

# Moving from falls to stability at 87 years old.



## Bill Probasco

**Training Product:** Galileo Fit with Computerized Personal Trainer

**Training Since:** September 2014



## The Background

At 85, Bill Probasco was convinced the aches and pains he was feeling were all part of the aging process. He even chalked up frequent falls and unsteadiness as normal side-effects of aging.

Knee pain meant Bill frequently used a cane to walk; and he resorted to crutches when the pain was too much to bear. Over the years, cortisone injections were no longer enough to ease the pain and he was a candidate for knee replacement surgery. He put the surgery off, hoping to avoid a worst-case scenario.

Bill has an irregular heartbeat and was suffering with arthritis in his knees and hands. While he used medication to manage these conditions, his orthopedic surgeon highly recommended a knee replacement.

After falling in a crosswalk and needing help to get up, he knew it was time to do something. This led him to seek a modern—and less invasive—solution. Bill decided to try Galileo Training. He really didn't think it would work, but thought it was a better option than surgery. Bill began to use the Galileo Fit to build his muscle health with assistance from a computerized personal trainer.

## The Training

Bill had several goals when he started Galileo Training, including building muscle power, improving his balance and increasing his flexibility.

To achieve these goals, he started slowly by doing 3 - 3-minute training sessions on the Galileo Fit with a walking rest of 1 minute in between. His total training time amounted to 11 minutes, 3 times a week.

During the first month, Bill's exercises were simply 3 sets of slow squats targeting his legs, glutes and back. The first session was at 18Hz to warm up, the second session was at 24Hz to build muscle power in his legs and the third session was at 18Hz to build muscle function.



While Bill immediately felt more coordinated after each training, he was still uncertain what the long-term effect would be. The good news was his knee pain was gone and so he increased his exercises and training time to 28 minutes and 3 days a week. Bill added calf work, one-legged standing exercises, rotational exercises and squats, holding the position as long as possible while increasing the frequency. These simple exercises were designed to improve his upper body flexibility, lower extremity muscle strengthening and overall balance.

After a year of training Bill's test results, on a Leonardo Forceplate, showed 38% increase in sit-to-stand and 19% increase in muscle power.

During his 3 Galileo workouts each week, Bill (now 87), is able to hold a squat at 33 Hz for 2 minutes during 2 training sessions. That's 7,920 muscle contractions in 4 minutes.

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*"To see this much change in a really old man is amazing! It makes everyday living so much easier."*



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## The Gains

Bill is back in business, so to speak! He drives to work daily to run his Mid-Coast Investment company, enjoys family, friends, reading, watching movies and occasionally takes a trip to San Francisco from the Central Coast town where he lives.

In addition to gains in muscle strength, balance and flexibility, he says he feels great, has more energy and his attitude is much better. Less pain equals improved attitude!

Just a few months after starting Galileo-Training, Bill no longer had knee pain. His other joints felt better, too, including his formerly achy hands, thanks to improved blood flow. Bill and his orthopedic surgeon are delighted that he avoided surgery despite the fact his MRI showed bone on bone and no other solution.

And those falls, canes and crutches—they are things of the past thanks to Bill's motivation and consistent, high-repetition Galileo Training.

"Thanks to Galileo my life is very different, I realized that you don't have to accept deconditioned muscles resulting in falls just because you are older. Even in your 80s, you can improve muscle health, balance and flexibility to prevent falls. I'm overjoyed that I gave Galileo a try and can't imagine not doing my training. It makes me feel great, I'm more active and my life is more meaningful."



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## Exercises to stay on your feet

Galileo<sup>®</sup>  
Training



One-legged Standing



Calf Training



Rotation



Squat

*Get fit. Stay fit.*