

## Galileo Research Fact Sheet #25: Can 15 minutes Galileo Therapy per week decrease back-pain effectively?

**Galileo**  
Therapy

### Can 15 minutes Galileo Therapy per week decrease back-pain effectively ?

**The answer is: YES**

This study tested the effect of Galileo Therapy on subjective back-pain (18 Hz, position 3, 7 minutes, 2/week, 12 weeks, hip-tilting in standing). The control group performed lumbar extension exercises, sit-ups and Leg-Press on different exercise-devices. Galileo Therapy reduced the subjective back-pain by 67% (Visual Analog Scale, P-VAS). The control group showed comparable results but needed much more time.

Week	P-VAS
0	4.2
2	3.4
4	2.8
6	2.2
8	1.8
10	1.6
12	1.4

Rittweger J, Just K, Kautzsch K, Reeg P, Felsenberg D: Treatment of chronic lower back pain with lumbar extension and whole-body vibration exercise: a randomized controlled trial; Spine., 27(17):1829-34, 2002; PMID: 12221343; GID: 250

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This study was one of the first (in 2002) which used Galileo Therapy against back-pain and is also one of the studies used for the initial approval of Galileo as a medical device. The exercise used is a standard relaxation exercise at 18Hz: Tilting the pelvis (Exercise B5) for 7 minutes (2 sessions per week). The control group received a comprehensive set of training therapy of the back using exercise machines (sit-ups, leg-press, and lumbar extension).

Galileo Therapy showed comparable results but needed much less time compared to the machine-based exercise therapy. A typical example (like e.g. #GRFS9, #GRFS27, #GRFS98) for how effectively Galileo Therapy can be even when using very simple exercises.

Other exercises which can be used to prevent or to reduce back-pain are exercising B6 (partial unloading of the lower back by loading the lower arms on the handrail). Exercise B4 (can be also done while sitting at the front edge, feet in-front of the Galileo) and exercise 110 (“prayer”-position, put palms on the front corners, rotate hands outside, lift fingers (this causes a straight arm and transmit the vibration to the shoulders), head up- chest down, continue for 2 minutes pressing chest down).

Therapy - Back Pain  
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