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Orthopaedic Associates of St. Augustine Helps Patients Rehab Faster and Safer with the AlterG® Anti-Gravity Treadmill®

June 12, 2012 – Orthopaedic Associates of St. Augustine today announced that the AlterG Anti-Gravity Treadmill, the world's first and only treadmill using NASA based anti-gravity technology, has been installed to help patients in their short-term rehabilitation programs. Orthopaedic Associates of St. Augustine will utilize the AlterG Anti-Gravity Treadmill to assist patients in their recovery after surgery, in addition to working with athletes on improved training and conditioning.

AlterG Anti-Gravity Treadmills enable faster rehabilitation, safer conditioning for the geriatric population, and weight loss, which can help remove major obstacles associated with these activities. Impact on the body and the pain of recovery are reduced, which helps people achieve better results. Patients at Orthopaedic Associates of St. Augustine can now rehab better, train smarter, and exercise safer with the AlterG.

With the AlterG, patients can run and walk without bearing their entire weight, reducing the impact on the body to optimize rehabilitation and physical therapy outcomes. Its Differential Air Pressure (DAP) technology applies a lifting force to the body that reduces weight on the lower extremities and allows precise unweighting – up to 80% of a person's body weight, so people can find exactly where the pain stops and natural movement feels good again.

According to Ryan Hemelt DPT, MOTR/L and Director of Rehabilitative Services at Orthopaedic Associates of St. Augustine, "The Alter-G is the best sports medicine treadmill on the market allowing patients to decrease impact on their joints and reducing pain without sacrificing normal walking or running mechanics."

There are a multitude of benefits when training and rehabilitating on the AlterG. Patients can use the AlterG Anti-Gravity Treadmill to recover from injury and surgery and it allows them to immediately do partial weight bearing exercises. Patients with neurological disorders maintain, and in some cases even regain functionality and mobility working with the AlterG. It is also used as a motivational tool for obese patients, as users can immediately experience what it would feel like to weigh less, exercise with less joint impact and stress, and improve their cardiovascular health.

"With AlterG you get all the gain, without the pain," says Steve Basta, CEO of AlterG. Adopted initially by nationally renowned hospitals and rehabilitation facilities, most recently nursing facilities are seeing the benefits the AlterG can provide for their patients. "We are pleased that Life Care Centers of America is one of those pioneers," he said. "Our unique approach to unweighted physical therapy preserves natural body movement, helps with fall prevention and benefits a broad range of medical conditions."

"We are very excited to be able to be the only facility in St. Augustine with the AlterG," says Hemelt. "This state of the art, anti-gravity treadmill is without a doubt the finest available."

AlterG Anti-Gravity Treadmills are designed to be used for lower body injury and surgery rehabilitation, aerobic conditioning, weight control and reduction, sport specific conditioning programs, neurologic retraining, and geriatric strength and conditioning.

About Orthopaedic Associates of St. Augustine

Orthopaedic Associates of St. Augustine has two locations. Their main facility, with the AlterG Anti-Gravity Treadmill, at One Orthopaedic Place in St. Augustine and the County Road 210 Sports Medicine and Physical Therapy Center at 3055 CR-210 West, Suite 110 in St. Johns. For an appointment or evaluation about utilizing the AlterG, please call the Physical Therapy Department at 904.825.0031. For additional information about Orthopaedic Associates of St. Augustine, please visit our website at www.oastaug.com.

About AlterG

AlterG, Inc. manufactures and distributes the AlterG® Anti-Gravity Treadmills®, a revolutionary technology for rehabilitation and athletic training. AlterG's unique anti-gravity technology was originally developed at NASA and tested at Nike's Oregon Research Project by America's top distance runners and is the only FDA-approved device of its kind. Located in Silicon Valley, AlterG is now selling Anti-Gravity Treadmills worldwide. For more information visit www.alter-g.com or contact the company at info@alter-g.com.