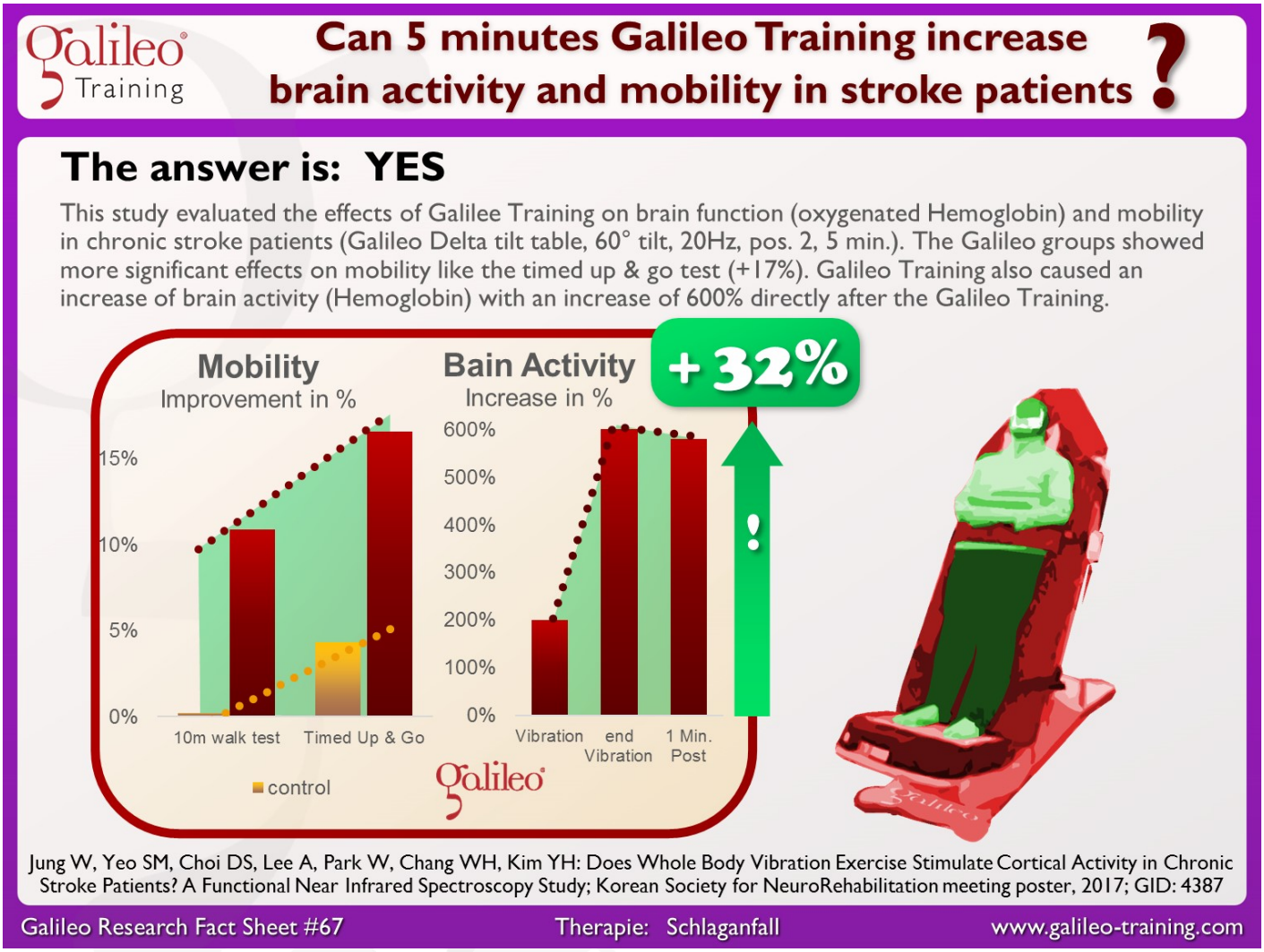


Another study from Korea showing the effects of Galileo

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 movment 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.