

The answer is: YES

This study investigated the effects of Galileo Therapy in Cerebral Palsy (CP, GMFCS 1&2, age 5-9) (Cologne Concept: 3x3 minutes, 10 session/week, 26 weeks) on walking distance (1MWT). Galileo Therapy showed a significant increase after 6 months (+17%) while there was no further increase in the following 6 months without Galileo but with individual standard therapy.



Martakis K, Stark C, Rehberg M, Semler O, Duran I, Schoenau E: One-Minute Walk Test in Children with Cerebral Palsy GMFCS Level 1 and 2: Reference Values to Identify Therapeutic Effects after Rehabilitation.; Dev Neurorehabil, ():1-9, 2019; PMID: 31177878; GID: 4924

Another interesting study of the group of Prof. Schoenau at the University of Cologne ("Cologne Concept") which investigated the effects of Galileo Therapy in children (5-9 years) with Cerebral Palsy (CP) on muscle function in walking (Cologne Concept: 3x3 minutes, 10 session/week, patient individual exercises, 5-27Hz). The main outcome parameter was the walking distance of the 1 minute walking test (1MWT).

As in #GRFS163 the main goal of this study was to establish reference data for functional parameters in children with CP to be able to distinguish between effects caused by growth and standard therapy and effects of novel therapies like Galileo. The Cologne Concept is world-wide a unique institution, because nowhere else neuromuscular functional parameters of so many children with different diseases are assessed in such a standardized manner – for over 15 years now. This huge body of data is now used as a basis for normative values for various functional parameters separated by different diseases and severeness levels (in this study CP, GMFCS 1&2). This will help in the future to evaluate individual developments more objectively. There are some examples of the publications of the group so far: #GRFS14, #GRFS15, #GRFS30, #GRFS52, #GRFS72, #GRFS103, #GRFS122, #GRFS130, #GRFS148, #GRFS157, #GRFS162, #GRFS163, #GRFS165, #GRFS166.

As in other studies the results showed after 6 months of home-based Galileo Therapy a significant improvement of the walking distance by +17%. Especially the comparison to the following 6 months without Galileo but with the individual standard therapy is very interesting, because it did not show a significant additional improvement – even though a slight improvement in functional parameters is to be expected simply due to growth. This is a proof for the fact that the observed functional improvements are in fact caused by Galileo Therapy and that these effects are larger than those of the individual standard therapy.