

Rehab Reinvented!

G-Trainer™

Anti-Gravity Treadmill™

Accurate orthopedic
and neurologic
rehabilitation



ALTER 
Defy Gravity

The Road to Recovery Begins Here.

A successful surgery is just the beginning of the road to recovery for a patient. A strong, functional outcome results from patients working together with expert rehabilitation professionals.

Now, clinicians have a new technology that brings a greater level of safety and control to the rehabilitation process that is not being utilized by traditional methods.



Introducing the G-Trainer™

A NASA developed Anti-Gravity Treadmill™ that helps patients recover faster from orthopedic and neurologic conditions. The G-Trainer™ is the first FDA-cleared therapeutic device that allows precise partial weight bearing exercise with natural, closed chain activity.

How Does it Work?

The G-Trainer™ creates a powerful lifting force, known as Advanced Differential Air Pressure Technology (ADAPT), that allows for precise ultra-low impact ambulation. The user wears a special pair of shorts and zips the waist into a pressurized airtight enclosure, which is suspended over the treadmill surface. By controlling the pressure in the enclosure, the clinician can accurately reduce the weight of the individual by as much as 80%. Your client will exercise in comfort, enjoying unrestricted mobility and a natural gait pattern.

Benefits of the G-Trainer™

- Safe, controlled exercise environment
- Ultra-low impact workout while walking or running
- Unrestricted mobility for natural gait mechanics
- Maintains and enhances strength and endurance
- Systematic progression using specific increases in body weight

Wide Variety of Applications

- Lower body injury, surgery, joint replacement, prosthetics
- Neurologic retraining
- Weight control
- Strengthening and conditioning in older patients
- Sports-specific programs and aerobic conditioning

Try a G-Trainer™ Today!

We have leasing and rental programs available that make acquiring a G-Trainer™ easy and affordable.



Precision unweighting with natural body movement -
experience the difference with the G-Trainer™



Three easy steps to help your patients restore confidence, conditioning and mobility.



Step 1: Zip & Lock



Step 2: Calibrate



Step 3: Select Your Settings



Five Reasons to Prescribe the G-Trainer™

1. The only system that can unweight to as low as 20% of body weight in precise 1% increments, allowing for partial weight bearing rehabilitation.
2. Provides safe, optimal, proprioceptive retraining with natural gait mechanics.
3. Ensures accurate implementation of a progressive weight bearing program.
4. Complements manual techniques for increasing range of motion.
5. Significantly reduces impact ground reaction force of the lower extremities for pain-free exercise.

What Healthcare Professionals are Saying About the G-Trainer™

"I love this machine, and I tell all of my prescribing physicians about it. Patients definitely feel great when they exercise using the Alter-G™ anti-gravity treadmill. People with chronic pain are running without discomfort, elderly patients are able to maintain their aerobic capacity and it is a great way to maximize brain plasticity. My patients with Parkinson's Disease can't say enough about how good it feels to run again."

Nancy Byl, PhD, PT
University of California, San Francisco

"The G-Trainer™ fundamentally allows those with chronic lower extremity injuries to exercise effectively where they otherwise can't. Individuals with Degenerative Joint disease of the knee receive the health benefits of a walk-run program that would be impossible otherwise."

Jim Stray-Gunderson, MD
Director and Owner, S-G Alter-G Center, Frisco, TX

"I believe the G-Trainer will become the standard in rehabilitation and training."

Dr. Amol Saxena, Podiatric Surgeon
Palo Alto Medical Foundation

For additional clinical information, please contact us at info@alter-g.com or (650)289-9444

G-Trainer™ and G-Trainer™ Pro Specifications

G-Trainer™

Body Weight Reduction

100% to 20%, 1% increments

Speed

Forward: 10 mph (16 km/h)

Reverse: 3 mph (5 km/h)

Incline

0 to 5%

User Specifications

User height: 5'0" to 6'4" (162 cm to 193 cm)

User hip size maximum:

Width: 18.5" (47 cm)

Circumference: 58.0" (147 cm)

User weight capacity: 400 lbs (182 kg)

G-Trainer™ Dimensions

Length: 94" (240 cm)

Width: 40" (102 cm)

Height: 72" (183 cm)

Weight: 1000 lbs (455 kg)

Running surface area:

Width: 22" (56 cm)

Length: 62" (158 cm)

Electrical Requirements

220 VAC 20 Amp, 60 Hertz

Environmental Operating Conditions

Ambient Temperature: 50°F to 84°F (10°C to 29°C)

Relative Humidity: 20 to 95%

G-Trainer™ Pro (Small, Medium and Large)

Body Weight Reduction

100% to 20%, 1% increments

Speed

Forward: 18 mph (29 km/h)

Reverse: 10 mph (16 km/h)

Incline

0 to 15%

User Specifications

Small: User height 5'0" to 6'4" (162 cm to 193 cm)

Medium: User height 5'6" to 6'10" (168 cm to 208 cm)

Large: User height 6'0" to 7'4" (183 cm to 224 cm)

User hip size maximum (applies to Small, Medium and Large):

Width: 18.5" (47 cm)

Circumference: 58.0" (147 cm)

User weight capacity (applies to Small, Medium and Large):

400 lbs (182 kg)

G-Trainer™ Pro Dimensions

Length: 94" (240 cm)

Width: 40" (102 cm)

Height: S-72" (183 cm), M-75" (191 cm), L-78.5" (200 cm)

Weight: 1000 lbs (455 kg)

Running surface area:

Width: 22" (56 cm)

Length: 62" (158 cm)

Electrical Requirements

220 VAC 30 Amp, 60 Hertz

Environmental Operating Conditions

Ambient Temperature: 50°F to 84°F (10°C to 29°C)

Relative Humidity: 20 to 95%

