


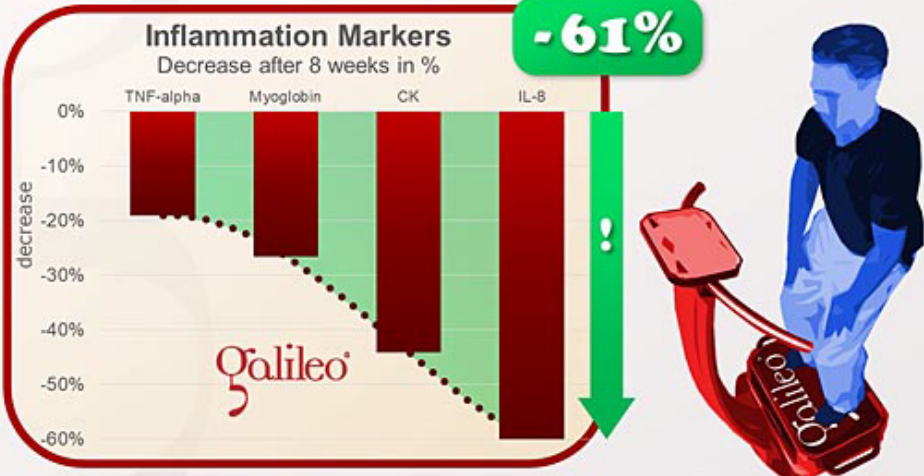
## Galileo Research Fact Sheet #106: Can 8 weeks of Galileo Therapy decrease inflammation markers?



### Can 8 weeks of Galileo Therapy decrease inflammation markers ?

**The answer is: YES**

This case study reported the results of Galileo Therapy in a patient with Anti-Jo-1-Syndrome (auto-immune disease) on inflammation markers like CK, IL-8 and TNF-alpha (26Hz, pos. 2, 6\*2 min. + 12 Hz, 3min. cool-down, week, 2 months). Additional therapy was not changed during this time. The results show a significant decrease of the inflammation makers CK, IL-8 and TNF-alpha after 8 weeks by up to 61%.



Marker	Decrease (%)
TNF-alpha	-20%
Myoglobin	-25%
CK	-45%
IL-8	-61%

Galileo

Greulich T, Müller S, Fechtel J, Schubert H, Vogelmeier C, Koczulla AR, et al.: Spezielle Trainingstherapie zur Reduktion der Inflammation bei Anti-Jo-1-Syndrom (Special Training Therapy to Reduce Inflammation in Anti-Jo-1 Syndrome); Pneumologie, Oct;65(10):624-7, 2011; GiD: 2755

Galileo Research Fact Sheet #106      Therapy: Inflammation Markers      [www.galileo-therapy.com](http://www.galileo-therapy.com)

This case study documented the effects of 8 weeks of Galileo Therapy on inflammation markers in a patient with Anti-Jo-1\_Syndrome (an auto-immune disease). At the beginning of the Galileo intervention the patient reported idiopathic muscle pain, decrease muscle power (e.g. 6 minute walking test) and increased inflammatory parameters.

Over a period of 8 weeks the patient then received Galileo Therapy (the first 3 weeks with slowly increasing intensity, then 3 times per week, up to 6 times 2 minutes at 26Hz, position 2, slightly bent legs plus one set of 12Hz for 3 minutes as cool-down). The results showed significantly improved symptoms, improved muscle function (+17% walking distance), a 200% increased muscle cross-section of the Rectus Femoris and significantly decreased inflammatory markers (CK, IL-8, TNF-alpha) by up to 61% and therefore a significant increase in quality of life.

These results are quite interesting since usually intensive training to build-up muscle mass and function in such conditions cause an increase of inflammatory markers and CK levels. However in this case of effective Galileo Therapy this was not the case. These results are in line with other Galileo studies which for example show that intensive Galileo training can even decrease CK levels e.g. in Duchenne Muscle Dystrophy (DMD) patients (#GRFS91), during bedrest study in space research (#GRFS90) or as a cool-down after high intensive exercise sessions (#GRFS46, #GRFS5). This is probably one of the reasons why Galileo Therapy can be so effective in patients with Duchenne (#GRFS73, #GRFS57) and COPD (#GRFS41, #GRFS34, #GRFS32).

Therapy - Inflammation Markers  
#GRFS106 #GRFS