

Athlete says he's regaining strength, muscle with frequent Galileo Training



Trent Swarhout

Level of injury: C4-C5, incomplete

Training product: Galileo Med L

Length of use: 4 months at home;
7 months at rehab center

The Background

A skiing accident in February 2012 left Trent Swarhout a C4/C5 tetraplegic. With an assortment of traditional and alternative training programs, Trent, a longtime hockey player and runner, is seeing gains in strength and muscle mass, and a reduction in spasticity.

Trent has sensation throughout most of his body, including being able to feel temperature and touch. He can also move his toes, arms and legs, and is able to pinch his fingers together.

He has struggled with severe spasticity in his legs that his father, Dave, describes as "terrible," despite taking medication to address the spasms.

Galileo Training is one of the tools Trent is using to fuel his recovery.

The Training

Trent and his father, Dave, have developed an intense, multi-disciplinary training program designed to help Trent regain his independence. He works with a trainer at home three times a week for 90 minutes. Twice a week, he does two-hour workouts at Next Steps Spinal Cord Injury Rehabilitation Center in Chicago. On weekends, Trent participates in a stretching program with a trainer and sometimes receives acupuncture.

Galileo Training is also part of his daily routine at home where he does three, three-minute Galileo sessions. He also uses the Galileo at Next Steps Chicago.

Dave says the goal of the multi-disciplinary training is to improve Trent's strength and

neural connections for improved muscle memory. "We want to get him stronger and have him regain his independence," Dave explains.

The Gains

Immediately after the accident, Trent was only able to move one arm. Today he's sitting up, seeing improvement in spasticity, building leg muscle and increasing bone density – all gains Dave attributes to Galileo Training.

"Galileo Training reduces the number and intensity of the leg spasms, there's no question in my mind. And it's improving his strength and his mental attitude because of what he is able to do on the Galileo," Dave describes.

Trent works his legs by using the Galileo alone and in conjunction with the Total Gym. "There's no question his legs have gotten stronger and bigger. He's almost back to where he was before the accident. Strength-wise, he's also getting close," Dave adds. "It's helping both the body and the mind rewire and get that connection."

Dave also participates in Galileo Training several times a week for his legs and triceps, and says he is gaining strength, tone and muscle mass. "It's a tough workout. After 90 seconds, my legs are burning. My goal with the Galileo is to increase my strength and stay in shape so I can continue to assist Trent."



"This is another tool in the toolbox to get Trent back on his feet. It's well worth it."

Dave Swarhout



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