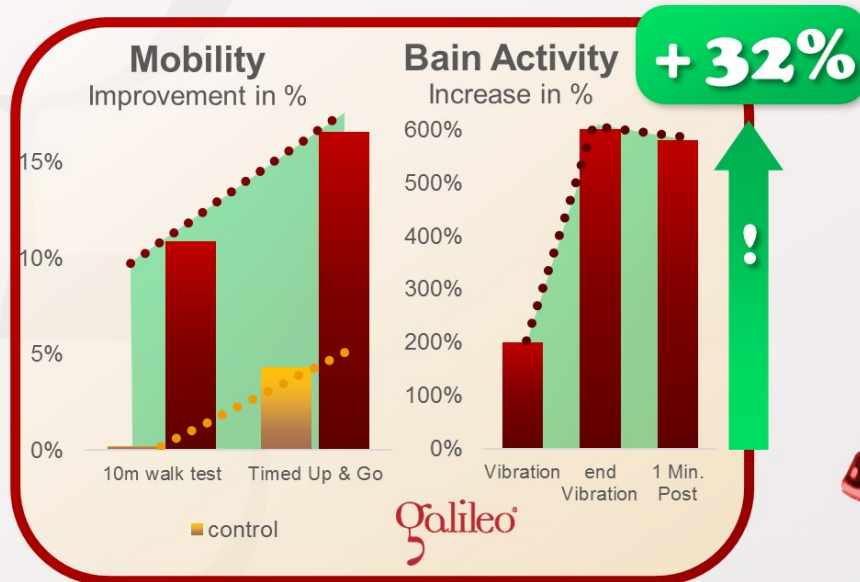


# Can 5 minutes Galileo Training increase brain activity and mobility in stroke patients ?

## The answer is: YES

This study evaluated the effects of Galileo Training on brain function (oxygenated Hemoglobin) and mobility in chronic stroke patients (Galileo Delta tilt table, 60° tilt, 20Hz, pos. 2, 5 min.). The Galileo groups showed more significant effects on mobility like the timed up & go test (+17%). Galileo Training also caused an increase of brain activity (Hemoglobin) with an increase of 600% directly after the Galileo Training.



Jung W, Yeo SM, Choi DS, Lee A, Park W, Chang WH, Kim YH: Does Whole Body Vibration Exercise Stimulate Cortical Activity in Chronic Stroke Patients? A Functional Near Infrared Spectroscopy Study; Korean Society for NeuroRehabilitation meeting poster, 2017; GID: 4387

## Another study from Korea showing the effects of Galileo

Training on mobility in chronic stroke patients (20Hz, squat, Galileo Delta tilted by 40° backwards). Two points are of special interest: A) a similar protocol as in [#GRFS66](#) was used but only for 5 minutes once instead over 5 times per week for 4 weeks but both studies used a similar mobility test.

Therefore immediate and mid-/long-term effects can be compared: The study shows something typical for Galileo Training: essential short-term effects can be seen right after a few minutes of Galileo Training (in this case 17% improve in mobility after 5 minutes compared to 30% increase after 4 weeks of Galileo Training). These immediate effects disappear after minutes, hours or days, but can be stabilized if the therapy is carried out over a longer period. B)

This study also monitored brain activity during and after the Galileo Training and showed in the parts of the brain relevant to movement and movement learning an increase in brain activity of 150% at the beginning and 600% after the 5 minutes. This effect was still present 1 minute after end of the Galileo Training.