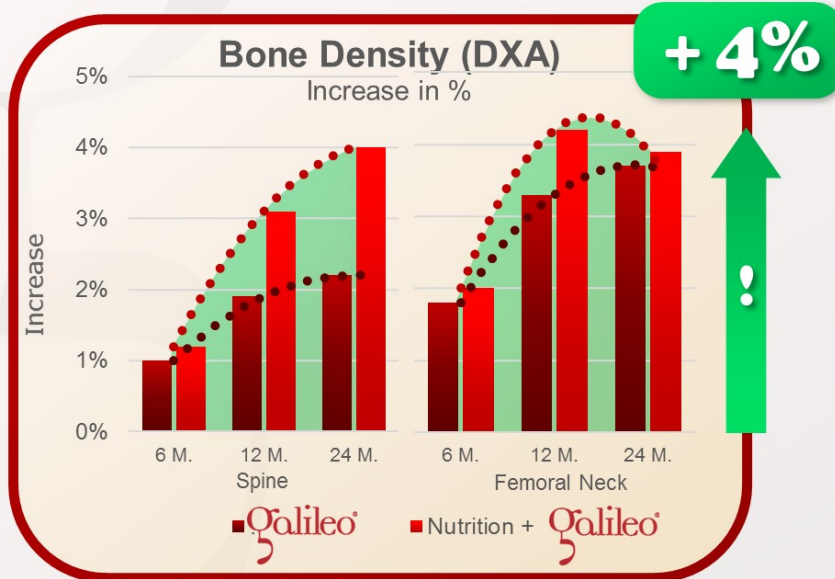


# Can Galileo Training increase bone density at spine and hip?

## The answer is: YES

This study investigates the effect of 24 months of Galileo Training in bone density (DXA) at the spine and at the hip in osteopenia patients (16Hz, 3x3 min., 1/week, 24 months). Both groups received Galileo Training one a week but one got addition Calcium and Vitamin D daily. Both groups showed improvements of bone density of up to 4% with a slightly higher effect in combination of Galileo Training and Nutrition.



Praet SFE, Mulder H, Snelder N: Medical Vibration Therapy in Osteopenic patients with Galileo900/2000; Thesis, Maxima Medical Centre Veldhoven, TU Delft, RU Leiden, 2004; GID: 993

This study shows once more that Galileo Training can increase bone mass and bone density in many health conditions ([#GRFS68](#), [#GRFS48](#), [#GRFS72](#), [#GRFS52](#)).

This study was designed as a feasibility and safety study therefore a moderate frequency of 16Hz was selected for training – using 25Hz and more (starting with small amplitudes) to focus on muscle power ([#GIS1](#), [#GRFS3](#)) would have been even more effective for increase of muscle mass and therefore for bone mass and bone density.

Nevertheless it is interesting that even this moderate training intensity caused a significant increase in bone density (assessed by DXA). The control group receive additional daily supplementation of Vitamin D (600 I.U.) and Calcium (500 I.U.).

The results show that this combination was even more effective especially at the spine.

A good example how Galileo Training can be integrated into existing therapy concepts.