



AlterG Anti-Gravity Treadmill Program

What is an anti-gravity treadmill?

The AlterG treadmill is an FDA-approved device that was developed from NASA technology. It utilizes a pressure controlled air chamber to gently lift (unload) the user. This allows users to run or walk with weight reduced to anywhere between 20%-100% of their body weight. More information is available at alterg.com.

Who can use the anti-gravity treadmill?

If you are a patient in therapy, your physical therapist may determine that the Alter-G is appropriate for your treatment plan. IU Health Ball Memorial Hospital Rehabilitation Services also offers a Be Well Program for community members who are not receiving therapy. In order to use the Alter-G treadmill through the Be Well Program, you must not have any unstable medical conditions and you must be considered safe to exercise.

What are the benefits of an anti-gravity treadmill for runners?

- Continue to run while recovering from an injury
- Facilitates faster recovery times
- Help increase speed
- Help increase VO2 max
- Build mileage safely

Who else might benefit from an anti-gravity treadmill?

- Anyone looking to start a new walking or running program
- Individuals trying to lose weight but are unable to exercise because of pain
- Individuals with arthritis in their hip, knee, ankle, or back that prevents them from walking for fitness

Is there anyone who should not use the AlterG?

- If you have any medical problems that might prevent you from safely exercising, you should discuss this with your physician before participating in the AlterG program.

What is the cost?

30 minute session: \$20

60 minute session: \$35

Package of six 30 minute sessions: \$85

Package of six 60 minute sessions: \$125

How do I get started through the Be Well Program?

Contact IU Health Ball Memorial Hospital Rehabilitation Services to schedule an appointment for the AlterG. Initial paperwork will need to be completed prior to participation and payment is due at the time of service. During your initial visit you will receive instructions on correct use of the equipment.

Location:

IU Health Ball Memorial Hospital
Rehabilitation Services

3600 West Bethel Ave.
Muncie, IN 47304
765.213.3870



Ball Memorial Hospital