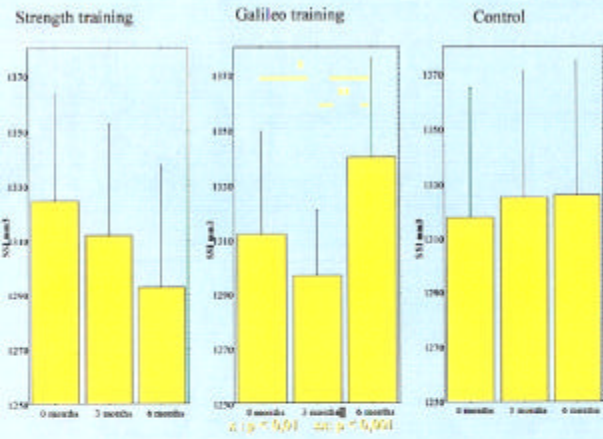


Long term effects of Galileo 2000 - a new training device

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Polar SSI 14% of TBIn



Galileo 2000 is a new device for dynamic muscle training. The device evokes rhythmic (25-30Hz) muscle contractions.

In this study a group of 44 untrained healthy postmenopausal women (50-65 y) were examined to evaluate long term effects (muscle force and bone-strength) under two forms of continually adapted dynamic strength training for the lower limbs. Women were randomized into 2 groups.

The first group (Strength) performed a conventional dynamic strength training, providing an intensity of about 70% of each person's one-repetition-maximum (1RM). The lower limbs were trained by the following movements and machines: abduction, adduction, anteversion and retroversion of the thigh (using a hip machine) and extension of the knees and hip (using the legpress).

The second group (Galileo) performed a strength training during an additional intervention of high frequency vibrations (25-30Hz, Galileo 2000). Practising knee bends with weights (4-5 seconds for one knee bend), optimum effectiveness was assumed when marked fatigue of the exercised group of muscles was observed within 180-240 seconds per set.

Both groups performed 2 sets a unit, twice a week over 6 months.

A third group (Control) of 21 persons served as a control.



Bone strength:

The polar SSI at 14% (Stress-Strain-Index) which was measured by the pQCT (Stratec XCT-2003) was used as a method to determine the bone strength. The SSI was calculated from the cortical density/area and the radius of the bone.

Results indicate that strength training with Galileo 2000 leads to a slight decrease of bone strength after 3 months ($p = 0,107$) followed by a strong increase of bone strength after 6 months ($p = 0,0005$). In comparison with the baseline data a significant increase of stiffness of 2,15% is remarkable ($p = 0,0054$) after 6 months.

The group practising the conventional strength training showed a tendency towards a decrease of bone strength over the period of 6 months ($p = 0,29$).

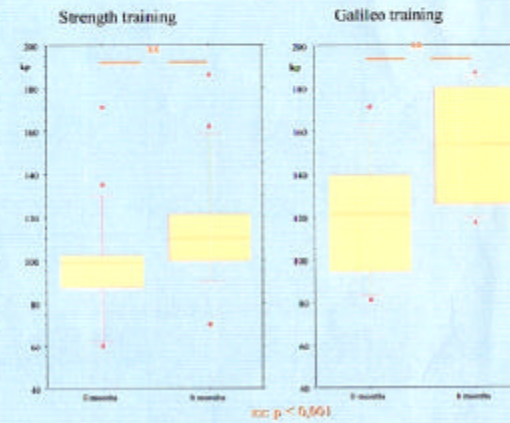
No changes could be observed in the control group.

Muscle force:

The 1RM at the legpress was used in order to explore the strength of each person. The training was also able to amplify each test person's 1RM ($p = 0,0002$). The Strength group had an increase of 19,4% and the Galileo group of 27,0%.

Based on these results, we conclude that Galileo 2000 may be a promising device for an effective, safe, reproducible and adaptable method of therapeutic strength training.

1RM on the legpress



$$SSI (mm^{-2}) = \sum \frac{r_i \cdot \Delta \rho_i}{\Delta r_i} = \frac{r_{in}^2 \cdot \rho_{in}}{2 \cdot \Delta r_{in}}$$