

Galileo helps clients achieve benefits both during and after training

Galileo redefines recovery and fitness for all



DRIVEN NeuroRecovery Center
Las Vegas, Nevada

Training Product:

Training products: Galileo - Med L Plus Sensors, S 35, S 25, Mano 30 Dumbbell

Galileo Training Since: 2019

The Facility

DRIVEN NeuroRecovery Center is an extension of Conquer Paralysis Now (CPN), a nonprofit organization established in 2000 as the Sam Schmidt



Paralysis Foundation. The organization's original namesake, Sam Schmidt, had been an Indy driver before suffering a C-3/4/5 spinal cord injury while practicing in January of 2000, leaving him a quadriplegic. To date, his nonprofit has invested over \$15 million in research and programs devoted to curing paralysis and helping people with disabilities live better lives. DRIVEN is one way in which the latter mission is being fulfilled.

DRIVEN offers a complete range of services to help people with disabilities improve their health, increase their independence and enhance their quality of life. These include: guided activity-based training (1-on-1 or 2-on-1 with DRIVEN's

trainers) with a focus on recovery, functional electrical stimulation (FES), neuromuscular electrical stimulation (NMES), robot-assisted gait rehabilitation and whole-body vibration therapy using a suite of Galileo products.

DRIVEN also provides a fully-equipped fitness center that can be utilized by both wheelchair users and able-bodied users. A DRIVEN fitness specialist trains new members and caregivers on proper use of fitness equipment and how it can be adapted to meet their specific needs. The fitness center also serves as a gathering place for chair yoga classes, support groups, educational workshops and more.

The User Advantages

Galileo products are an essential part of DRIVEN, reducing spasticity so clients can benefit more fully from their training sessions.

"A lot of our clients are so spastic and tight that we could easily spend half our session just trying to break their spasms. But we get on the Galileo and tone those down, and then we can have a really productive session the rest of the time," said Brandi Kurka, Executive Director. "A lot of our clients not only experience benefits during their exercise training, but also



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Brandi Kurka, Executive Director



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carryover with less tone afterwards in their regular life so they can function a little bit better.”

Fitness Director Tyler Yamanouchi agrees. “Using the Galileo cuts down on the warmup time drastically, releasing that tone spasticity in the arms, the legs, for us to be able to put more time into the actual training session. Warming up on Galileo reduces the time by half, at least.”

Tyler also appreciates how Galileo products help him develop a customized training plan based on each client’s condition and abilities.

“One of the biggest things that we push, as activity-based trainers here at DRIVEN, is we’re going to get you out of your chair, we’re going to get you standing, we’re going to get you moving, and we have to figure out what their body is capable of. With the Galileo, we can build muscle function to that,” Tyler said. “We can get them partial weight-bearing on a tilt table, standing on a Galileo to help build bone density. We can seat them at the edge of the mat with their feet on the Galileo to help train their feet, increase blood flow, stimulate their metabolism and get full muscles chain activation, before we try to push their body more.”

“We use Galileo training for people with multiple sclerosis, Guillain-Barre Syndrome, Parkinson’s and similar conditions for dynamic balance training,” said trainer Jennine Marquez. “We also work with some of our clients that have lymphedema in their legs, to help decrease the swelling that they’re having in their lower extremities.”

In a facility with such a wide range of training technologies, the Galileo

platform stands out. According to Tyler, “We have a lot of clients that are just ecstatic, like we turn on the Galileo and all of a sudden these muscles that have been dormant for so long starting to activate, and they can feel it with Galileo’s sensory input.”

“A lot of them are excited because they haven’t felt anything ever working from below the level of injury, and they thought it was



impossible,” Tyler said. “But when on Galileo they can actually feel sensations they couldn’t feel before which aides in being able to perform more movements than ever before without it. It’s like it gives them more hope, more motivation.”

Jennine has noticed similar results among DRIVEN’s clients who use Galileo in their stroke recovery therapy. “A lot of our stroke clients have started gaining sensation in their upper extremities, better proprioception helping them

understanding where their body is in space that results in better balance, movement, and walking.”

Brandi says Galileo’s mechano-stimulation has also improved clients’ neuromuscular strength-building because of its reflexive muscle contractions.

“Doing a core workout or leg workout, having their muscles automatically contract thousands of times in a few minutes, is giving them a super intense workout, better coordination and less effort in a short amount of time making training more efficient. And with these folks who have limited function they lack the ability to get enough movement on their own. With Galileo we’re able to give them that intense workout without relying too heavily on their bodies or their control helping them achieve new functional milestones. So, they’re really able to get a lot out of a short training time.”

Many DRIVEN clients are specifically benefitting from training with the Galileo Dumbbell.

“Not only does it help build arm strength, reducing contractures, but for some people with spinal cord injuries or paralysis, we’re also seeing some hand strength and function come back,” Brandi said. “That’s huge when a lot of these folks are able to grab a pencil and write their notes for schoolwork or feed themselves. It’s a big help with independence.”

Galileo products are in high demand at DRIVEN, by clients and trainers. “A lot of our clients want to use and request time on the Galileo. And all of our trainers also use Galileo” said Brandi. “Galileo’s are definitely our go-to machines on a regular basis.”



The Operational Advantages

With such a diverse clientele and a wide range of training resources to improve their health and well-being, DRIVEN strives to operate with tools that embody versatility, broad population use and efficiency. This is why Galileo products are so widely embraced here, offering mobility and resourcefulness that are appreciated by clients and trainers alike.

“It’s just nice being able to move the Galileo plates wherever we need them whatever position, however we need to incorporate them with its small size,” Jennine said. “We have a lot of different setups for a lot of different clients.”

“The mobility of the Galileo, I have to

say, is extraordinary,” Tyler said. “The Galileo allows us to really find out the true potential, and work on true recovery, of our clients because we can do so much with it.”

“We leave one of our Galileo platforms set up at the Total Gym as a footplate, so anyone who is not quite ready to be standing upright can do different exercises on that,” Brandi said. “And we have another Galileo that we use in combination with many different tools: the parallel bars, the squat rack, the mat tables, harnesses and floor exercises – we use that one a little bit everywhere.”

Beyond portability and design flexibility, Galileo products allow DRIVEN to provide every client with

a uniquely personalized training program. That’s partly due to the wide frequency range and amplitude Galileo provides for achieving many therapy goals.

“We use different performance settings, like the “wobble variation” to randomly change the frequency never allowing the body to adapt. We use different frequencies for three main goals; 1) low frequencies to improve balance and control, 2) mid frequencies for stretching and flexibility for function and 3) high frequencies for reduced spasticity, management and power training” Brandi said. “There’s a wide range of what Galileo is able to do and how we’re able to work with it standing, sitting, upper extremity and fascia release.”

As Tyler observed, Galileo technology is best viewed as a tool for helping DRIVEN fulfill its mission.

“At the end of the day, our focus is on recovery and utilizing anything and everything to help with that. It’s trying new ideas and new ways to help our clients, and Galileo allows us to do it. That’s what we really love about it.”