

ELLIPTIGO

Innovative Rehabilitation and Training



The ElliptiGO is a real asset to my physical therapy practice because I now have an alternative for my athletes that more closely simulates the mechanics of running. Athletes often become frustrated when injuries and rehab limit their normal training and the ElliptiGO offers a fun workout that minimizes stress to the joints, strengthens muscles, and allows them to return to more sport-specific activity earlier.

Lisa Kearns, MS PT CSCS
Owner, SportFit Rehab and Training, Inc.

Simply put, the ElliptiGO is a great alternative for patients seeking to participate in a low-impact exercise program to maintain their function and quality of life. It allows athletes with degenerative conditions such as knee osteoarthritis to enjoy the feeling of being on the road again without exacerbating their condition.

Spencer Schreckengaust, DPT OCS APTA
Gaspar Doctors of Physical Therapy

Using ElliptiGO for Rehabilitation

The ElliptiGO offers your patients a fun and effective alternative to the traditional rehabilitation activities of swimming, cycling, and the indoor elliptical. Unlike swimming and cycling, riding the ElliptiGO is a weight-bearing exercise, helping the patient to prevent muscle atrophy and maintain bone density. The ElliptiGO is easy to ride and balance on while also providing a great core workout for the rider. Most patients also find the ElliptiGO riding experience more comfortable than traditional cycling because they ride in an upright position and don't experience the neck, back and seat pain that comes with sitting hunched over on a regular bike. But one of the most-loved benefits of the ElliptiGO is that it was designed for use outdoors. Instead of being relegated to the monotony of indoor treadmills and ellipticals, your patients will be able to enjoy the outdoors and have fun during their workouts. Patients actually *want* to ride the ElliptiGO, which helps keep them on track with their prescribed rehab program while reducing the likelihood that they will return to normal training prematurely and risk re-injury.

The ElliptiGO itself is a versatile piece of equipment for your patient care facility or office. With an adjustable stride length and adjustable handlebar height, the ElliptiGO is suitable for anyone between 5'0" to 6'8" in height and can accommodate a wide range of patients. Everyone from post-surgical patients with limited hip/knee flexion to athletes who are almost healthy enough to re-introduce running back into their training, can use and benefit from the ElliptiGO.

What Conditions Benefit from the ElliptiGO?

The ElliptiGO is a great tool for the management of a wide range of issues. Overuse/degenerative cases, post-surgical patients, and injuries of the foot, ankle, knee, hip and spine, in particular, can benefit from use of the ElliptiGO. From the professional athlete that just needs a day's break from the pounding of running to the OA hip that's staving off a surgical intervention, the ElliptiGO can be used as an integral part of most plans.

THE SCIENCE: ElliptiGO vs. Cycling & Running

In October 2011, the Exercise and Physical Activity Resource Center (EPARC) at the University of California, San Diego (UCSD) completed a metabolic testing study to determine and compare the energy cost of riding an ElliptiGO with conventional cycling and running.

The study found that riding an ElliptiGO required, on average, **33% more effort than cycling** at that same speed. They also determined that **heart rate responses and perceived exertion levels were very similar between the ElliptiGO and running**. To read the full study and see the test subjects' results, visit www.elliptigo.com



Gearing gives patients the ability to climb any hill and ride at various effort levels according to their individual needs



Use as a stationary elliptical indoors with patients not yet ready for the road

Sometimes injuries just need a break, but try telling a runner that. The ElliptiGO is a win-win for these patients. They get an effective cross-training session - outside, no less - and we can get their body the rest from the pounding that it needs.

John Ball, DC CSCS
Maximum Mobility

The ElliptiGO is the ONLY rehab activity that checks all the boxes:

Low Impact	Weight Bearing	Core Workout	Comfortable	Closed Chain	Outdoors	Fun!
✓	✓	✓	✓	✓	✓	✓

CASE STUDIES



Torn Labrum and Hip/Knee Pain

Brian Pilcher, 2011 USATF Masters Athlete of the Year, M55-59

Brian experienced significant deterioration of the cartilage in his hips and a torn labrum with bone-on-bone friction. He underwent arthroscopic surgery that shaved the bone down to anchor the labrum in place. Hip pain subsided and knee pain shortly followed. Brian became unable to run without pain. He rode the ElliptiGO daily for months, gradually increasing the intensity and effort of his workouts. His ElliptiGO training mileage over the course of a year enabled him to return to running and win national championships in the 5K and 10K after just three months of adding running back into his training.



Foot Fracture

Neely Spence, 8-Time NCAA DII Champion

Neely suffered a stress fracture in her foot training for the Olympic Trials and was instructed to perform non-impact activity for eight weeks. During recovery she learned about the ElliptiGO and incorporated it into her training regimen, which allowed her to maintain her normal training volume while injured. Neely credited being able to train outdoors in a running-like activity and at a hard intensity with maintaining her motivation to train and boosting her spirits at an otherwise low point in her running career. In her return to competition, she placed 2nd at the 2012 USA Outdoor 5K Championships.



Spinal Stenosis and Degenerative Disc Disease

John Pilkington, 55

John is a former runner and cyclist who has had degenerative disc disease since age 25 and was diagnosed with spinal stenosis in December 2009. At that time, his doctor said he could no longer run for fitness and could only do limited cycling. John first started riding his ElliptiGO in March 2010 and has since logged an average of over 200 miles per month on his ElliptiGO. He usually does 2-3 weeknight rides of 10-15 miles and rides 35-60 miles on the weekends. With his doctor's permission, John has begun running and racing again a couple of times each year with most of his training being on the ElliptiGO.

Get more details and see more Case Studies at: www.TheElliptiGOProject.com

What the Sports Medicine Community is Saying



"The ElliptiGO provides a low-impact cardiovascular workout that also engages core muscles, which protect the back from injury. Plus, using the ElliptiGO is fun, which can improve compliance with physician-prescribed exercise programs while reducing injuries and pain."

Dr. Adam Locketz, M.D., FAAPMR
Pain, Physical and Rehabilitative Medicine

"The ElliptiGO is a great exercise solution for people with joint issues. I strongly recommend it as an excellent, impact-free cardiovascular training device."

Dr. Mike Leahy, DC CCSP
Inventor of Active Release Techniques (ART)



"Our ElliptiGO trainers are regularly used by players returning from injury and are an ideal stepping stone between bike work and running. They can be used at an early stage with many injuries and allow the athletes to have a functional and challenging activity. I would highly recommend the ElliptiGO to any rehabilitation department."

Danny Donachie, Head of Medicinal Services
Everton Football Club, UK Premiership Soccer Team

"As both a runner and physical therapist, I understand the value of staying healthy. It is the most important factor for enhancing performance and the ElliptiGO is an excellent training alternative for both avoiding and recovering from injuries while maintaining physical fitness and mental well-being."

Simon Gutierrez, PT, MSPT, ATC
3 x World Masters Mountain Running Champion



"The ElliptiGO is an aerobic training device that approximates the running motion without imparting a load on the weight-bearing joints. In my opinion it is ideally suited to transition a lower-extremity injured player from the stationary bike to running. I don't consider myself an easy sale but I bought one for the Earthquakes."

Bruce Morgan, Head Athletic Trainer
San Jose Earthquakes, MLS Soccer Team

For more information about bringing ElliptiGOs into your organization, contact Brian Brown:

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www.elliptigo.com