

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 the 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.

What can I expect?

- You can set up an appointment to use the AlterG treadmill weekdays from 8 a.m. to 4 p.m. Call 206.598-3294, press 8, and tell the scheduler you want to use the AlterG treadmill at the Sports Medicine Center at Husky Stadium.
- After you set up your appointment, one of our staff will call you to confirm your appointment and your shorts size. You will wear a special pair of shorts while you train on the treadmill.



Training on the AlterG Anti-Gravity Treadmill can help speed the healing process so that you can return to running.

- When you check in for your appointment, you will need to pay \$15. Please bring a credit card to pay this fee. We cannot accept cash or check.
- Our staff will explain how to wear the shorts and how to work the treadmill.
- When you are ready, we will set the timer for your allotted time. We will then explain how to safety stop the treadmill.

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.

But do not use any exercise equipment, including the AlterG treadmill, if your doctor has not said it is OK 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 this form of rehabilitation. The cost is \$15 for every 30 minutes that you use the AlterG Anti-Gravity Treadmill.

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 8.