

Busy executive trains at home for “amazing” improvements.



Megan Burns

Training Product: Galileo S35 with T-Handrail

Training Since: 2020

The Background

Most will remember 2020 as a year when life was put on hold. Megan Burns will remember 2020 as the year her life finally started moving forward.



The VP of sales for a busy commercial food service, Megan worked from home due to the quarantine – a dramatic change to her usual pace. “I went from a thousand miles an hour to less than one mile an hour on any given day,” she says.

That change of pace meant Megan would no longer be commuting several hours per day to-and-from the office. So she put that extra time to good use training in her home gym with her Galileo, making noticeable gains in her recovery from a medical emergency.

“In 2015, I had a spinal cord stroke which was caused by an arteriovenous malformation that had ruptured inside of my spinal cord,” she explains. “The end result was incomplete paraplegia.”

Megan underwent traditional physical therapy, surpassing her doctors’ expectations by transitioning from a wheelchair to a walker, then to walking with AFO braces and a cane. Not content to walk with assistance, she checked into a study at Shirley Ryan AbilityLab in Chicago where she was introduced to an exoskeleton from Ekso Bionics.

Megan underwent a 12-week therapy program using the exoskeleton, which she describes as “being inside of a robot.”

“In the beginning, the robot will do a lot of work for you, but as you learn more, the robot will back off. Through the exoskeleton, I learned how to walk again unassisted.”

Megan’s success led to her becoming an ambassador for Ekso, a role that sent her to conferences and trade shows around the country. It was at one such trade show that she met Bob and Marilyn Hamilton, representing Galileo at a booth not far from Ekso’s.

“During breaks, I would go to their booth and they taught me how to exercise my weak muscles on Galileo,” she says. “Over the course of the three-day event, they continued showing me different things to do. And by the end of the show, I noticed that my spasticity was reduced, the swelling in my legs was reduced, the tone in my right leg was improved, and I was able to get my heel down in the exoskeleton device –



“The Galileo has really helped me with my core strength, and I’m much stronger overall. I have more stamina so I can work out longer”

Megan Burns



(831) 222-0330
GalileoUSA.com

something I'd never been able to do before." What was so amazing was it only took a few minutes of training to get a big outcome.

Megan left the event "feeling pretty excited by the Galileo whole body vibration device," and followed Marilyn's recommendation to meet with Sakina Valika at TRYAbility, a rehab center near her home utilizing Galileo technologies and training. After seeing the same reduction in tone, spasticity and swelling each week after just a couple of sessions with Sakina, Megan decided to invest in the Galileo for her home gym.



The Training

Megan purchased her Galileo with T Handrail in December, 2019, and installed it in her home gym in early 2020 – just as she was about to begin working (and training) at home.

She began with "basic building blocks" she received from Bob and Marilyn, and later augmented these with additional exercises recommended by Sakina. From there she turned to the training manual that accompanied her Galileo purchase, which featured another 100 exercises and ideas.

As her training and improvements continued to progress, Megan's confidence empowered her to develop new things to try with the Galileo. "Because my balance would be improving, I would incorporate ankle weights and resistance bands and different things to challenge myself."

Megan's Galileo training protocol expanded into a 6-day-a-week program with a rotating daily focus on upper legs, lower legs, balance and core.

Her upper leg protocol includes multiple bouts of squats and lunges, while the lower leg program centers on calf training with heel raises. Core training includes both active sit-ups and seated isometric sit-up holds. Balance training requires multiple bouts of focused one legged standing balance.

Each day's workout lasts from 20 to 45 minutes, and is broken up with walking, planks and other diversions to keep the program fresh.

While Megan continues to train at home with the Galileo platform, Sakina has become her primary physical therapist. In her sessions with Sakina at TRYAbility, Megan uses the Galileo to warm up for the first 3 to 6 minutes "to help with whole-body activation and my core stability," she says. "Then Sakina shows me something a little bit different to do with it, so I continue to build my repertoire of what I do on my Galileo."

The Gains

Megan says that the improvements she has seen in tone, spasticity and swelling have become "a constant" since training with the Galileo. "Those are all reduced and getting better every day. My balance is also much better."

A resectioning of her spinal cord left Megan with a weak core, which she says has greatly improved with Galileo training.

"The Galileo has really helped me with my core strength, and I'm much stronger, and feel better overall. I have more stamina so I can work out longer," Megan says. "The way I describe what Galileo does for me is: it involuntarily works the muscles that I can't."

One of the most exciting improvements for Megan is the absence of her drop foot.

"The drop foot in my left leg is completely gone. And on my right foot, prior to



Galileo, my toes were curled under. I couldn't even pry them open with my hand. Now my toes are flat and I can pick them up off the floor. And since I am not dragging my toes anymore, I am able to walk farther distances. Also, I haven't ruined a pair of shoes in over a year. Before Galileo Training with my toe drag my shoes would get destroyed."

Megan's training and improvements in balance and proprioception recently enabled her to achieve a long-held goal of jumping from a cliff into the ocean. Buoyed by this success, she has set her sights on her next goals: playing tennis and wearing high heels with greater ease.

Would Megan recommend training with the Galileo platform to others?

"Yeah, absolutely I would recommend it. The improvement in my drop foot, to me, that's worth the investment right there. To have absolutely no ankle problems on my left leg whatsoever, and to not have my toes curled under on the right, that's worth its weight in gold. With short, consistent training you're going to catapult your recovery journey and experience increase whole body function, improved balance, stronger core and other amazing results from Galileo training."