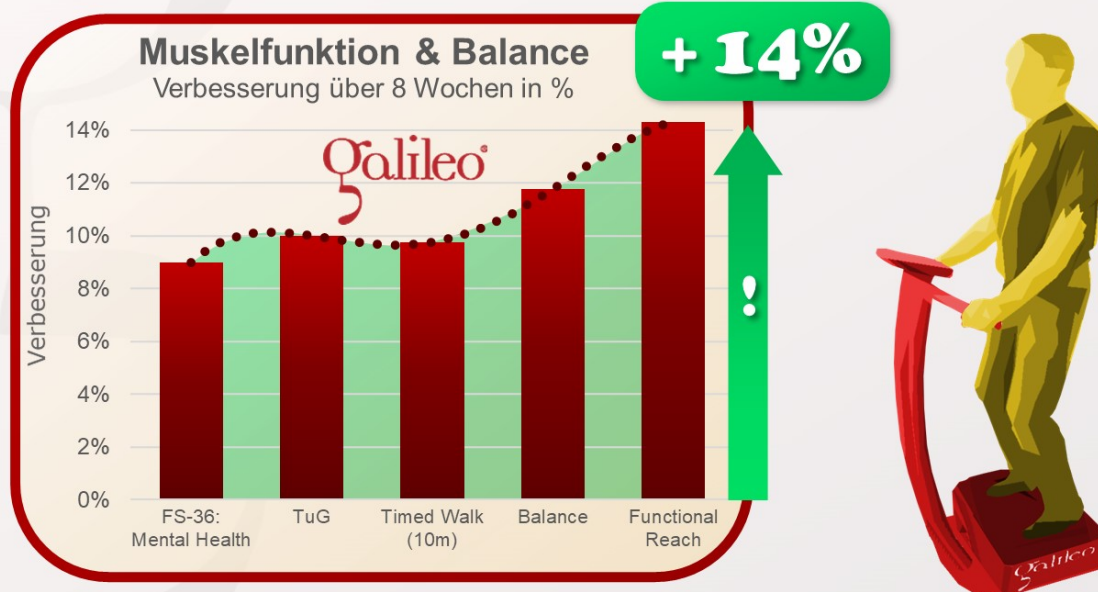


Can Galileo Therapy improve muscle power and balance in MS patients ?

The answer is: YES

This study investigated safety and the effects of Galileo Therapy on muscle power, balance, flexibility and quality of life in MS (Multiple Sclerosis) patients (15-25Hz, pos. 2.5-4.5, 5-8x1 min, 3/week, 8weeks, increasing Intensity). The Galileo group showed significant improvements in Balance (+12,8%), Functional Reach Test (+14.2%), muscle power (Timed up and Go, +10%) and FS-36 Mental Health (+9%).



Mason RR: Whole Body Vibration Training for Multiple Sclerosis Patients; Thesis, Exercise and Sport Science, Massey University, Palmerston North, New Zealand, 2009; GID: 3033

This study primarily investigated safety aspects of Galileo Therapy in MS (Multiple Sclerosis) patients. In addition is also investigated the effects of the Galileo Application on power, balance, flexibility and quality of life including Mental Health.

The Galileo Therapy was applied over a period of 8 weeks with increasing intensity (15-25Hz, position 2.5-4.5, 5-8 time 1 minute, 3 times per week).

The results show significant increase in Balance (+12,8%), the Functional Reach Tests (+14.2%), power (Timed Walk (10m) +9%, Timed up & Go test +10%) and Mental Health (FS-36, +9%).

Considering that this was design primarily as a safety study this are quite interesting results – especially considering that the maximum time per session including rest in-between exercises was 15 minutes – another proof for how efficient Galileo Therapy can be.

The study is also in line with other results of Galileo Therapy reported in MS patients (#GRFS94, #GRFS82).