

Leader in restorative exercise calls Galileo a valuable tool in a complete exercise protocol



Center of Restorative Exercise, Northridge, California

Mobility Gym

Training Products: Galileo Basic Platform, Galileo Chair

Training Since: April 2012



The Facility

The Center of Restorative Exercise (CORE) is a state-of-the-art facility that provides the health and wellness benefits of ongoing *Restorative Exercise™*. The CORE team believes that risk of secondary complications and degenerative changes that typically follow a disabling condition may be prevented or significantly reduced if restorative exercise becomes part of everyone's daily routine.

CORE's exercise protocols are always evidence-based, and the equipment used at the facility is thoroughly researched by staff and tested through peer-review studies. Only equipment that is both efficient and effective in helping a variety of clients is selected.

"The equipment we use is something that is going to help our clients to improve their function, independence, self-efficacy and prevent and/or decrease the risk of secondary complications," explains CORE Co-founder and Director of Exercise Taylor Isaacs. "The Galileo does exactly what we do at CORE - enhance performance and prevent injury."

At CORE, every client's exercise regimen is highly individualized and only equipment proven to provide results is employed. Today, Galileo is a valuable tool in many CORE clients' comprehensive treatment plans.

The User Advantages

"After researching Galileo, the CORE team identified three key reasons to select the product – the side-alternating vibration mimics the human gait, it transfers forces efficiently through the kinetic chain and the science behind it is solid," Taylor says.

"Galileo imitates the way the human body is designed to function and that's what we focus on at CORE. If we perform it in life, we train it at CORE."

Another advantage: the ability to adjust the repetition rate allows Galileo users to experience a full range of muscle conditioning – from decreasing spasticity to increasing flexibility, strength, endurance, power, balance, reaction time and co-ordination.

Galileo Training is also used at the facility to improve clients' core stability, boost balance and increase neural drive to muscles.

"Galileo helps clients improve neuromuscular efficiency and promotes athleticism," Taylor says.



The Operational Advantages

CORE Exercise Specialist Doug Olivera says Galileo's clear-cut manuals and program design templates meant the facility was able to begin employing Galileo Training fairly quickly after delivery.

Aaron Baker, co-founder and brand director at CORE, and a recovering tetraplegic, appreciates the variety of methods Galileo provides to train clients for function. "There are infinite combinations that, with our knowledge, we can use to affect the client. There are so many variables with the machine that it gives us training variety."

"The Galileo is a very effective mode for increasing the neural drive in muscles, activating the core and retaining the muscles to stabilize the weight bearing joints."

Taylor Isaacs

M.S., CPT, CSCS, MELT, Co-founder,
Director of Exercise



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