

Linda set out to help clients overcome limitations. With Galileo, she revolutionized therapy in the process.



Linda Borgmeyer, OTR/L, MSK, MCSC

Novoleo Therapy and Fitness
Palm Beach County, Florida

Training Products:

3 Galileo S35, 2 Galileo S25 and 1 Mano Dumbbell

Training since: 2013



“I fell in love with it immediately.”

Linda Borgmeyer, an occupational therapist, had grown increasingly frustrated with her profession. “By 2013, I'd been an OT for 27 years, and I didn't like telling my patients that they had to live with pain and physical limitations,” she says. “I just became really disenchanted with my profession.”

Seeking a new direction, Linda enrolled in a Master of Kinesiology program, where a professor sent her a study on the effect of whole-body vibration (WBV) on neuromuscular recovery. Intrigued by the potential of this technology to help her patients, she began exploring various machines.

“Even though I was new to whole-body vibration, I knew I couldn't put someone on a device that wasn't proven effective for my senior patient demographic,” Linda says. Her commitment to evidence-based practice led her to discover Galileo, a well-known WBV product line from Germany.

As Linda explored the research on Galileo, she contacted Marilyn Hamilton, the CEO of StimDesigns and US distributor for Galileo. “I had a multitude of questions, and Marilyn responded quickly and patiently as I

bombarded her with inquiries about various protocols. She took the time to walk me through the science, providing relevant research that directly applied to my patients.”



Linda traveled to Orlando with a physical therapist to meet Marilyn and the president of Galileo manufacturer, Novotec Medical. There, she experienced the Galileo platform for the first time.

“I fell in love with it immediately,” Linda says. “My friend's back was hurting from the trip, and immediately the pain was gone. I read the research and found that the efficacy for its use was scientifically backed, and ever since I have not been without a Galileo.”

“Galileo's brilliant design takes the body's innate natural response, the stretch-reflex, and uses it to make the body stronger, stimulates the brain by increasing proprioceptive input and improves the trajectory of a person's health and mobility.”

Linda Borgmeyer
OTR/L MSK MCSC



(831) 222-0330
GalileoUSA.com

She has also maintained her relationship with Marilyn Hamilton through the years. “She has been a wealth of knowledge, working with me to discuss challenging cases and ensuring that I offer the most effective treatments. Her guidance has been instrumental in helping me build my practice, and her support has empowered me to help hundreds of clients. I am deeply grateful for her expertise and dedication.”

“This really got me excited about rehab again.”

Linda is now the co-owner of Novoleo Therapy and Fitness, a home-based outpatient therapy practice in Palm Beach Gardens, Florida.

“I have twelve therapists, five Galileo platforms and one Mano dumbbell, and we bring these incredible tools right to our clients,” she says. “I can’t imagine working without the Galileo platform because it reduces the time it takes to demonstrate functional improvements in muscle strength and power, and get my patients back to a life they enjoy. This really got me excited about rehab again.”

Linda’s clients love her in-home therapy, made possible by the Galileo platform’s

small footprint and her clever adaptations for enhanced portability. She has set up the platform in nearly every downstairs room of her clients’ homes – even the garage.



She recalls the first client she helped with the Galileo platform: a 100-year-old man named Ben. “He came to me and said, ‘I want to keep walking with my wife, but I can’t. I’m just so tired and my legs hurt so much.’ I trained Ben on the Galileo, and after 10 sessions, he was walking with his wife around the lake – about 600 meters – and he did that until the day he passed away at 104.”

Linda also shares the story of a client with Parkinson’s Disease whom she treated during the pandemic. “She was stiff from inactivity, showed signs of retreating within and didn’t make eye contact or assist with any daily activities. On the fifth treatment, she made eye contact with me and even reached out to touch my face.”

After several months of training, she was walking with minimal assistance, engaging with the family dog and making choices using a tablet. Her husband was

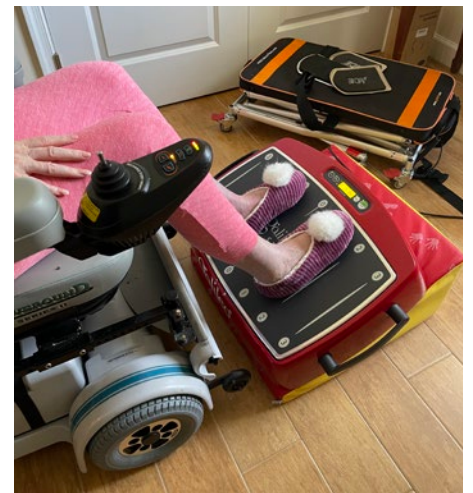


astonished by the change. “Of course, it did not stop the disease process, but I believe her last year was better for having had the treatment,” Linda says. “Those are the kinds of results that happen on a daily basis.”

“The impact of Galileo can’t be replicated.”

“Galileo’s brilliant design takes the body’s innate natural response, the stretch-reflex, and uses it to make the body stronger, stimulates the brain by increasing proprioceptive input and improves the trajectory of a person’s health and mobility,” Linda says.

She has become an outspoken advocate of Galileo therapy, even providing fellow clinicians with continuing education units (CEUs) on its benefits free of charge.



“I teach courses on the profound impact of WBV, and I focus on the Galileo because they have more peer-reviewed studies than I have seen on any therapy device,” she says. “My goal is to get Galileo into the hands of as many clinicians as I can, and my courses give clinicians an opportunity to experience the technology.”

“Using Galileo, I have trained therapists and an army of clinicians,” she says.

Linda believes Galileo technology should no longer be “the best kept secret” in therapy. “There’s nothing magical or mysterious about how it works. The only difference between the Galileo platform and traditional exercise is that there’s no way somebody can do 4,500 muscle contractions in three minutes during traditional strength training. The impact of Galileo can’t be replicated.”

The Galileo platform’s side-alternating mechano-stimulation provides immediate results for Linda’s clients who have



difficulty walking. “Ordinarily, when you get up to walk, the brain doesn’t use every muscle fiber to propel you forward. The brain promotes energy conservation and only uses what is needed. But when you train on the Galileo, every single muscle fiber automatically activates and you walk more efficiently as a result,” she says.

“Neurons that fire together wire together, and that’s about consistency, dosing and intensity,” Linda says. “My goal

is to make sure every therapist I know understands how to administer the precise intensity and dosing of the stimulation; if you don’t stay on top of that, the client will plateau. That’s not on the disease or brain injury – that’s on us as clinicians.”

Not surprisingly, many of those who attend Linda’s CEUs purchase a Galileo platform for their practice.

“They come, they try it out, they see the difference, and they know Galileo is going to set them apart. We all want to be a hero for our patients, right?”

“Make the difference you were meant to make.”

Galileo has made Linda a hero to more than just her clients. When a senior living facility followed her recommendation to invest in a Galileo platform, the results were extraordinary. “I asked them, ‘Do you want to set your facility apart? Do you want to reduce falls and provide an effective tool to keep your residents healthy, active and living their best lives?’ Galileo was great for their outpatient business. They had a waiting list within weeks and a full return on investment in just three months.”

Linda’s career renaissance, fueled by the Galileo, has also impacted her personal relationships. Her sister had been living with pain for years, with no relief from prescribed medications or chiropractor treatments. “She drove 24 hours from New York to stay with me in Florida,” Linda says. “When she stood on my Galileo, it got rid of her pain immediately. She used it for the three months she lived



with me, then bought one of her own.”

Linda’s husband also found the platform appealing. “I had it at work, but he didn’t have access to it, so he decided he wanted one too.”

“The Galileo platform is one piece of equipment that can be used at any age,” Linda says. “As we grow older, our joints can’t tolerate the heavy load of resistance needed to maintain strength and power. It’s nice to have everything you need to keep strength, balance and power in one small piece of equipment.”

More than a decade has passed since Linda stepped away from a frustrating career and into a role she finds empowering. What advice does she have for fellow clinicians who might feel as she once did?

“I would just say if you’re tired of telling people that they are going to have to live with pain or loss of function, then you need to try Galileo. It’s going to change the health trajectory of everyone you treat and the trajectory of your entire practice. There is support out there – myself included – that will teach you how to make the difference you were meant to make.”