



WHAT CAN OUR **ALTERG** ANTI-GRAVITY TREADMILL DO FOR YOU?

The AlterG Anti-Gravity Treadmill uses NASA technology to apply a comfortable lifting force to the body, offering precise body weight reduction and comfortable support. This provides the opportunity to walk and run normally while eliminating pain and protecting healing tissue.

The AlterG® Anti-Gravity Treadmill® allows you to push your physical therapy rehabilitation further than ever before. Whether you're dealing with lower body injuries, chronic pain or neurological conditions that inhibit mobility, you can benefit from the unweighting capabilities.

Exercise is the key to maintaining wellness and optimizing recovery in older adults. With the AlterG Anti-Gravity Treadmill, seniors can exercise in a fall safe environment in spite of other medical conditions. Achieve and maintain the lifestyle you want with the AlterG.



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is proud to bring to Nassau County

The new standard in senior care.



THE ALTERG ANTI-GRAVITY TREADMILL.



"You get into the AlterG and you feel like you're on air. It's wonderful. I'm now more independent and less scared... I look forward to getting in to the AlterG."

- Hazel S. 78 Year Old, Single Leg Amputee

DEFY GRAVITY: YOU HAVE TO EXPERIENCE IT TO APPRECIATE IT!

To find out more about Grandell's state-of-the art rehabilitation facility or to schedule a tour call us 516.889.1100.



For more information about the ALTERG Anti-Gravity Treadmill, use your smartphone to scan this QR code.

- › **REDUCES GRAVITY'S IMPACT** by selecting any weight between 20% and 100% of your body weight.
- › **REHABILITATES LOWER EXTREMITY INJURIES** with less pain and less impact.
- › **IMPROVES THE MOBILITY, STRENGTH & SAFETY** for those with neurological conditions.
- › **PROVIDES A SAFE WAY** to lose weight and exercise more intensively while unweighted.
- › **ALLOWS YOU TO WALK OR RUN** with no pain while maintaining a normal gait.
- › **REDUCES STRESS** on joints and injured areas of your lower body.
- › **GIVES YOU THE CONFIDENCE AND ABILITY** to run or walk longer and recover faster with less pain.

The AlterG is used with a wide variety of patients to help improve their mobility and assist them in achieving their rehabilitation goals. Below are some examples of patient types or diagnoses that can benefit from using the AlterG Anti-Gravity Treadmill:

- › **FUNCTIONAL DECLINE**
- › **WEIGHT LOSS AND WEIGHT MANAGEMENT**
- › **TOTAL HIP REPLACEMENT**
- › **HIP RESURFACING**
- › **TOTAL ANKLE REPLACEMENT**
- › **OSTEOARTHRITIS (KNEE, HIPS)**
- › **TOTAL KNEE REPLACEMENT**
- › **HERNIATED DISCS**
- › **PARKINSON'S DISEASE**

Beyond these specific diagnoses, the Anti-Gravity Treadmill can provide support & confidence to anyone who struggles with mobility or is unsteady on their feet.