force of impact on the body, protecting tissue recovery while providing a full range of motion and unrestricted mobility.

Weight Control

- Comfortable unweighting exercise for individuals with obesity-related mobility limitations.
- Precise control over progressive weight bearing as patients become stronger and weight reduces.

Gait Training for Neurological Conditions

- Comfortable, safe, and secure unweighting exercise for patients rehabilitating after neurological conditions including stroke or brain injury.
- Reduction of body weight as much as 80% with a zero starting speed and increases in increments of .1 mph.

Strengthening and Conditioning for Older Patients

- Simple for older patients to use and offers natural body movement while reducing the risk of falling.
- Unassisted exercise for older patients with mobility challenges.

*The use of the G-Trainer in these specific applications has not been evaluated by the US Food and Drug Administration.

Reimbursement Codes

The G-Trainer is a medically reimbursable device. The following ICD-9 and CPT codes are applicable.

ICD-9 CODES

The following ICD-9 codes can be applied.

CPT CODES

The following CPT codes can be applied.

V15.88	Personal History of Fall (New ICD-9-CM Diagnostic Code)	97110	Therapeutic activities one or more areas (strength, endurance, flexibility, ROM) each 15 minutes
728.9	Muscle weakness	97112	Neuromuscular reeducation, each 15 minutes
780.79	Leg weakness	97116	Gait Training, each 15 minute area
715.0(x)	Degenerative joint disease	97530	Functional activities, one area, each 15 minutes
715.2	Osteoarthritis as a secondary condition	97535	Self care/home management training, each 15 minutes
719.9(x)	Difficulty in walking	97750	Physical performance test and measurement with written report, each 15 minutes
719.4(x)	Pain in joint		
719.5(x)	Stiffness in joint		
718.8(x)	Instability in joint		

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G-Trainer

The G-Trainer offers all of the unique precision unweighting benefits of our anti-gravity treadmills. It is designed for rehabilitation and other medical facilities that commonly treat individuals weakened or impaired by illness, suffering from mobility issues that limit physical activity or recovering from injury or surgery.

Body Weight Reduction

100% to 20%, 1% increments

Speed

Forward: 10mph (16km/h)

Reverse: 3mph (5km/h)

Incline

0 to 5%

G-Trainer Size

Small:

User height: 5'0" to 6'4" (162cm to 193cm)

User hip size maximum:

Width: 18.5" (47cm)

Circumference: 58" (147cm)

User weight capacity: 400 lbs (182kg)

Dimensions

Length: 94" (240cm)

Width: 40" (102cm)

Weight: 1000 lbs (455kg)

Height: 72" (183cm)

Running surface area:

Width: 22" (56cm)

Length: 62" (158cm)

Electrical Requirements

220 VAC 20Amp, 60 Hertz

G-Trainer Pro

The G-Trainer Pro offers the same unique unweighting benefits of the G-Trainer along with an extended range of variables and sizes. The G-Trainer Pro is designed for facilities with a client mix that includes serious athletes. For sports medicine applications, the G-Trainer Pro offers advanced rehabilitation and performance enhancement for top-level athletes and larger clients.

Body Weight Reduction

100% to 20%, 1% increments

Speed

Forward: 18mph (29km/h)

Reverse: 10mph (16km/h)

Incline

0 to 15%

G-Trainer Pro Sizes

Small: User height 5' to 6'4"
(162cm to 193cm)

Medium: User height 5'6" to 6'10"
(168cm to 208cm)

Large: User height 6' to 7'4"
(183cm to 224cm)

Global user hip size maximum:

Width: 18.5" (47cm)

Circumference: 58" (147cm)

Global user weight capacity: 400 lbs (182kg)

Dimensions

Length: 94" (240cm)

Width: 40" (102cm)

Weight: 1000 lbs (455kg)

Height: S-72" (183), M-75" (191cm) , L-78.5" (200cm)

Running surface area:

Width: 22" (56cm)

Length: 62" (158cm)

Electrical Requirements

220 VAC 30Amp, 60 Hertz

Recommended Room Dimensions

12' by 8' (366cm by 244cm)

accommodates spacing around machine

Running surface height of 15" (38cm)

+ height of user

Environmental Operating Conditions

Ambient Temperature: 50°F to 84°F (10°C to 29°C)

Relative Humidity: 20 to 95%

Transportation and Storage Conditions

Temperature: 50°F to 120°F (10°C to 49°C)

Relative Humidity: 20 to 95%



The G-Trainer



Physical activity has a direct impact on the state of a person's 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.

Rehabilitation centers, hospitals, government and research facilities, and individuals across the US are experiencing the unique benefits of walking and running at reduced body weight.

Alter-G, Inc., based in Silicon Valley, was founded in 2005. Our mission is to keep individuals active and moving beyond their best, stretching the limits of ability while redefining what's possible.



Alter-G, Inc.

1090A O'Brien Drive
Menlo Park, CA 94025

p 650.289.9444 **f** 650.475.1824

www.alter-g.com | info@alter-g.com

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