

## GALILEO AT VICTORIA PHYSIOTHERAPY GROUP

Victoria Physiotherapy Group is currently one of only five centres in WA to offer Whole Body Vibration (WBV) therapy using the Galileo. The Galileo is a revolutionary training device, providing an enormous range of health and fitness benefits, including muscle strengthening, bone strengthening and improvements in flexibility.



## STARTER PACK

- Initial Assessment and Program Development\*
- Supervised Session and Program Review\*
- 6 or 10 session blocks available

*\* 30-minute session, conducted by a physiotherapist.*

Private health insurance rebates apply

Contact our friendly staff for additional information and prices.

For further information please visit:

[www.vicphysiogroup.com.au](http://www.vicphysiogroup.com.au)



AUSTRALIAN PHYSIOTHERAPY ASSOCIATION

MEMBER



5/734 Albany Hwy, East Victoria Park 6101  
Phone: (08) 9361 5123 Fax: (08) 9361 5122  
E-mail: [admin@vicphysiogroup.com.au](mailto:admin@vicphysiogroup.com.au)

[www.vicphysiogroup.com.au](http://www.vicphysiogroup.com.au)

# GALILEO

Whole Body Vibration Therapy



(08) 9361 5123

[www.vicphysiogroup.com.au](http://www.vicphysiogroup.com.au)

# WHOLE BODY VIBRATION GALILEO EXPLAINED

## HISTORY

Whole Body Vibration was initially developed by the Russians in the 1970's to restore bone and muscle strength in cosmonauts following prolonged periods of time in zero gravity. The accelerated strength gains prompted Russian athletic trainers to utilise the technology to gain a significant advantage in sporting pursuits. Today, the **Galileo** is being used world wide by elite sporting teams (Chelsea Soccer Club, Collingwood and Fremantle Football Clubs), Olympic athletes, hospitals and physiotherapy centres.

The **Galileo** is a unique patented tilting form of whole body vibration which works via a rapidly oscillating plate, producing a tilting action around a central axis. This tilting action is designed to mimic the effects of walking whilst stimulating the muscle, bone and tendons that absorb the vibratory forces.

The associated muscle contractions produced in the body by the tilting plate stimulates 97% of muscle fibres at a rate of 1500 contractions per minute. This enables a full training program to be performed in only 10 minutes.

The patented “tilting” action of the **Galileo** plate, provides far superior benefits when compared to “vertical” vibration platform devices.



# BENEFITS OF USING THE GALILEO

Extensive research on the **Galileo WBV** has revealed significant health and fitness benefits, including;

## MUSCLES

- Increased muscle strength and power
- Increased flexibility
- Improved muscle tone

## BACK PAIN

- Reduced back pain via muscle relaxation and improved muscle coordination.
- Stimulates lower back stabilising muscles

## ATHLETES

- Increased explosive power and strength (e.g jumping height)
- Improved balance/proprioception
- Improved muscle contraction time

## OSTEOPOROSIS

- Improved bone density and strength

## DIABETES AND PERIPHERAL VASCULAR DISEASE

- Improved blood flow to legs and feet
- Improved dilation and tone in the blood vessels
- Decreased blood pressure (diastolic)

## ELDERLY

- Fall prevention
- Improved balance
- Improved circulation
- Improved mobility and “Timed up & go”

## STRESS INCONTINENCE

- Improved pelvic floor muscle tone.
- Improved bladder control.
- Improved coordination of pelvic floor muscles
- Reduced stress incontinence.

