

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.



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

How do I set up an appointment?

To set up an appointment to use the AlterG treadmill:

- Use this website to register and pay: [Availability | UW Medical Center: Wellness, Services, & Classes](#)
- Your first appointment must be on a weekday between 8 a.m. and 3:30 p.m.

What can I expect?

- At your first appointment, we will ask you to sign the AlterG waiver form.
- You will wear a special pair of shorts while you train on the treadmill.
- At your first appointment, one of our staff will explain how to wear the AlterG shorts and how to safely stop the treadmill.
- When you are ready, we will set the timer for your scheduled time.



Scan for a
*digital copy of
this handout.*

Important

Sports Medicine staff will teach you how to use the AlterG treadmill on your first visit. But our staff will **not** supervise your use of AlterG.

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

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 \$30 (not including tax) for every 30 minutes that you use the AlterG 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 2.