



Bone & Joint Journal

SUMMER 2012

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AlterG® Anti-Gravity Treadmill Arrives!



Orthopaedic Associates of St. Augustine would like to announce 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.

"We are very excited to be able to be the only facility in St. Johns County 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.

Welcome to Our New Physical Therapist!

Orthopaedic Associates of St. Augustine would like to announce the addition of Jacob Fouts-DPT, CSCS, to their physical therapy staff.

Fouts completed his undergraduate degree at St. Ambrose University where he earned a Bachelor's degree in Exercise Science and Human Performance and graduated from the University of St. Augustine for Health Sciences with a Doctorate in Physical Therapy.

Fouts is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, focusing on applying scientific knowledge to train athletes for the primary goal of improving athletic performance. He is also a member of the American Physical Therapy Association and Sports Physical Therapy Section.

Fouts will work at the practice's Sports Medicine and Physical Therapy Center located in the northern part of the county at 3055 CR-210, in St. Johns.



Jacob Fouts-DPT, CSCS

CONTEST!!!

Answer all of the questions below correctly for a chance to win a **\$50 gift certificate** to a local St. Augustine Restaurant!

The _____ is the world's first and only treadmill using NASA based anti-gravity technology

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.
True/False

The _____ can be 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.

_____, DPT, CSCS is the newest addition to the OASA physical therapy staff.

Fouts is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, focusing on applying scientific knowledge to train athletes for the primary goal of improving athletic performance.
True/False

Fax by September 30th to 904.825.2490

Attn: Francine Quesada, Marketing Director (Hint: All answers are in the newsletter.)

Name: _____ Phone #: _____