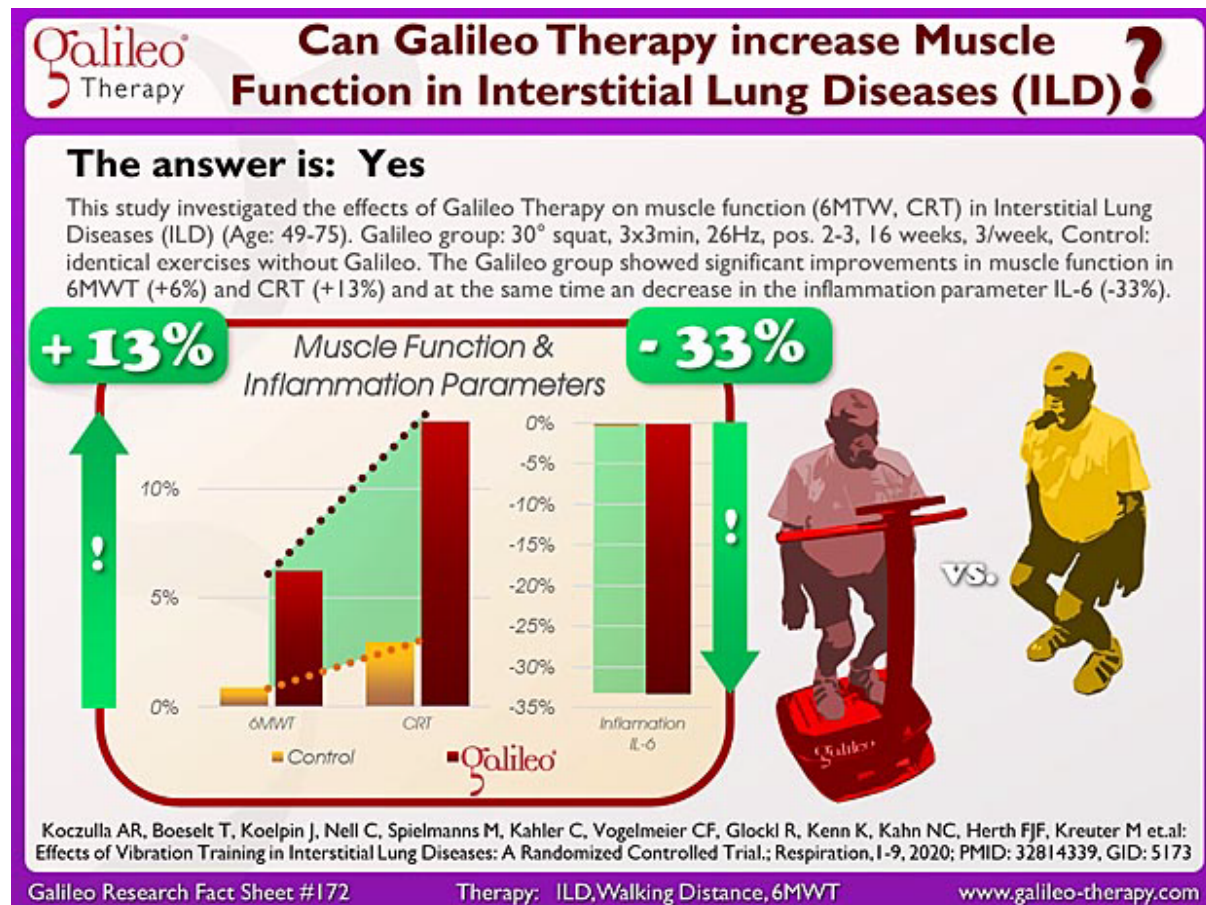


## Galileo Research Fact Sheet #172: Can Galileo Therapy increase Muscle Function in Interstitial Lung Diseases (ILD)?



This study investigated the effects of Galileo Therapy on muscle function and inflammation markers in patients with Interstitial Lung Diseases (ILD) (age: 47-75). This group of diseases includes degenerative effect on lung tissue (pulmonary alveoli and vessels) which decrease oxygen transfer to the blood. Typical symptoms are shortness of breath, coughing, fatigue, and weight loss.

During the study the Galileo group performed over a period of 12 weeks 3 times per week, 3x3 minutes 20° squats at up to 26Hz at position 2-3. The control group performed identical exercises without Galileo.

The Galileo Group showed a significant increase of endurance (6-minutes walking test, 6MWT, +6%) as well as peak performance (chair rise test, CRT, +13%) – both important aspects and relevant for every-day livings. Compared to the control group, the use of Galileo Therapy increased outcomes by a factor of 4 and more. These results are in line with earlier Galileo studies in various lung diseases like COPD (#GRFS34, #GRFS41, #GRFS159, #GRFS144, #GRFS124, #GRFS107, #GRFS32), Lung Transplant (#GRFS31), Cystic Fibrosis (#GRFS120), Pulmonary Hypertension (#GRFS80) but also in Covid-19 patients (#GRFS153, #GRFS155).

Interestingly, the study showed also a significant effect on the inflammation marker IL-6 which was decreased by 33% but only in the Galileo group – this was also shown by other Galileo studies like #GRFS106. All these studies show how effective and safe Galileo Therapy can be used in various lung diseases. Therapy - ILD, Walking Distance, 6MWT #GRFS172 #GRF