

AlterG Anti-Gravity Treadmill

Benefits and what to expect

This handout explains the AlterG Anti-Gravity Treadmill, a special exercise machine at the Sports Medicine Center at Husky Stadium.

What is the AlterG Anti-Gravity Treadmill?

The AlterG Anti-Gravity Treadmill is a special machine that uses *unweighting* technology. It uses air pressure to help lift your body while you exercise. This reduces the weight on your legs and feet. Using this treadmill helps you find exactly where the pain stops and natural movement feels good.

What are the benefits of using this treadmill?

The AlterG treadmill is a safe way to take the next step in your rehabilitation. You can set the treadmill so that you are running on as little as 20% of your body weight. This reduces the impact on your joints, which speeds healing of leg and foot injuries. If you are injured, ask our running medicine doctors and physical therapists about anti-gravity treadmill training.

If you run long distances, or often get injuries, training on this treadmill will put less stress on your legs. Some runners have their coaches set up training programs to include runs on the AlterG treadmill.

How do I set up an appointment?

To set up an appointment to use the AlterG treadmill:

- Call 206.598.3294. Press 2 to reach the person who schedules treadmill use.
- Tell the scheduler that you want to use the AlterG treadmill at the Sports Medicine Center at Husky Stadium.



Training on the AlterG Anti-Gravity Treadmill can help speed the healing process.

- Please pay for the session by calling the cashier's office at 206.598.4550. The cost is \$20 for a 30-minute slot. This payment is done 1 to 2 days before coming to our clinic to use the AlterG (not on the day of your appointment).
- Your first appointment must be on a weekday between 8 a.m. and 3:30 p.m.

What can I expect?

- You will sign a participant waiver agreement form after you check in. You will only need to sign this form the first time you use the AlterG. We will save this form in the clinic.
- Our clinic will provide you with a special pair of shorts while you train on the treadmill.
- Our support staff will give you a brief document on how to use the machine. They will explain how to wear the shorts and safely stop the treadmill. Other than this, there will be no supervision, instruction, or guidance on exercise protocol (including any training program alternating walking and running) provided by any staff member or staff Physical Therapist.
- When you are ready, we will set the timer for your allotted time.

Important Safety Information

Our staff will **not** supervise your use of the AlterG.

If you will need help getting on and off the AlterG, **you must bring a responsible adult with you to your visit.**

You are **not** allowed to use any other physical therapy gym equipment when you are here to use the AlterG.

Who can use the AlterG treadmill?

Most people can safely use the AlterG treadmill. You do not need a referral from a doctor, and do not need to be a regular patient at the UW Medicine Sports Medicine Center.

Do not use the AlterG treadmill if your doctor has said it is not okay for you to do *aerobic exercise* (exercise that raises your heart and breathing rates).

Is the AlterG treadmill covered by insurance?

Health insurance does not cover the Alter-G use. The cost is \$20 for every 30 minutes you use the AlterG treadmill. The total session time is 45 minutes, during which AlterG use is 30 minutes and the remainder of 15 minutes is for the check-in process and changing into the AlterG specific shorts.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

**UW Medicine Sports
Medicine Center:**

Call 206.598.DAWG (3294)
and press 2.