



GLIDECYCLE™ & GLIDETRAK™ SPORTS INJURY REHABILITATION

Accelerated Recovery

- Through safe and early weight bearing, gait training and running

Early Aerobic Conditioning

- Safe mode of aerobic conditioning early after injury or surgical procedures
- May be used even before an athlete is able to effectively condition on a stationary bike or in a pool

Protection of Injured or Painful Limb

- Allows well leg training or limited weight bearing of injured leg
- Bicycles and elliptical trainers still produce patellofemoral compressive forces and elliptical trainers require full weight bearing which is not well tolerated by many joint conditions or injuries to the knees, hips, low back, Sacroiliac joints or feet

Earlier Restoration of Running Form

- By minimizing impact to joints and soft tissues

Natural Transition to Normalized Running

- More natural transition to full and normal running motion than from a pool, stationary bicycle or elliptical trainer
- Exercise in a pool is much different than on land against gravity. Water resistance leads to slower movements and inability to speed train, while water buoyancy leads to less sport-specific training than on land for the entire body.
- GlideCycle™ training does not change the external environment or eliminate the effects of gravity on the body; it simply reduces impact to lower extremity and spinal joints.
- Bicycles and elliptical trainers work muscle groups differently and in smaller motions than running and are not as sport-specific to runners as the GlideCycle™ and GlideTrak™

Sport Specific Training

- Closest simulation of running possible without painful or unnecessary impact
- Simulated running motion in an athlete's actual outdoor or indoor running environment against gravity
- Functional carry over to running and other sports activities is much greater than other forms of conditioning

Enhanced Speed & Power Training

- Earlier training with less soreness and stress to injured tissues

Extended Running Ability

- May be alternated with regular running days, especially for long distance and aging runners, to extend running careers throughout the lifespan
- A large number of runners have had to taper down and eventually quit running due to joint pain, whereas cross training on a GlideCycle™ could have extended their running ability for many years.

Sports Rehabilitation Applications

- Rehabilitation applications extend to all sports, especially those requiring running (Soccer, Track, Cross Country, Football, Basketball, Baseball & Softball, etc...)

Multiple User Access

- Multiple athletes may train at one time on GlideCycles™ as they are much more cost effective than other rehabilitation equipment.
- More than one GlideTrack™ may be set up on existing treadmills for a fraction of the cost of other rehabilitation equipment.

Part of the Team

- Injured athletes are able to train on GlideCycles™ outdoors with teammates rather than feeling isolated in a training room or confined to stationary equipment. For example, recovering track athletes may GlideCycle™ on outside track lanes or injured soccer and football players may circle the practice field.
- Groups of injured athletes may work out together as part of a “Rehab Team”.

A Chance to Run Again

- Many who have lost the ability to run and dream of running again will be able to experience the joy and freedom of GlideCycle™ unweighted running.
- People of all ages who were once strong, athletic and fit will be able to return to a powerful and highly aerobic sport and release their inner athlete again.

Rehabilitation Applications:

Anterior Knee Pain Syndromes: Chondromalacia, patellar tracking problems

Tendinopathies: Such as patellar and quadriceps tendinitis

Meniscus or Joint Injuries: Including chondral defects

Ligament Injuries/Sprains

Ankle Injuries

Foot Injuries: Turf Toe, Heel Spurs, Plantar Fasciitis, Metatarsalgia, etc...

Muscle Strains and Contusions

Post-operative Conditions and Ligament Repairs

Various Hip or Back Conditions

Bursitis