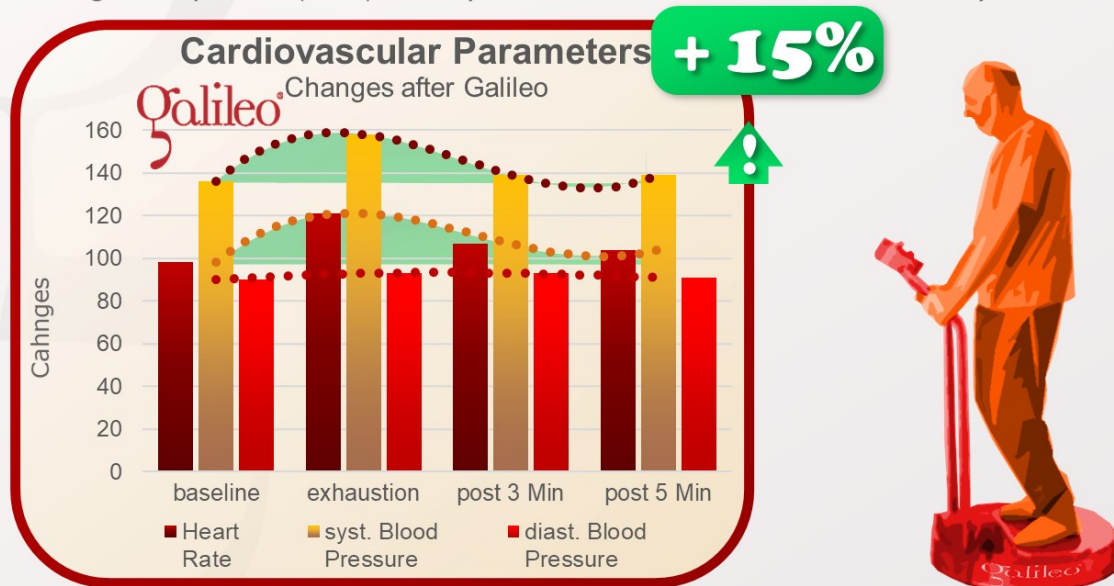


Can exhaustive Galileo Therapy be used safely even in heart transplant patients ?

The answer is: YES

This study reported the effects of Galileo Therapy on cardiovascular parameters in patients after heart transplant (4 months post and longer) (26Hz, pos. 1.5, 70° squat). All patients received additional cardiovascular exercises on a cycling ergometers (av. Heart-rate 118Hz). The results showed that exhaustive Galileo Therapy even at higher frequencies (26Hz) has only a moderate effect on the cardiovascular system.



Crevenna R, Fialka-Moser V, Rödler S, Keilani M, Zöch C, Nuhr M, Quittan M, Wolzt M: Safety of Whole-Body Vibration Exercise for Heart Transplant Recipients; Phys Rehab Kur Med, 13:286-290, 2003; GID: 266

This safety study examined the effects of Galileo therapy on the circulatory system in patients undergoing cardiac transplantation (14 patients, 4 months to several years after surgery).

The short-term effects of intensive Galileo therapy (26Hz, pos. 1.5, 70 ° squat, 1-10 minutes to the individual Borg scale) were investigated.

All patients regularly took part in cardiovascular training on the bicycle ergometer (average heart rate 118 Hz).

None of the subjects had a negative effect. The results show that even intensive Galileo therapy led to a moderate cardiovascular effect up to the personal expenditure - in this case, the pulse increases by only 21 beats (resting heart rate 98, pulse directly to Galileo: 121 Hz).

Similar results were seen in blood pressure - thus, the effects on the cardiovascular system comparable to endurance training on the bicycle ergometer.

Another example (such as after lung transplantation # GRFS31) of how safe Galileo therapy can be after heavy surgery.