

Improved blood flow and muscle building are hallmarks of Galileo training



Rachael Short

Level of Injury: C4 complete tetraplegic

Training Products:
Galileo TiltTable, Galileo Dumbbell

Training Since: January 2015



The Background

A car accident on Halloween night in 2010 left Rachael Short on a ventilator and dependent on a feeding tube for nutrition. Doctors diagnosed her with a C5-C6 fracture dislocation and she was classified as a C4 ASIA-A tetraplegic. At age 28, she was told she would never walk again.

It didn't take long for Rachael to gather her strength and begin the hard work of recovery.

Recognized at a young age as a talented photographer, today Rachael owns a photography gallery in Carmel, California, where she curates showings and has displayed her own work,

www.rachaelshort.com. She was recently named one of the iconic beach town's most influential people. Her Galileo training could be described as exemplary, as well.

The Training



Rachael trains four hours a day, six days a week with trainer George Taylor. She began using the Galileo TiltTable and Dumbbell once a week in January 2015 and progressed to incorporating Galileo training at home six days a week in May 2015.

She trains with the Galileo Dumbbell for



30 minutes daily in three-minute intervals. The training includes Rachael gripping the dumbbell herself to start out and then with assistance from George to make the resonance of the vibration more effective and to extend the vibration into her shoulder.

She uses the Galileo TiltTable for nearly an hour during each therapy session in three-minute intervals. Training begins with the table at 60 to 65 degrees and progresses to vertical. The Galileo is used at the start of each session with a

"Galileo is a highly effective muscle tool and I can't think of a population that it wouldn't be good for. There's no doubt it provides real powerful gains."

George Taylor

trainer to Rachael Short



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tone-normalizing intent, George explains, to clear spasticity. Rachael, with George's assistance, then does squats, single leg knee bends, forward bends at the trunk and additional exercises to strengthen her core.

"Galileo training has helped me to exercise my body in a way I wasn't able to do before. It gets your whole body working and the blood flow and circulation benefits are huge," Rachael describes. "I'm able to train my muscles, which I wasn't able to do with any other tool or exercise."

The Gains

Rachael notes improved wrist and shoulder strength, along with improved overall arm strength, from Galileo Dumbbell training. Her wrists are more stable and she is able to pick up heavier items than previously.

George says her tricep muscles are visibly emerging and that Rachael has improved blood flow to the shoulders. "We're trying to facilitate neural connections between volitional control of her arms,

and the vibration is facilitating her active ability more," he says.



Training done on the Tilt-Table is focused on

reducing spasticity and developing muscle control and power. Activating and lengthening muscles, improving core strength and "relearning of her entire neural system" are also focuses, George says.

Galileo training has calmed spasticity enough for Rachael to improve alignment of her core. George is also seeing significantly improved balance in her trunk, which allows Rachael to generate movement left and right. He also points to muscle gains and muscle activation, which allow for righting reactions and improved ability for Rachael to move herself and prevent falls.

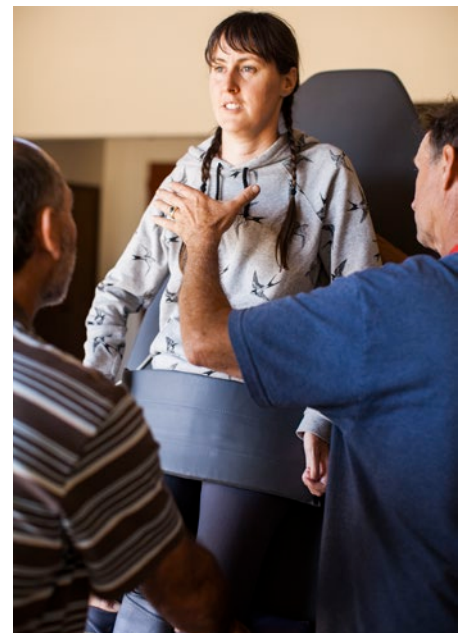
Increased blood flow has been an additional benefit, an outcome that helps

with pain management. "When muscles are tight and imbalanced, it pulls the joints out of alignment. If you can pump the fluid off the tissue and use Galileo vibration to help things flow, you can see the increase in blood flow."

George also points to improved lower back activity and significant improvement in the muscles used for breathing. "Anything that activates inhalation and exhalation muscles, and strengthens them helps with oxygen uptake – and that's huge."

There's also been a definitive change in Rachael's arm muscle development which has improved her shoulder stability.

"Galileo training activates the afferent and



efferent muscle system involuntarily," George explains, "It's a highly effective tool and there's no doubt it has real powerful benefits."

