

Moving from wheelchair to running.



The Background

A week prior to his 47 birthday, Army Veteran Larry Green had a stroke that left him with paralysis on his left side. During his 5 months of rehab at a Veteran's Administration Hospital, Larry committed to a rigorous physical therapy and exercise program that included weight and strength training, walking and climbing stairs to progress. There was also muscle stimulation to improve the function of the fingers on his left hand. With the support and encouragement of his PT and a healthy diet, Larry began to feel better.

After being released from the VA hospital Larry continued outpatient PT through the VA and later worked as a volunteer to continue to have access to therapy. That is when he learned about Break the Barriers (BTB), an inclusionary fitness center that includes a program for veterans.

Larry has trained and competed in archery, swimming and other sports since joining BTB in 2012. Two year years later, due to patellofemoral pain in his left leg, he started using a wheelchair when he became tired and experienced frequent falls. The staff at BTB noticed he wasn't his usual active self and was struggling with his mobility and introduced him to their individualized training through the HOPE Program.

The Training

Larry begins his training sessions with the HOPE Program team using the Galileo Dumbbell 2 to 3 times every week. Setting the dumbbell at 40 Hz, he performs bicep curls, tricep extensions, lateral raises, front raises, push-pulls and shoulder presses with his trainer to warm up his muscles and improve his range of motion and hand strength.

He also uses the Galileo TiltTable 2 to 3 times each week to help straighten his legs, increase muscle tone and increase his overall flexibility.

While on the TiltTable, Larry's training program includes: 1) knee squats for leg power; 2) one legged standing and bending to improve function in his weak leg; 3) hamstring stretches for better

Larry Green

Diagnosis: Stroke

Training Product: Galileo TiltTable, Galileo Dumbbell

Training Since: January 2016

flexibility and to stand up straight; 4) core training for strength and reduced back pain. By starting with Galileo training Larry prepares his body for additional functional training activities during his session.

Galileo's low impact training has improved Larry's balance, muscle function and mobility so he can participate in weight training, swimming, archery, dance and other balance and endurance exercises with less fatigue.

The Gains

With Galileo Dumbbell training, Larry has reduced spasticity in his stroke-affected arm.

He also sees increased ability to his fingers in the period right after training, and he's seeing significantly increased arm strength.

"Now I'm even noticing muscles in my formerly atrophied arm and I can often move my fingers on command."

With the benefits of Galileo TiltTable training, Larry points to increased leg strength and more muscle definition in his left calf. His legs are now much stronger overall, allowing him to accomplish more during his active gym program that's focused on improving his overall mobility.

His steps are less robotic and he can walk, run and step over obstacles.

At home, he no longer uses a wheelchair but instead walks independently. Outside the house he can get around well with the use of a cane.

"I just completed a two-mile fundraising walk and while I used my walker along the way, I ran the final 20 yards unassisted. I used to hire someone to do the laundry and housework but now I can easily do it on my own! That's what I call success," Green explains.



"With Galileo Training

I feel better, have

more energy and can

do more than ever."



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