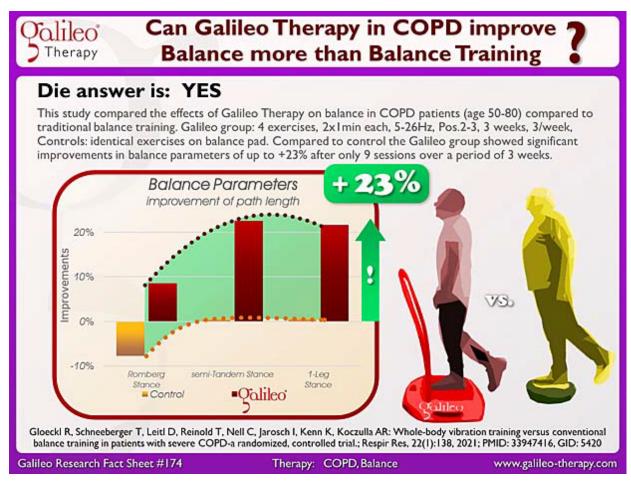
Galileo Research Fact Sheet #174: Can Galileo Therapy in COPD improves Balance more than Balance Training?



This study compared the effects of Galileo Therapy on balance parameter sin COPD patients (age 50-80, GOLD III-IV) compared to traditional balance training. During a well-established 3-week intensive inpatient therapy concept (6 therapy days per week) 3 times per week an additional 20 minutes balance therapy session was added. Two groups used identical exercises, each 1 minute, repeated twice with 1 minute break in-between either on Galileo or on a standard balance pad. 4 Exercises were used: dynamic squat (Pos. 2-3, 18-26Hz), dynamic heel raises (Pos. 2-3, 18-26Hz), static 1-legged stance (Pos. 0, 5-15Hz) and a dynamic Lunge (Pos. 2-3, 18-26Hz). The used exercises therefore represent a combination of balance and muscle power-oriented therapy goals.

Outcome parameters were focusing on balance (e.g. path length in Romberg, semi-tandem and 1-legged stance) and performance parameters (jump power, 2MWD, CRT) (#GRFS156). Balance results were explicit: insufficient result for traditional balance exercises but significant positive effects in the Galileo group with improvements of up to +23% - even though much balance was not the only target of the exercises.

These results are remarkable considering a total active exercise duration of only 9 x 8 minutes over a period of 3 weeks, compared to the intensive 6-days per week therapy concept it was added to.

Therapy - COPD, Balance #GRFS174 #GRFS