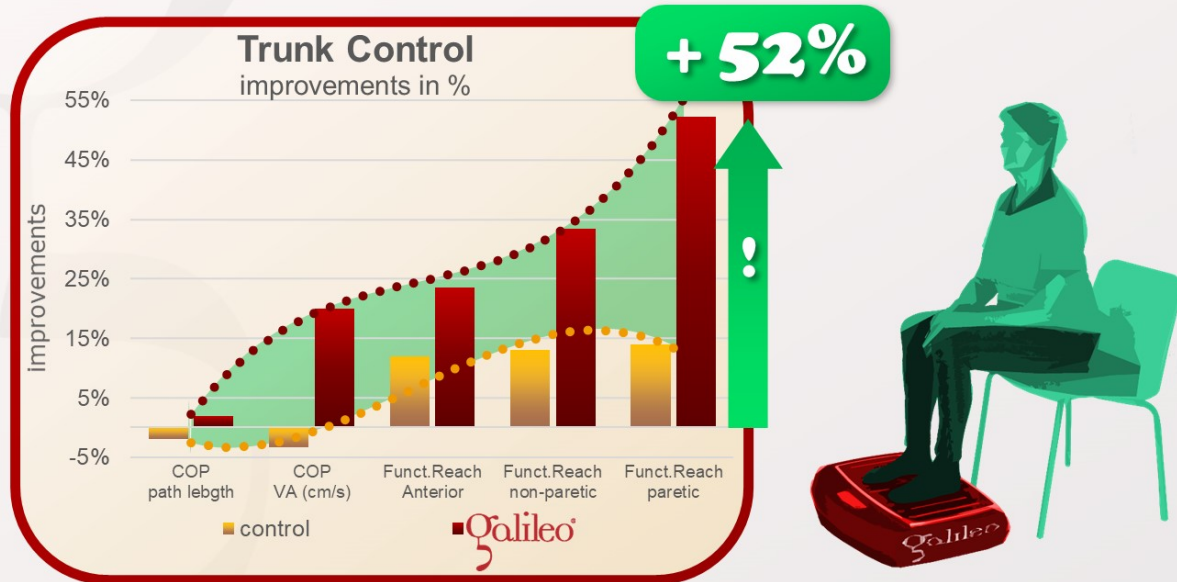


# Can Galileo Training improve trunk control in stroke patients ?

## The answer is: YES

This study shows the effects of Galileo Training on trunk control (sitting balance) in stroke patients (15-22Hz, pos.1-4, 4\*3 minutes, 5/week, 4 weeks, functional training while sitting, feet on Galileo). The control group received functional training (hand and shoulder function) only, the Galileo group performed identical exercises while the feet where vibrated. The Galileo group showed significantly higher improvements of trunk control.



Choi SJ, Shin WS, Oh BK, Shim JK, Bang DH: Effect of training with whole body vibration on the sitting balance of stroke patients.; J Phys Ther Sci, 26(9):1411-4, 2014; PMID: 25276025; GID: 3646

As done in [#GRFS67](#), [#GRFS66](#) and [#GRFS40](#) this study investigated the positive effects of Galileo Training for stroke patients. In this case the focus was on the improvements of trunk control (sitting balance).

Therefore the control group as well as the Galileo group receive functional training 15 minutes functional training while sitting (hand and shoulder function).

The Galileo group did identical therapy but with the feet on the vibration Galileo (15-22Hz, pos. 1-4, 4\*3 minutes). The mechano-stimulation of the Galileo group showed significantly higher improvements of trunk control of up to 52% in average.

This is a quite remarkable result considering that the patients were sitting in front of the Galileo whit only the feet (passive) on the device.

Probably the effects would have been even higher if they had been sitting on the Galileo (e.g. the Galileo on a stool or using the Galileo Chair).

It is also interesting that only 4 weeks of 15 minutes Galileo therapy per day showed such a high improvement.



[J Phys Ther Sci](#). 2014 Sep;26(9):1411-4. doi: 10.1589/jpts.26.1411. Epub 2014 Sep 17.

## **Effect of training with whole body vibration on the sitting balance of stroke patients.**

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### **Abstract**

[Purpose] The purpose of this study was to determine the effects of task-oriented training with whole body vibration (WBV) on the sitting balance of stroke patients. [Subjects] The subjects were 30 stroke patients who were randomly divided into experimental (n1=15) and control (n2=15) groups.

[Methods] Subjects in both groups received general training five times per week. Subjects in the experimental group practiced an additional task-oriented training program with WBV, which was performed for 15 minutes, five times per week, for four weeks. The center of pressure (COP) path length and average velocity were used to assess subjects static sitting balance, and the Modified Functional Reach Test (MFRT) was used to assess their dynamic sitting balance. The paired t-test was performed to test the significance of differences between before and after the intervention. The independent t-test was conducted to test the significance of differences between the groups.

[Results] Following the intervention, the experimental group showed a significant change in MFRT.

[Conclusion] The results of this study suggest that task-oriented training with WBV is feasible and efficacious for stroke patients.

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