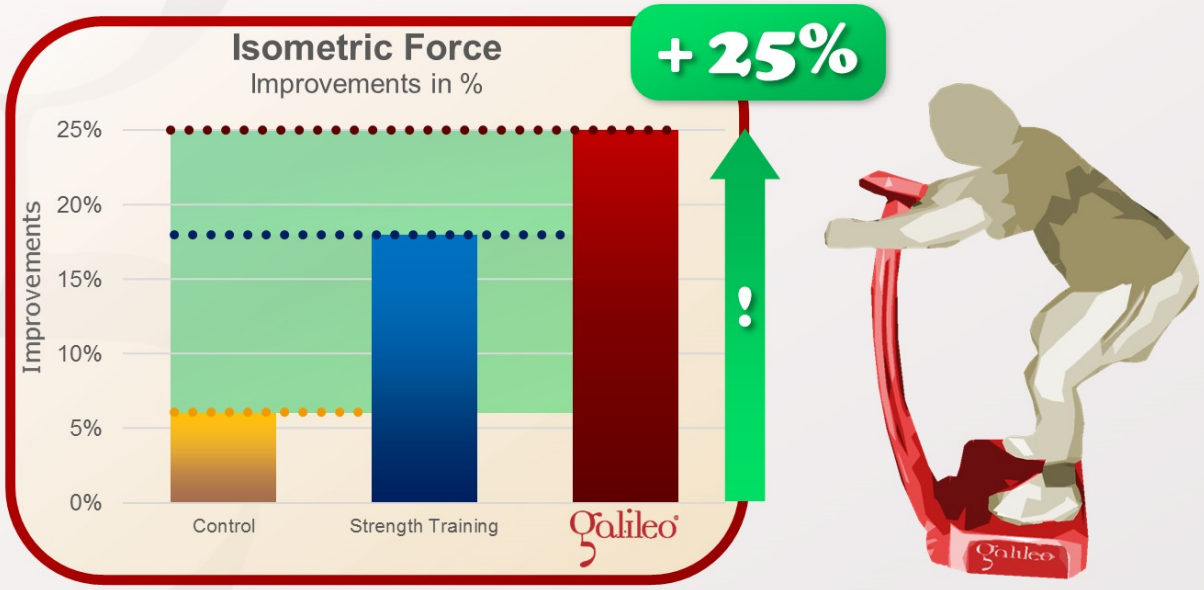
Can Galileo Training increase force in Osteoarthritis patients ?

The answer is: YES

This study investigated the effects of Galileo Training on maximum isometric force of then effected knee in Osteoarthritis patients (18-24Hz, pos. 3, 30° squat, 3x2 Min., 2/week, 8 weeks). Two control groups were used, one without an intervention and one using strength training (45 min. per session). The Galileo Group showed the highest improvements of the maximum isometric force of 25%.



Rapp W, Boeer J, Albrich C, Heitkamp HC: Efficiency of Vibration or Strength Training for Knee Stability in Osteoarthritis of the Knee; Akt Rheumatol, 34/4:240-245, 2009; GID: 1886

Galileo Research Fact Sheet #75 Therapy: Ostheoarthritis www.galileo-training.com

This study investigated the effects of Galileo Training on maximum isometric force of the more effected leg in osteoarthritis patients (arthritis of the knee).

The Galileo Training was performed in a slight squat (30°), pos. 3, 18-24Hz (slow increase over time) over a period of 8 weeks twice a week for 3*2 minutes with a 2 minute warm-up using Galileo at 12 to 14Hz. Two control groups where used one without intervention and one using standard strength training (2 times per week 45 minutes).

The Galileo group showed the highest improvements of isometric force of 25%.

The study once more shows the efficiency of Galileo Training

– larger effects than traditional strength training in less than half the training time.

Rapp W, Boeer J, Albrich C, Heitkamp HC

Medical University Clinic Tübingen, Department of Sports Medicine, Tübingen; Prevention & Health Pixa-Albrich, Pforzheim

Abstract

Background:
The diagnosis of osteoarthritis of the knee is becoming more common as life expectancy increases. Strength training has been proven to be an effective treatment. The aim of the present study is to investigate the effect of whole body vibration. 39 persons participating in special outpatient groups for osteoarthritis of the knee. They were randomly distributed into a vibration group (15), a strength training group (15) and a control group (9). The traditional strength training for the thigh muscles was performed twice a week for 45 min, and the vibration training was done for a total of 8 weeks. Before and after training, The isometric strengths for the extensors were measured at 60 ° knee flexion and the isokinetic strengths for flexion and extension at 60 ° / s in the concentric mode for both legs. Based on the anamnesis of the legs were defined as the more affected and the less effective leg.

Results:
Isometric extension of the vibration group. The isokinetic flexion and extension strength. Flexion strength increasing slightly more in the vibration group. During the intervention pain decreased in both groups. In the control group, no significant changes occurred at any measurement points.

Conclusion:
Vibration training results similar results as a result of this training.