

# Galileo<sup>®</sup> Training

MADE IN  
GERMANY

  
THERAPY.

GET FIT. STAY FIT.

The new generation of Galileo<sup>®</sup> therapy systems.  
Whole-body muscle training beyond standard treatment.  
High technology Made in Germany.



**NEW**  
**Med L Sensor**  
Smart Coaching<sup>+</sup>  
and force sensors  
supervise the training



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# Novotec Medical GmbH – Development and benefits of Galileo®

## Development and fundamentals

Novotec Medical was founded 2001 and is based in Pforzheim. It is a TÜV-certified manufacturer of Galileo training and therapy devices and of Leonardo motion analysis systems (Mechanography).

The basis for the development of Galileo was laid at the sister company Stratec Medizintechnik GmbH (a spin-off of the 1979 founded Stratec Elektronik GmbH), that develops, produces, and distributes peripheral quantitative computed tomography systems (pQCT) for muscle and bone analysis.

## Worldwide distribution

Novotec Medical GmbH distributes Galileo products in over 30 countries around the world directly and via distributors. You can find your nearest contact partner in the internet at [www.galileo-training.com](http://www.galileo-training.com).

## Made in Germany

Novotec Medical GmbH stands for social and economic responsibility. All the development and production stages are realised exclusively in Germany. The assembly and final inspection is carried out in Pforzheim.



Introduction to the world of Galileo

## At a glance – why Galileo®?

- ▶ High technology Made in Germany
- ▶ Successfully on the market since 1999 – with medical products since 2004
- ▶ Comprehensive documentation with more than 200 reviewed studies (extensive list of literature available at [www.galileo-training.com](http://www.galileo-training.com))
- ▶ 10 year service warranty
- ▶ Device series for all application areas – training, therapy, prevention, private



Novotec Medical GmbH  
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 **MADE IN  
GERMANY**



# Galileo® devices – a decision for your health

## Building blocks of a holistic concept for diagnosis and therapy

The portfolio of imaging, motion analysis and Galileo Training adds up to a holistic concept around the issue of muscle and bone, ranging from diagnosis to treatment.

## Top technology with a passion

Novotec Medical GmbH offers solutions in the area of neuromuscular training and diagnostics. The technology is used in pre-clinics and clinics. Novotec Medical GmbH, as an independent family owned company, thinks and acts for the long-term. A creative drive, a highly qualified team and a high level of personal commitment enable Novotec Medical GmbH to maintain its innovative power.

## International co-operation

For more than 25 years the consolidated companies collaborate closely with international research facilities. The realised results are continuously incorporated in our products.

Novotec Medical is project partner of ESA (European Space Agency) in several projects e.g. for the evaluation of efficient training measures to avoid muscle and bone loss during space missions and collaborates worldwide with other renowned research facilities like Charité Berlin, university clinic Cologne and ETH Zurich.

In addition to the high scientific standards, the constant expansion of the indication list for the side alternating vibration training with Galileo is our priority.



Galileo Fit Base

XCT 3000

Leonardo GRFP with bench

## What does Galileo® offer?

- ▶ Patented technology Made in Germany
- ▶ Successfully on the market since 1999; with medical products since 2004
- ▶ Low maintenance costs
- ▶ Stepless selection of the training intensity
- ▶ Weight-independent harmonic movement and force transmission
- ▶ 10 years service warranty
- ▶ New device series for all application areas



▶ **Tested safety**

- TÜV and CE certification, observes the IEC 60601 standard for medical electrical equipment

▶ **Ease of use**

- Simple operation
- Large buttons
- Graphic display

▶ **High performance through patented mechanics**

- With comparable low device weight
- Low housing height / low step height  
→ Low risk of falling
- Stable device stand, also suitable for high frequencies

▶ **High quality 3-phase motor**

- Maintenance-free
- High efficiency
- Low energy consumption
- Compact design

▶ **Excellent reliability**

- Special cable sets
- With screw lock, high quality connectors

▶ **Environmental sustainability**

- For a positive ecological balance

▶ **Stability and durability**

- Stable frame design in metal, stainless steel screws
- Stainless steel ball bearings

▶ **10 years spare parts guarantee**

- Electronics developed in-house
- Focus on stability and continuous operation



# Healthy muscles and bones with Galileo®

Selective muscle training on Galileo effectively helps to prevent common illnesses such as weak pelvic floor muscles, back pain, osteoporosis or articular degeneration and also provides practical assistance with therapy and the rehabilitation process for orthopaedic and neurological diseases. Patients can use simple training exercises on the Galileo to achieve the goal of their therapy more quickly and with less pain. The successful therapy can then be maintained or even improved upon through independent, long-term training on Galileo after the initial goal has been achieved. Galileo has been extensively scientifically investigated. Numerous studies have confirmed the effectiveness of the system.

## How does training with Galileo® work?

The working principle of Galileo is based on the natural gait pattern of humans. Galileo's system with **side-alternating motion is similar to a seesaw movement** with variable amplitude and frequency and therefore stimulates a movement pattern similar to the human gait. The rapid movement of the training platform causes a tilting movement of the pelvis which is similar to walking, but is much more frequent. The body compensates and responds with rhythmic muscle contractions, alternating between the left and right side of the body. From a frequency of about 12 Hertz onwards these muscle contractions are not a conscious process but a reflex action based on the physiological stretch reflex. These reflexes are better co-ordinated than voluntary movements and involve less effort. The training activates the muscles from the legs and up into the trunk, significantly improving blood circulation in the legs and stimulating the metabolism.

## Amplitude and frequency

The **amplitude**, i.e. the deflection of the training platform up and down in millimetres, is selected by the foot position. Widening the foot position makes the training on the Galileo more intensive. The body posture and body stiffness are used to selectively direct the vibrations to the different parts of the body.

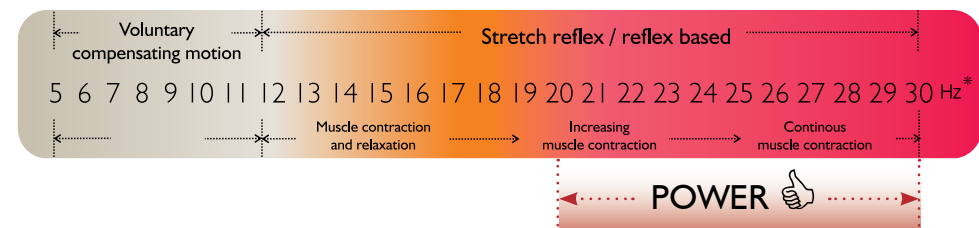
The **frequency** given in Hertz (oscillations per second) is set on the device and is always selected according to the training goal. Low frequencies are selected for mobilisation, medium frequencies are selected to train the muscle function and high frequencies are selected to increase muscle power.

THE ORIGINAL SINCE 1996.



The training activates the muscles from the legs up into the trunk.

There is also selective activation of the musculature in the shoulder and neck area.



Selection of training frequency according to the training goal.

\*) For sports applications up to 36 Hz. \*\*) For dumbbell systems up to 40 Hz.



# Improve your health with Galileo®

- ▶ Verified in scientific studies
- ▶ Especially good for the cardiovascular system
- ▶ Stimulates circulation
- ▶ Stimulates the metabolism

## Cardiovascular system

- ▶ Longer walking distances
- ▶ Improvement of stamina

## Mobilisation

- ▶ Improvement of balance and co-ordination
- ▶ Fall prevention

## Nervous system

- ▶ Improves supply

## Muscle power

- ▶ Increase of muscle power and muscle force
- ▶ Osteoporosis prevention
- ▶ Pelvic floor training
- ▶ Body forming

## Bones

- ▶ Positive effect on strengthened muscles on bones

## Muscle function

- ▶ Improvement of the muscle function
- ▶ Prevention of back problems
- ▶ Improvement of extensibility and flexibility
- ▶ Muscle relaxation



A thorough anamnesis is a basic condition for each training. Before setting up a training plan there must be good knowledge of the current physical condition and possible risks. Contraindications must be excluded before the first use of Galileo.



There is an extensive list of contraindications on page 21 of our brochure.

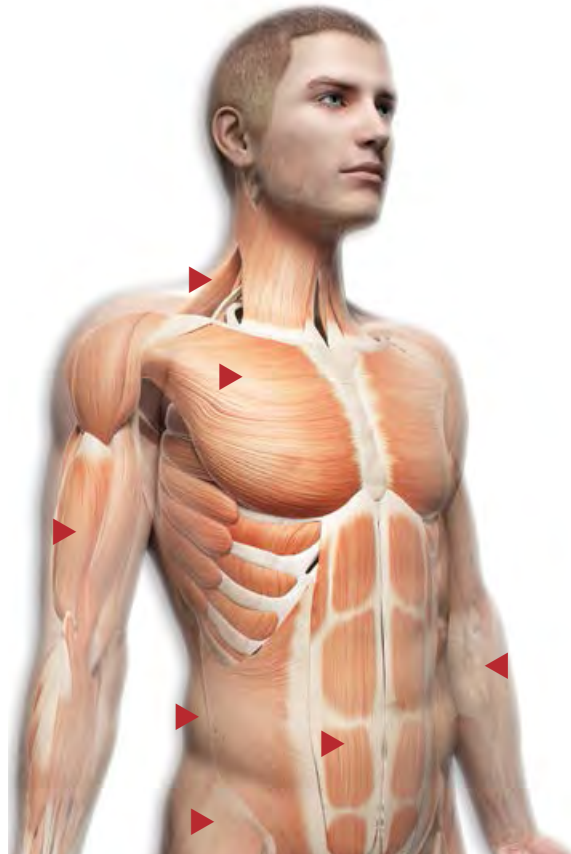


# Effects of Galileo® on the human body



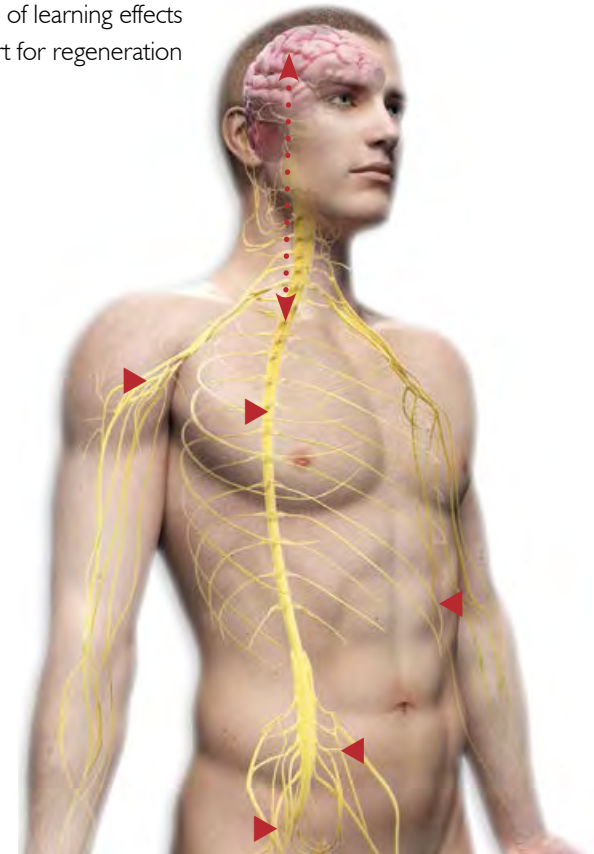
## Muscle power and muscle force

- The activation of muscles through an automatic, involuntary stretch reflex (the affected muscles depend on the exercise)



## Nervous system

- Improved blood circulation through muscle stimulation, leading to improved supply
- Release of electrical nerve impulses
- Stimulation of learning effects and support for regeneration

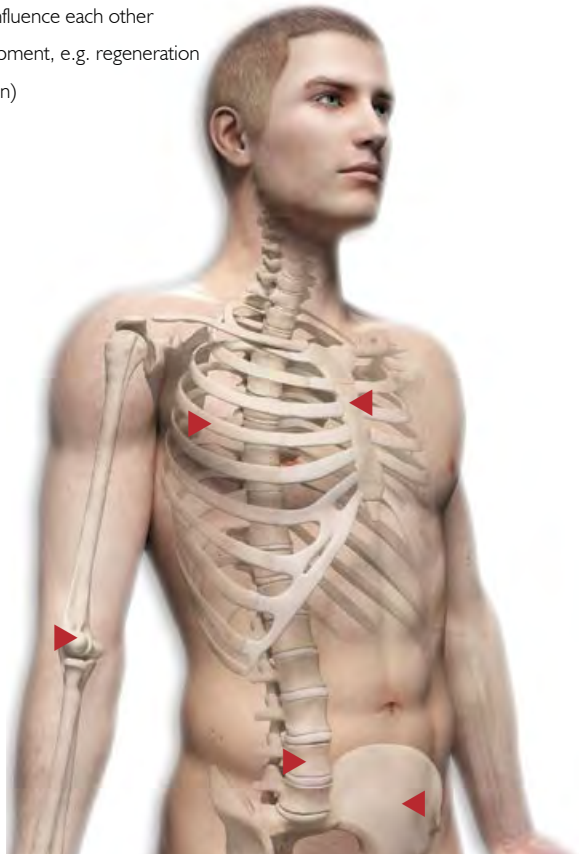




Pictures: Shutterstock (6)

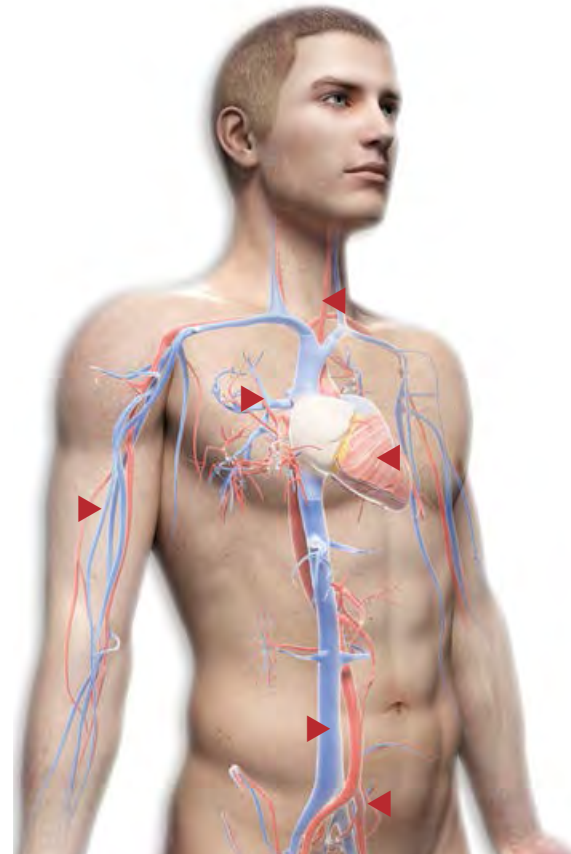
## Muscles and bones

- ▶ Triggered muscle contractions also have an effect on bones  
(muscles and bones communicate with each other and mutually influence each other in their development, e.g. regeneration and degradation)



## Metabolism and circulation

- ▶ Muscle contractions promote circulation and therefore stimulate the metabolism
- ▶ Improved circulation activates the supply of cells



Pictures: Fotolia (4)

## Application examples for Galileo® training used for therapeutic treatment

The crucial importance of muscles for a healthy and efficient organism has been increasingly recognised in recent years and investigated in numerous scientific studies. Fully-functioning and powerful muscles are a condition for healthy joints and bones and are able to prevent and facilitate treatment of musculoskeletal disorders. Galileo finds application in physiotherapy and rehabilitation in combination with conventional forms of therapy such as manual therapy. The high repetition frequency in a short time enables Galileo to support the therapist by significantly increasing the efficiency of the therapy.

### Neuronal disorders.

The sinusoidal, repetitive motion of Galileo results in motor and neuronal learning effects. The reflex reaction triggered by training with Galileo makes it ideal to quickly and effectively activate existing remaining functions and to learn selective movement patterns. Galileo training is used to treat neuronal conditions such as multiple sclerosis, Parkinson's disease, incomplete paraplegia and stroke patients. Depending on the indication and individual condition, different frequencies improve the progress of the therapy. The Wobbel function challenges and trains the neural system with random changes in frequency to which the muscles must respond.

### Orthopaedic disorders.

Galileo training in orthopaedic treatment facilities focuses on back pain, injury to tendons, ligaments and muscles and the treatment of atrophy-related loss of muscle force and power. In the case of back pain, relaxation or invigoration exercises are carried out to assist mobilisation. Galileo training forms part of the post-operative treatment of traumatic injuries, e.g. damage to ligaments. The use of Galileo training in combination with hoists or dumbbells has proven to be successful. The resulting increase in blood circulation and improved metabolism enable the acceleration of the healing process under professional guidance and support of a therapist.

### Back pain.

Incorrect posture and one-sided loads often result in painful muscle spasms. Selective training on Galileo strengthens weak structures, relieves muscle tension and reduces back pain in the long-term.



Pictures: Shutterstock

### A stroke.

There are often considerable complications after a stroke. If treatment is begun early enough Galileo training can be used to effectively treat mild impairments and serious paretic conditions. Under the guidance of an experienced therapist using Galileo the muscles can be trained and spasticity and muscle tone effectively controlled. Due to the high number of repetitions during Galileo training, residual functions are activated more quickly.

### Polyneuropathy.

Prophylactic training with Galileo and Galileo training to accompany therapy (e.g. chemotherapy) frequently helps to avoid or slow down polyneuropathies which occur as a side effect of chemotherapeutics, which are a long term consequence of diabetes mellitus or which result from other types of circulatory disorders. This helps to largely preserve or re-establish a good quality of life.

### Weak pelvic floor muscles.

Around the world millions of people suffer from weak pelvic muscles. The slackening of these muscles and the problems associated with this are often age-related or the result of pregnancy and childbirth. Galileo Training strengthens the pelvic floor muscles and has a verifiably positive effect on the symptoms of the associated diseases.

### Osteoporosis.

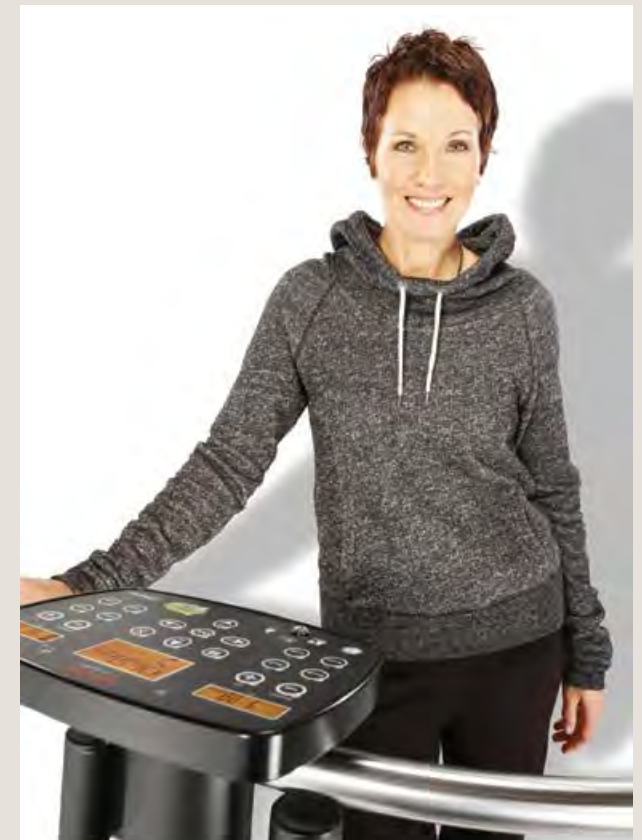
Osteoporosis is characterised by loss of bone mass, bone strength, and an increased risk of fracture. Fracture prevention in the form of successful fall-prevention is therefore the core goal of osteoporosis treatment with Galileo. In addition, the targeted gain of muscle force (indirect, positive effect on bone parameters) and the improvement of elasticity, flexibility and muscle function are further treatment goals. These objectives are achieved through Galileo training at different frequencies.

WHOLE-BODY MUSCLE TRAINING.  
QUICK THERAPY SUCCESS WITH SHORT TRAINING TIMES.  
REPRODUCIBLE TRAINING CONDITIONS.

## The advantages of Galileo® at a glance

- ▶ Whole-body, functional muscle training through physiological range of motion
- ▶ Suitable for users of all ages
- ▶ High customer acceptance through quick training success
- ▶ Numerous application possibilities
- ▶ Time saving through short training periods
- ▶ Side-alternating technology / seesaw function
- ▶ Comprehensive documentation with more than 100 reviewed studies (extensive list of literature available at [www.galileo-training.com](http://www.galileo-training.com))

The side-alternating movement of the Galileo systems offers a number of advantages compared to conventional vibration systems with vertical up and down movement. For example, the back muscles are effectively trained at the same time in a similar way as with walking, jogging and running. This enables training without a significant vibration of the head. The mechanically guided movement of the training platform generates sinusoidal, harmonic movements resulting in forces transmitted to the body. The form of motion also enables effective training with higher amplitudes. The training conditions such as amplitude and frequency are reproducible at all times and independent of body weight or stiffness of the user.



# Galileo® for physiotherapy and the doctor's surgery

Galileo training can be used to enhance therapy for the effective treatment of many different forms of musculoskeletal disorders or also "just" to increase muscle power. The models of the Galileo floor-standing devices with stand-alone control panel offer you and your patients the greatest possible freedom of movement.

## For guided treatment or independent training.

You can use Galileo for the selective treatment of your patients in the context of guided therapy and also for independent training sessions for users.

## Long-term customer loyalty.

Qualified supervision from your personnel in the initial treatment phase forms the basis for the long-term treatment and training success of your patients. This investment in your personnel and their time management serves to keep customers in your practice through a comprehensive offer of competent guidance and modern devices. In particular, for typical orthopaedic disorders there is a demand for long-term and sustainable treatment concepts. Due to this many practice owners have complemented their standard physiotherapy with additional offers to win and retain customers. In combination with competent guidance from a qualified therapist or trainer, Galileo training can make a significant contribution towards making your practice more attractive.

## With our support.

In addition to the devices, we offer you and your employees qualified seminars for training and diagnostics especially for the field of therapy in order to create the best initial conditions for the use of Galileo in your practice.



A MEDICAL PRODUCT FOR EACH APPLICATION AREA AND EACH BUDGET.

QUALIFIED CONSULTATION AND TRAINING – THROUGH 15 YEARS OF EXPERTISE IN THE FIELD OF MUSCLES AND BONES.

## Our device recommendation

### Galileo® Med L Sensor

- › Multifunctional system: monitoring and adaptation in suboptimal training execution
- › Access control, billing and creation of individual training plans

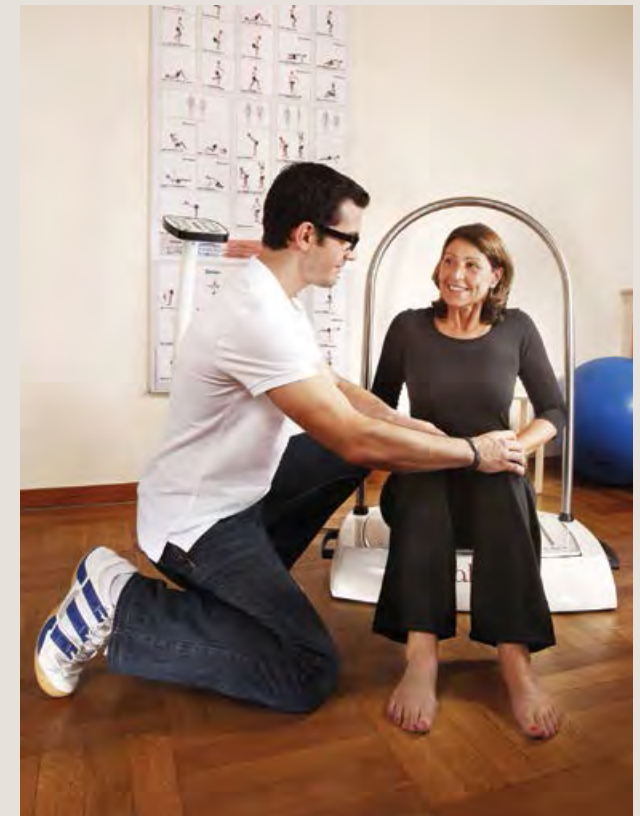
### Galileo® Mano 30

- › User-friendly operation
- › Synchronous operation with two dumbbells possible
- › Selective treatment of hands, arms and shoulders

### Galileo® Med 35

- › Mobile system
- › For intensive individual therapy with extended functionality

The equipment you have in your practice has to meet the demands of patients. This does not mean always having to have the most expensive device. Depending on the organisation of the practice, you can choose between the standard version suitable for mainly guided therapy sessions or for the optional chip card system which enables time account billing for independent training sessions for your users. In medical practices a Galileo dumbbell system can make a significant contribution to the success of treatment in the area of the neck and shoulders. Specialised practices, on the other hand, can use the Delta TiltTable system to allow severely disabled persons unable to stand to also benefit from vibration training and to therefore offer their customers a highly effective therapy medium.



# Galileo® training in geriatrics

As people age, the number of problems in everyday life tend to increase. Our force and power is diminished and going up the stairs becomes more difficult, getting dressed takes more time and many jobs in the home are made more complicated by reduced mobility and pain in the joints. This in turn leads to a higher risk of falling and bone fracture, which can have long-term consequences and frequently leads to a premature need for care and loss of independence. The integration of Galileo training in your therapy will efficiently counteract loss of mobility and result in indirect bone atrophy of your older patients. All models of the Galileo standing series with a holding possibility for patients are suitable for use in the area of geriatrics.

## **Mobility also in old age.**

Selective training on Galileo increases muscular performance which according to the results of studies is connected to a lower risk of falling. A well-trained, powerful musculature is important to maintain and increase bone density. And when your patients are able to move quickly and dynamically, they are well-equipped in case they stumble. An intercepting or compensating movement can then quickly take place and a fall is avoided. Galileo Training helps you to achieve this therapy goal through the improvement of power, performance, balance and extensibility.

## **Further positive effects.**

Galileo training increases blood circulation and has a verifiably positive effect on the symptoms of weak pelvic floor muscles. This is because in addition to the resulting comprehensive muscle stimulation, the leg and trunk muscles and pelvic floor muscles are trained very effectively.

## **Safe therapeutic method.**

Numerous scientific studies have confirmed the effectiveness and safety of Galileo training, also for patients in old age. Under your medical guidance the training can also be carried out with various cardiovascular diseases or chronic obstructive pulmonary disease.

## **Guided therapy or independent training.**

You can use Galileo for the selective treatment of your patients in the context of guided therapy or also for independent training sessions.





STRONG MUSCLES – LESS RISK OF FALLING.  
EFFICIENT MUSCLE TRAINING FOR ALL AGE GROUPS.

## Our device recommendation

### Galileo® Med 40 Plus

- Space saving, low-cost alternative
- Ideal to supplement existing therapy offer, e.g. in convalescent homes

### Galileo® Med L

- The standard model for the therapeutic practice for guided therapy session with generously sized footplate

### Galileo® Mano 30

- Vibration training specially for hands, arms, shoulders and upper part of the body
- For therapy support after a stroke, e.g. with hemiparesis

### Galileo® Med Chair

- For pelvic floor training and back training; For treatment of neurological conditions

Use Galileo training in geriatric rehabilitation to enhance therapy with an easy to use training device which is well received by fragile patients. The Galileo dumbbell systems are excellently suited to treat post apoplectic conditions to improve hand or arm co-ordination or to build up muscles for the arms and upper part of the body. The Galileo Delta TiltTable is available for the rehabilitation of patients, e.g. with paresis, who are unable to stand. The TiltTable can be used to effectively reactivate remaining functions easily within a short period of time. And last but not least, the peripheral circulation in the feet and legs is considerably improved, a welcome effect for patients confined to bed.



# Galileo® training in the clinic

Modern clinics are characterised by competent staff and a wide range of treatment and diagnostic methods. Efficient material and human resource management forms the basis for the economic operation of the facility. Galileo systems are appropriate for each budget and the benefits are many. Depending on the required application area within the clinic, the recommendation may be for a large or more compact model from the Galileo device series.

## Galileo® for therapeutic treatment in the ward.

The earliest possible physiotherapeutic treatment in the ward is the most important step towards rehabilitation. After operations, Galileo can, for example, reduce the length of the hospital stay and enable a quick return of the patient to everyday life. Particularly for elderly patients the early activation of the body can shorten or even avoid the subsequent lengthy rehabilitation phase. Galileo training is an easy to use and versatile means of therapy. After a short time and without time-intensive preparation, the muscular status of the patient is quickly and selectively reconstructed while having a very gentle effect on the cardiovascular system. The time factor is an especially important component when the device is used in the ward. Galileo enables a maximum training effect on musculature, balance and circulation with a minimum of time and personnel costs.

## Galileo® for outpatient rehabilitation.

The integration of the patient in an outpatient rehabilitation facility of the clinic as a follow-up to an in-patient stay is supported by competent, medical and physiotherapeutic care and through a modern, varied and naturally competitive therapy offer. In comparison to other common, therapeutic means and devices Galileo systems are reasonably priced in relation to the costs of acquisition and maintenance, in particular considering the many benefits and easy application. After initial guided therapy sessions Galileo can also be used without risk in independent training sessions by patients.



Pictures: Shutterstock



QUICKLY AVAILABLE THERAPY TRAINING, EASY TO USE  
WITHOUT PREPARATION.

SHORT THERAPY SESSIONS WITH BIG EFFECTS ON MUSCULATURE  
AND BALANCE.

HIGH ACCEPTANCE, ALSO WITH ELDERLY USERS.

## Our device recommendation

### **Galileo® Med L Sensor**

- Multifunctional system: monitoring and adaptation in suboptimal training execution
- Access control, billing and creation of individual training plans

### **Galileo® Med 40**

- Mainly for guided therapy sessions in the ward

### **Galileo® Mano 30**



- Mobile system for treatment of the upper limbs

### **Galileo® Med Chair**

- Entry level device
- For pelvic floor and back training
- For treatment of neurological disorders

### **Galileo® Delta A TiltTable system**

- The model for users unable to stand up to a height of 1.90 m
- Stepless adjustment from the lying and standing positions



A maximum of 15 minutes is required for a daily, intensive and guided therapy session with Galileo. You can use Galileo to build up muscles or for the selective warming and loosening up as a preparation for the manual therapy. The peripheral circulation in the trained extremities is also considerably improved. After the respective initial instruction the use of Galileo is also possible in independent training sessions without any risk. A small training room with Galileo in the ward offers mobile patients the possibility of supplementing their scheduled physiotherapy with more frequent training sessions which will relieve your personnel.

# Galileo® training in health clinics

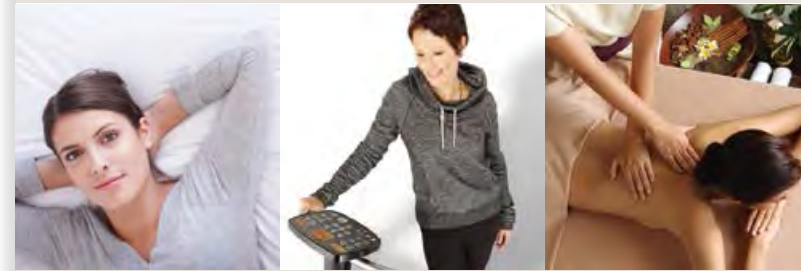
In the same way as with clinics, modern health clinic facilities are obliged to offer a wide range of services in different therapeutic areas. Organisations which offer more opportunities for therapy and leisure activities are seen to be more attractive and the stay of the customer at the facility can be made more varied. Younger and older health clinic patients respectively appreciate age-based activities. Where elderly health clinic patients after a hip operation require an individual and guided physiotherapy, the patient in his mid-forties suffering from stress rather values a well-equipped medical fitness area where after initial instruction and with occasional guidance he can occupy himself and expend energy at his own pace. In addition to the alleviation of physical ailments, it is often important for health clinic patients to find their natural balance particularly as mental problems are frequently in the foreground.

## Galileo® for all requirements.

Galileo can be used for selective treatment within the scope of guided therapy and also used for independent user training sessions. Depending on the emphasis of the health clinic facilities this is not necessarily always the largest and most expensive device. If the focus is mainly on physiotherapeutic treatment and possibly even with a connected medical fitness area, investment in a large system will pay for itself. If, however, the services offered by the health clinic are mainly for the treatment of mental components, then a medium-sized Galileo System will contribute to the general well-being of patients visiting the health clinic facility along the lines of the saying "Mens sana in corpore sano", i.e. a healthy mind in a healthy body.

## Noticeable success in a short time.

In particular, for stays at a health clinic facility of a short duration from three to six weeks it is very important to have effective treatment methods at your disposal. Thanks to the high repetition rates with the use of Galileo it is also possible for patients to achieve sustainable treatment success within the typical period of time a patient stays at a health clinic.



Pictures (1+3): Shutterstock



UPGRADING YOUR THERAPY OFFER.  
NOTICEABLE TREATMENT SUCCESS WITHIN A SHORT TIME.  
COMPLEMENTING YOUR RANGE OF HEALTH CLINIC SERVICES.

## Our device recommendation

### Galileo® Med 40

- › Mainly for guided therapy sessions in the ward

### Galileo® Med L

- › The standard model for the therapeutic practice for guided therapy session with generously sized footplate

### Galileo® Mano 30

- › Medical fitness for the upper part of the body at the highest level
- › Option for synchronous use of two dumbbells
- › Treatment of muscular deficiencies in the arms, neck and shoulders
- › Relief and relaxation for the upper part of the body

### Galileo® Med Chair

- › Entry level device
- › For pelvic floor and back training
- › For treatment of neurological disorders

Regardless of whether the health clinic patient wishes intensive, guided therapy session or a short, demanding workout, Galileo is able to meet both requirements. Your health clinic patients can use Galileo independently in their leisure time during the stay after an indication-related initial instruction and therefore benefit even more from the advantages of Galileo. You can choose your Galileo System according to the requirements of your health clinic and so improve your range of useful equipment.



Picture: Shutterstock

# Overview of device recommendations

WHOLE-BODY MUSCLE TRAINING  
IN THERAPEUTIC APPLICATIONS.

Are you searching for the right model mainly for guided therapy sessions or rather for mostly independent training carried out by the patients after individual instruction? Here is an overview for you to discover which device best fits to your specific requirements.



Standing devices	Galileo® Med 35	Galileo® Med 40 Plus	Galileo® Med 40	Galileo® Med L	Galileo® Med L Chip	Galileo® Med L Sensor
Physiotherapy, medical practice	✓					✓
Geriatrics		✓		✓		
Clinic operation			✓		✓	✓
Health clinic facilities			✓	✓	✓	



Dumbbell system	Galileo® Mano 30
Physiotherapy, medical practice	✓
Geriatrics	✓
Clinic operation	✓
Health clinic facilities	✓

VIBRATION TRAINING SPECIALLY FOR THE ARMS  
AND UPPER PART OF THE BODY.



Sitting and lying devices	Galileo® Med Chair	Galileo® Delta A	Galileo® Med 25 TT
Physiotherapy, medical practice			
Geriatrics	✓		
Clinic operation	✓	✓	✓
Health clinic facilities	✓		

Further information on the different devices such as technical details and scope of delivery are listed from page 22. For more information on using Galileo in the private sphere, in paediatrics, with severe disabilities or in the area of fitness, sport or wellness, please ask for our special brochures for Galileo training devices (without medical certification) and Galileo therapy devices "Special" (with medical certification).

## Contraindications

- Pregnancy
- Acute thrombosis (acute vascular constriction)
- Implants in trained body parts (i.e. artificial joints)
- Acute inflammations of the musculoskeletal system, activated arthrosis or arthropathy (i.e. acute swelling and inflammation of joints)
- Acute tendinopathies in trained body parts (i.e. acute inflammation of tendons)
- Acute hernia (protrusion of tissue)
- Acute discopathy (i.e. acute slipped disk)
- Fresh fractures in trained body parts
- Gall, bladder & kidney stones
- Directly post-surgery, fresh wounds and scars in trained body parts (tissue healing process must be completed)
- Rheumatoid arthritis
- Epilepsy (secondary risk of injury)

# Galileo® Med 35



## Hands-on physiotherapy

### Flexible use and functional diversity for intensive individual therapy.

In this device sophisticated technology is combined with a small footprint and a low weight. Galileo Med 35 offers the integrated Wobbel and Smart Coaching functions, which ensure the highest degree of effectiveness in intensive individual therapy. Galileo Med 35 supports patient and therapist with maximum freedom of movement and is flexible to use. The low-noise operation combines training with comfort in a pleasant way. The machine comes with a Wobbel remote control for switching on and off and for convenient adjustment of the training frequency and the training duration during the training as well as the use of the Wobbel function.

## Scope of delivery and specifications

### Wobbel remote control

- ▶ With buttons for start/stop, frequency +/-, control of Wobbel mode
- ▶ Dimensions: 150 x 65 x 30 mm
- ▶ Weight: 150 g

### Base unit

- ▶ Integrated control panel with 4 buttons and display (start/stop, button select [frequency, time...], button +/-)
- ▶ Dimensions: 683 x 490 x 131 mm
- ▶ Footplate: 547 x 349 mm
- ▶ Weight: 34 kg
- ▶ Amplitude: 0..+/-4.7 mm (stroke: 9.4 mm)
- ▶ Max. acceleration: 20.6 g
- ▶ Frequency range: 5..33 Hertz
- ▶ Max. load (body weight): 140 kg
- ▶ Power requirements: 230 V AC, 50/60 Hz, 400 VA
- ▶ CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- ▶ Power cable and operating manual
- ▶ Training poster with basic Galileo exercises
- ▶ Training manual



Integrated control panel

Wobbel remote control



Galileo Med 35



INTENSIVE INDIVIDUAL THERAPY. THERAPIST AND PATIENT IN DIRECT CONTACT.



Galileo Med 35 with hand rail and transport rollers

### Integrated functions in Galileo Med 35:

#### Galileo Smart Coaching function

The Galileo Smart Coaching function carries out an automatic frequency adjustment when the feet are too far apart or the body posture is too stiff. This makes your training more efficient and safer.

#### Wobbel function

The Wobbel function integrated in Galileo Med 35 enables Galileo training with random changing frequencies.

The Wobbel function is very suitable for balance and coordination exercises such as required for neurological indications as the user cannot predict how the frequency will change during the course of the training.

More information from page 42.

#### Galileo Training App

The Galileo Training App is an interactive training manual which you can use to create your own training plan from more than 200 exercise variants.

The optional hand rail provides additional safety at home for users prone to falling. It is easy to fit to the base unit so that you can buy it at a later date as required.

## Available as option

#### Hand rail with transport rollers

- Dimensions: 434 x 272 x 1051 mm
- Weight: 3 kg

#### Colour variations

- Cream white, black, ruby red
- Further special colours available on request



Colour samples are only for orientation.  
Production-related deviations are possible.

# Galileo® Med 40 Plus



## Muscle training for the elderly

**The compact medical device for training in geriatrics.**

Galileo Med 40 Plus offers the ideal conditions for geriatric applications. The flat design and hand rail enables easy and safe use even for frail patients. The generously sized training platform offers adequate space for basic exercises for fall prevention, balance and stretching. The frequency range of 5 to 33 Hz enables functional training of proprioception and muscle hypertrophy.

## Scope of delivery and specifications

### Hand rail with control panel including key switch

- › Dimensions: 730 x 790 x 1200 mm
- › Weight: 18 kg

### Base unit

- › Dimensions: 683 x 490 x 131 mm
- › Footplate: 547 x 349 mm
- › Weight: 34 kg
- › Amplitude: 0 +/- 4.7 mm (stroke: 9.4 mm)
- › Max. acceleration: 20.6 g
- › Frequency range: 5..33 Hz
- › Max. load (body weight): 140 kg
- › Power requirements: 230 V AC, 50/60 Hz, 400 VA
- › CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- › Power cable and operating manual
- › Training poster with basic Galileo exercises
- › Training manual



Control panel on hand rail



Galileo Med 40 Plus

PROGRAMMABLE TRAINING PROCEDURES.  
EASY OPERATION FOR INDEPENDENT TRAINING.



The user-friendly control panel on the hand rail of Galileo Med 40 Plus is equipped with a key switch, four programmable training procedures and quick selection buttons for training time and training frequency.



#### **Galileo Training App**

The Galileo Training App is an interactive training manual which you can use to create your own training plan from more than 200 exercise variants.

More information from page 42.

## **Available as option**

### **Galileo® TPM Training plan manager**

- Creation and printout of individually tailored training plans
- More information from page 48

### **Colour variations**

- Cream white
- Black
- Further special colours available on request



Colour samples are only for orientation.  
Production-related deviations are possible.

# Galileo® Med 40



## The alternative to Galileo® Med 40 Plus

### Separate standing control panel for guided therapy.

The separate standing control panel of the Galileo Med 40 gives therapists full control of the training session while the hand rail provides additional safety for the patient. This device variation is particularly suitable for guided therapy sessions. If freedom of movement is required for the patient, as opposed to the model Med 40 Plus the hand rail can be removed.

## Scope of delivery and specifications

### Hand rail with transport rollers

- › Dimensions: 434 x 272 x 1051 mm
- › Weight: 3 kg

### Separate standing control panel with key switch

- › Dimensions: diameter 250 x 1060 mm
- › Weight: 9 kg

### Base unit

- › Dimensions: 683 x 490 x 131 mm
- › Footplate: 547 x 349 mm
- › Weight: 34 kg
- › Amplitude: 0 +/- 4.7 mm (stroke: 9.4 mm)
- › Max. acceleration: 20.6 g
- › Frequency range: 5..33 Hz
- › Max. load (body weight): 140 kg
- › Power requirements: 230 V AC, 50/60 Hz, 400 VA
- › CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- › Power cable and operating manual
- › Training poster with basic Galileo exercises
- › Training manual



Separate standing control panel



Galileo Med 40

MAINLY FOR GUIDED THERAPY.



The separate standing control panel of the Galileo Med 40 is equipped with a key switch and quick selection buttons for training time and training frequency.

## Available as option

### Colour variations

- Cream white
- Black
- Further special colours available on request



Colour samples are only for orientation.  
Production-related deviations are possible.

# Galileo® Med L



## The model for all therapeutic applications

### Freedom of movement for therapist and patient. Variety of functions.

Galileo Med L is the medical alternative to Galileo Fit. The integrated Wobbel function effectively trains the neuronal system, balance and co-ordination. The Smart Coaching function automatically adjusts the frequency during the workout to the individual abilities. The separate standing control panel, the generously-sized training platform and amplitude makes Galileo Med L ideal for all therapeutic applications. Due to the max. load capacity of 200 kg, a large user circle is covered.

## Scope of delivery and specifications

### Hand rail, attached to base unit

- › Height: 1200 mm

### Separate standing control panel with key switch

- › Dimensions: diameter 250 x 1060 mm
- › Weight: 9 kg

### Remote control

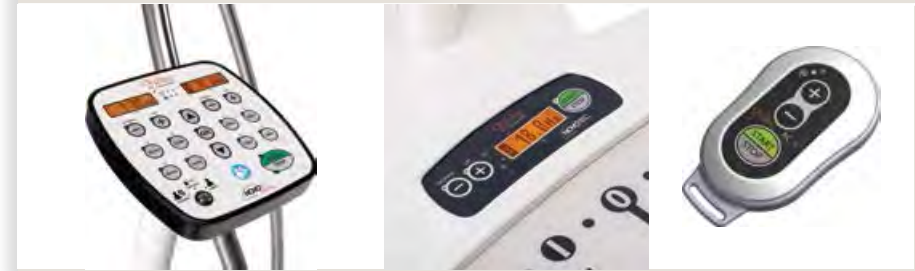
- › With 3 buttons: start/stop, frequency +/-

### Base unit

- › Integrated control panel with buttons and display
- › Dimensions: 875 x 640 x 138 mm (without rail) / 875 x 710 x 1200 mm (with rail)
- › Footplate: 580 x 370 mm
- › Weight: 47 kg
- › Amplitude: 0 +/- 5.2 mm (stroke: 10.4 mm)
- › Max. acceleration: 27.1 g
- › Frequency range: 5..36 Hz
- › Max. load (body weight): 200 kg
- › Power requirements: 230 V AC, 50/60 Hz, 800 VA
- › CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- › Power cable and operating manual
- › Training poster with basic Galileo exercises, training manual



Separate standing control panel

Integrated control panel

Remote control



Galileo Med L

GENEROUSLY-SIZED TRAINING PLATFORM.  
SIMPLE OPERATION.



Galileo Med L in the colour white aluminium metallic

#### Integrated functions in Galileo Med L:

##### Galileo Smart Coaching function

The Galileo Smart Coaching function carries out an automatic frequency adjustment when the feet are too far apart or the body posture is too stiff. This makes your training more efficient and safer.

##### Wobbel function

The Wobbel function integrated in Galileo Med L enables Galileo training with random changing frequencies. The Wobbel function is very suitable for balance and coordination exercises such as required for neurological indications as the user cannot predict how the frequency will change during the course of the training. More information from page 42.

##### Galileo Training App

The Galileo Training App is an interactive training manual which you can use to create your own training plan from more than 200 exercise variants.

## Available as option

### Colour variations

- Black
- Ruby red
- Daffodil yellow
- Signal blue
- Further special colours available on request (also metallic finish)



Colour samples are only for orientation.  
Production-related deviations are possible.

# Galileo® Med L Chip

## Best possible therapy through personalised training

### Access control, billing and creation of individual training profiles.

Selective training through personalisation is possible with the chip version of Galileo Med L Plus. Individual training plans are prepared based on specific user profiles. This minimises the work for the patient and therapist. They both benefit from the access control, the billing of training times and the selective, quick adjustment of training units. The new Galileo Smart Coaching function offers the user higher safety and efficiency. This is achieved through the automatic adjustment of the frequency according to the ability of the person training.

## Scope of delivery and specifications

### Hand rail, attached to base unit

- › Height: 1200 mm

### Separate standing control panel with key switch

- › Dimensions 250 x 1060 mm
- › Weight: 10 kg

### Chip version

- › Chip card reader + 30 chip cards
- › CD TPM software

### Remote control

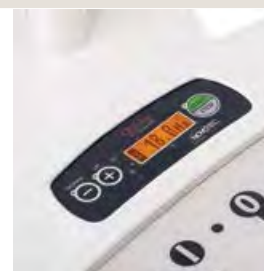
- › With 3 buttons: start/stop, frequency +/-

### Base unit

- › Integrated control panel with buttons and display
- › Dimensions: 875 x 640 x 138 mm (without rail) / 875 x 710 x 1200 mm (with rail)
- › Footplate: 580 x 370 mm
- › Weight: 47 kg
- › Amplitude: 0 +/- 5.2 mm (stroke: 10.4 mm)
- › Max. acceleration: 27.1 g
- › Frequency range: 5..36 Hz
- › Max. load (body weight): 200 kg
- › Power requirements: 230 V AC, 50/60 Hz, 800 VA
- › CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- › Power cable and operating manual
- › Training poster with basic Galileo exercises, training manual



Separate standing control panel

Integrated control panel

Remote control



Galileo Med L Chip





ACCESS CONTROL, TIME ACCOUNTS  
AND TRAINING PLANS.

Accessories of the chip version  
More information from page 48.



Galileo Med L Chip in the colour white aluminium metallic



Galileo TPM Training plan manager, the computer software of the chip version, allows easy calculation of the training times and the setting of individually tailored training plans which can be printed out or saved on the chip card.



#### Integrated functions in Galileo Med L Chip:

##### Galileo Smart Coaching function

The Galileo Smart Coaching function carries out an automatic frequency adjustment when the feet are too far apart or the body posture is too stiff. This makes your training more efficient and safer.

##### Wobbel function

The Wobbel function integrated in Galileo Med L Chip enables Galileo training with random changing frequencies.

The Wobbel function is very suitable for balance and coordination exercises such as required for neurological indications as the user cannot predict how the frequency will change during the course of the training.

More information from page 42.



##### Galileo Training App

The Galileo Training App is an interactive training manual which you can use to create your own training plan from more than 200 exercise variants.

## Available as option

#### Colour variations

- Black, ruby red, daffodil yellow, signal blue
- Further special colours available on request  
(also metallic finish)



Colour samples are only for orientation.  
Production-related deviations are possible.

# Galileo® Med L Sensor

## Force sensors detect asymmetry

**Multifunctional combination of maximum efficiency, control and safety.**

Galileo Med L Sensor convinces with an integrated measurement function over 4 force sensors. Additionally acting forces and an asymmetry of body position during exercise are measured and graphed. Furthermore, the device offers the comprehensive operating functionality and the option of personalized training of the Galileo Med L Chip. The new functions Smart Coaching+ and Smart Sense guarantee additional efficiency, control and safety. The integrated Wobbel function completes the service package of the multifunctional device.

## Scope of delivery and specifications

### Hand rail, attached to base unit

- › Height: 1200 mm

### Separate standing control panel with key switch

- › Dimensions 250 x 1060 mm
- › Weight: 10 kg

### Chip version

- › Chip card reader + 30 chip cards
- › CD TPM software

### Remote control

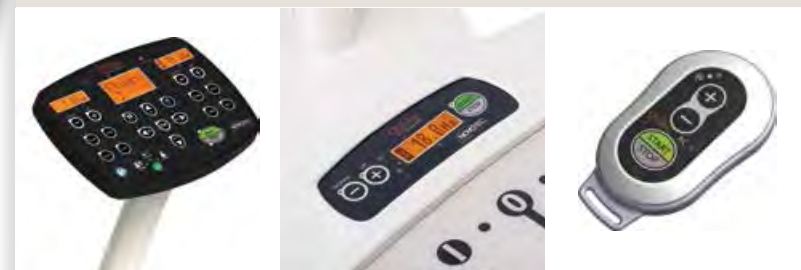
- › With 3 buttons: start/stop, frequency +/-

### Base unit

- › Integrated control panel with buttons and display
- › 4 integrated force sensors (Max.-force per sensor 2000 N)
- › Dimensions: 875 x 640 x 138 mm (without rail) / 875 x 710 x 1200 mm (with rail)
- › Footplate: 580 x 370 mm
- › Weight: 48 kg
- › Amplitude: 0 +/- 5.2 mm (stroke: 10.4 mm)
- › Max. acceleration: 27.1 g
- › Frequency range: 5..36 Hz
- › Max. load (body weight): 200 kg
- › Power requirements: 230 V AC, 50/60 Hz, 800 VA
- › CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- › Power cable and operating manual
- › Training poster with basic Galileo exercises, Training manual



Separate standing control panel Integrated control panel Remote control



### 4 force sensors

#### with integrated measurement function

- › Graphical display of additionally acting forces
- › Asymmetry of body position
- › Measurement of body weight

Galileo Med L Sensor



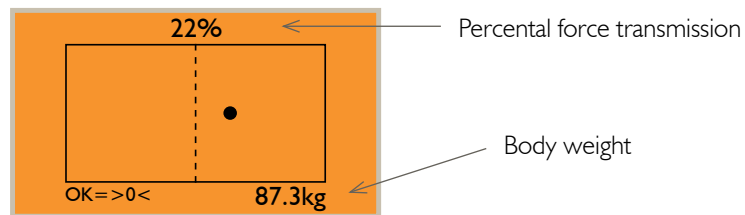
ACCESS CONTROL, TIME ACCOUNTS  
AND TRAINING PLANS.

Accessories of the chip version  
More information from page 48.

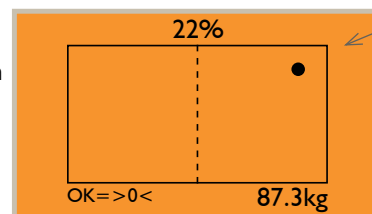
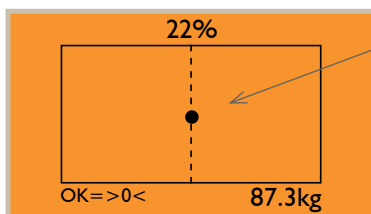
## Smart Sense

with 4 integrated force sensors

The Smart Sense-function displays the additional force transmission caused by vibrations and the corresponding body position in percentages. This is independent of body weight.



Additionally the force distribution between left and right leg is displayed graphically. This allows the user to recognize an asymmetric body posture.



Galileo TPM Training plan manager, the computer software of the chip version, allows easy calculation of the training times and the setting of individually tailored training plans which can be printed out or saved on the chip card.

**Integrated functions in Galileo Med L Sensor:**

### Galileo Smart Coaching function

The Galileo Smart Coaching function carries out an automatic frequency adjustment when the feet are too far apart or the body posture is too stiff.

### Wobbel function

The Wobbel function integrated in Galileo Med L Sensor enables Galileo training with random changing frequencies. More information from page 42.

### Smart Sense function

The Smart Sense function graphically displays the force distribution during the application.

### Galileo Training App

The Galileo Training App is an interactive training manual which you can use to create your own training plan from more than 200 exercise variants.

## Available as option

### Colour variations

- Black
- Ruby red
- Daffodil yellow
- Signal blue
- Further special colours available on request (also metallic finish)



Colour samples are only for orientation.  
Production-related deviations are possible.

# Galileo® Mano 30

## Training for arms and upper part of the body

The Galileo Mano dumbbell systems are particularly used to reduce spasticity or used to alleviate movement restrictions and circulatory disorders and improve motor function or invigorate the muscles.

### The ideal addition to the standing device.

The Galileo Mano 30 dumbbell system enables relaxing and demanding training sessions as the situation requires. Muscular deficiencies of the upper extremities and the area of the shoulder and neck are quickly and effectively treated so that the freedom of movement for example after an injury to the shoulder is restored after a very short time. The switching on of the integrated Wobbel function enables a random changing training frequency (vibrations per second).

As an option, a second dumbbell can also be used.

## Scope of delivery and specifications

### Separate standing control panel

- › Solid plastic housing
- › Input voltage range broad range mains adapter: 100..240 V AC
- › Dimensions: 250 x 160 x 80 mm
- › Weight: 1.9 kg
- › Frequency range: 5..40 Hz
- › Power consumption: max. 200 VA

### Dumbbell

- › Dimensions: 280 x 200 x 60 mm
- › Weight: 2.6 kg
- › Amplitude: 2 mm (stroke: 4 mm)
- › Max. acceleration: 12.9 g
- › Max. additional weight: 5 kg
- › CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- › Power cable and operating manual

### A pair of weight disks each with 1.25 kg

- › Including fastening clips



Weight disks with clips



Galileo Mano 30 dumbbell system

VIBRATION TRAINING FOR HANDS, ARMS,  
SHOULDERS AND UPPER PART OF THE BODY.



Second Galileo Mano 30

• Easily combine your Galileo dumbbell with your rubber or pulley device and through the hanging function benefit from the advantage of weight reduction with beginners or elderly patients or enhance classic pulley training with selective exercises.

## Available as option

### Second dumbbell

- Parallel operation

### Footswitch

- To easily switch off the Galileo system

### Remote control for control panel

### Wobbel remote control

# Galileo® Med Chair

## Side-alternating muscle stimulation while sitting

### Selective training for pelvic floor, back and trunk.

In contrast to the standing devices or TiltTable systems, the training on the Galileo Med Chair takes place in the sitting position. Important target parameters here are precise pelvic floor training, back mobilisation, trunk stabilisation, pain prevention and relaxation. Furthermore, Galileo Med Chair can be used for the treatment of neurological disorders. In particular, patients with difficulty standing up or insecure users are able to train independently with Galileo Med Chair and also in the familiar environment of the home. The scope of delivery includes a remote control to use the Wobbel function.

## Scope of delivery and specifications

### Wobbel remote control

- › With buttons for start/stop, frequency +/-, control of Wobbel mode

### Med Chair

- › Integrated control panel with buttons and display
- › Dimensions: 670 x 400 x 520 mm
- › Sitting area: 480 x 320 mm
- › Weight: 28 kg
- › Amplitude: 0 +/-6.0 mm (stroke: 12.0 mm)
- › Max. acceleration: 9.6 g
- › Frequency range: 2..20 Hz
- › Max. load (body weight): 150 kg
- › Power requirements: 230 V AC, 50/60 Hz, 400 VA
- › CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- › Power cable and operating manual



Integrated control panel




Wobbel remote control  
More information from page 44.



Galileo Med Chair

SELECTIVE PELVIC FLOOR TRAINING.  
BACK MOBILISATION AND TRUNK STABILISATION.  
NEUROTRAINING.



The Galileo Med Chair is a particularly useful tool in geriatric applications as it can be used for the multifactorial conditions often found in this area. The simple Galileo Med Chair can also effectively and quickly train and provide therapy for people who are difficult to motivate. The Galileo Med Chair is indispensable for the elderly as it provides Galileo training for special applications areas such as pelvic floor training, neuro-training or blood circulation stimulation.

# Galileo® Delta A TiltTable

## Side-alternating muscle stimulation for users unable to stand

### Use with adults.

The Galileo Delta series enables users unable to stand to benefit from the training and therapy success with Galileo. The primary training targets are the improvement of the muscular status of the legs and trunk, the alleviation of contractures and the stimulation of blood circulation. The scope of delivery includes a remote control to control the base unit, for stepless adjustment of the TiltTable and to control the Wobbel mode. The model Delta A TiltTable with a lying length of 1.90 m offers the ideal conditions for training with adults.

## Scope of delivery and specifications

### Delta remote control

- ▶ With buttons for start/stop, frequency +/-, tilt angle +/-, control of Wobbel mode

### TiltTable with angle display and fastening straps for legs and trunk

- ▶ For persons with a height up to 1.90 m and 120 kg weight
- ▶ Total dimension in horiz. position: 2400 x 700 x 950 mm
- ▶ Lying area: 1900 x 600 mm
- ▶ Weight: 80 kg

### Base unit Galileo Med 25 TT

- ▶ Dimensions: 683 x 490 x 131 mm
- ▶ Footplate: 547x 349 mm
- ▶ Weight: 34 kg
- ▶ Amplitude: 0 +/- 3.4 mm (stroke: 6.8 mm)
- ▶ Max. acceleration: 14.9 g
- ▶ Frequency range: 5..33 Hz
- ▶ Power requirements: 230 V AC, 50/60 Hz, 400 VA
- ▶ CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- ▶ Power cable and operating manual



Base unit Galileo Med 25 TT

Wireless remote control

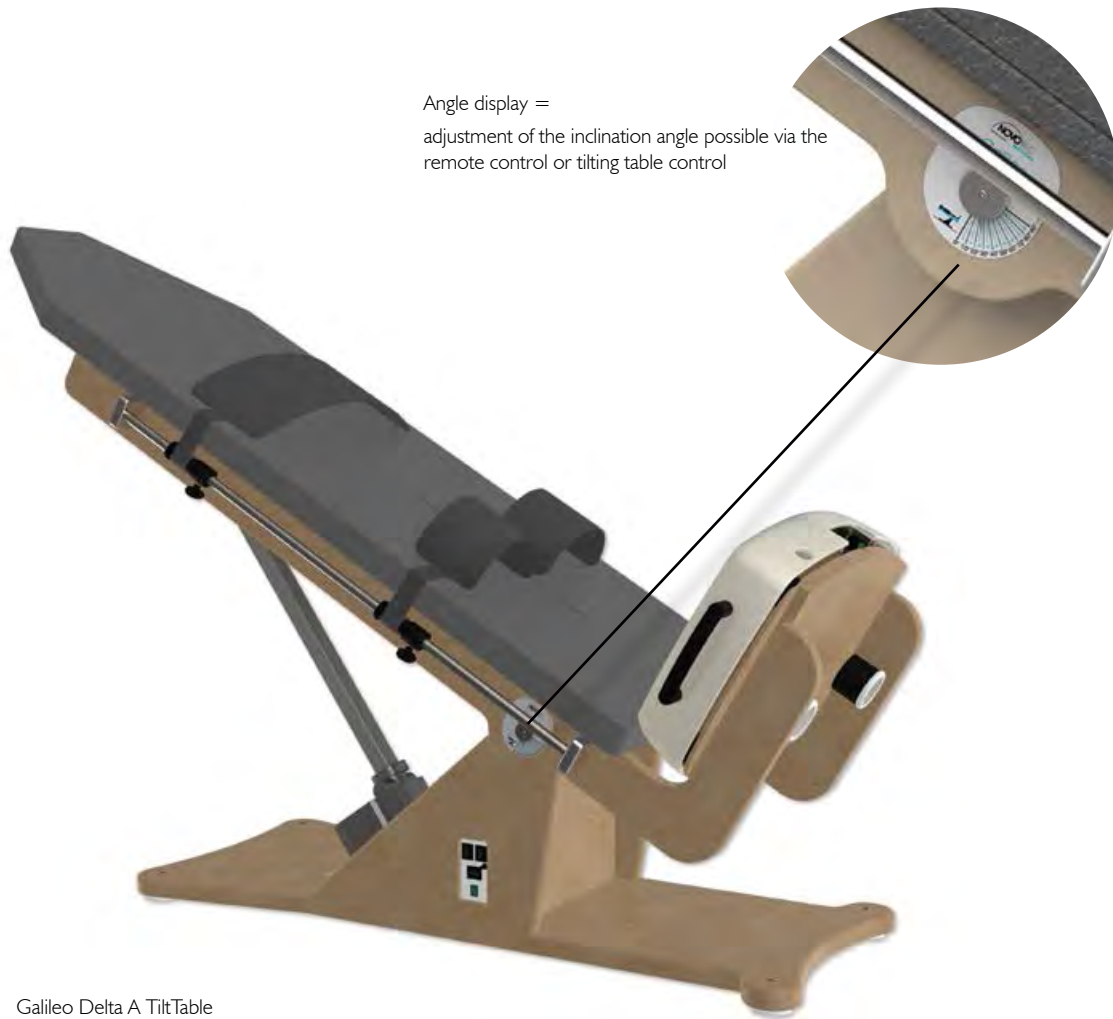


Galileo Delta A TiltTable (for persons with a height up to 1.90 m)



WHOLE-BODY MUSCLE TRAINING  
BEYOND STANDARD TREATMENT.

Angle display =  
adjustment of the inclination angle possible via the  
remote control or tilting table control



Galileo Delta A TiltTable

The Galileo TiltTable systems have been used successfully for years with adults with congenital or acquired disorders of the musculoskeletal system.

## Available as option

### Tilting table with rollers

- For more mobility of the Galileo tilting table

### Hand rail with transport rollers

#### for separate using Med 25 TT

- Dimensions: 434 x 272 x 1051 mm
- Weight: 3 kg

# Galileo® Med 25 TT



## Muscle training for mobile use in the therapeutic field

### Flexible and mobile use.

Galileo Med 25 TT is equipped with an interface for the control of the Galileo tilting table system and the operation via the Galileo Wobbel remote control.

An extended range of applications is available with the separate use of Galileo Med 25 TT without the Galileo tilting table system. The combination of comfortable side grips + low empty weight and small footprint allow Galileo Med 25 TT a very flexible and mobile deployment.

## Scope of delivery and specifications

### Wobbel remote control

- ▶ With buttons for start/stop, frequency +/-, control of Wobbel mode
- ▶ Dimensions: 150 x 65 x 30 mm
- ▶ Weight: 150 g

### Base unit

- ▶ Integrated control panel with 4 buttons and display (start/stop, button select [frequency, time...], button +/-)
- ▶ Dimensions: 683 x 490 x 131 mm
- ▶ Footplate: 547 x 349 mm
- ▶ Weight: 34 kg
- ▶ Amplitude: 0..+/-3.4 mm (stroke: 6.8 mm)
- ▶ Max. acceleration: 14.9 g
- ▶ Frequency range: 5..33 Hertz
- ▶ Max. load (body weight): 120 kg
- ▶ Power requirements: 230 V AC, 50/60 Hz, 400 VA
- ▶ CE0123 certificate (medical device) acc. to regulation 93/42/EEC

### Included accessories

- ▶ Power cable and operating manual
- ▶ Training poster with basic Galileo exercises
- ▶ Training manual



Integrated control panel

Wobbel remote control



Galileo Med 25 TT



MORE SAFETY  
FOR USERS  
PRONE TO FALLING.

Training with hand rail



Galileo Med 25 TT with hand rail and transport rollers



The optional hand rail provides additional safety at home for users prone to falling. It is easy to fit to the base unit so that you can buy it at a later date as required.



#### Integrated functions in Galileo Med 25 TT:

##### Galileo Smart Coaching function

The Galileo Smart Coaching function carries out an automatic frequency adjustment when the feet are too far apart or the body posture is too stiff. (Function on purchase without TiltTable system included)

##### Wobbel function

The Wobbel function integrated in Galileo Med 25 TT enables Galileo training with random changing frequencies. More information from page 42.



##### Galileo Training App

The Galileo Training App is an interactive training manual which you can use to create your own training plan from more than 200 exercise variants.

## Available as option

#### Hand rail with transport rollers

- Dimensions: 434 x 272 x 1051 mm, weight: 3 kg

#### Colour variations

- Cream white, black
- Further special colours available on request

#### TiltTable system

- Model Delta A for persons with a height up to 1.90 m  
(More information from page 38)



Colour samples are only for orientation.  
Production-related deviations are possible.

# Galileo® Training App



## Your interactive manual

### Real-time training with visualised exercise.

The new Galileo Training App is focused on relaxation, back training and improvement of performance.

You can train anytime and anywhere on your Galileo training device.

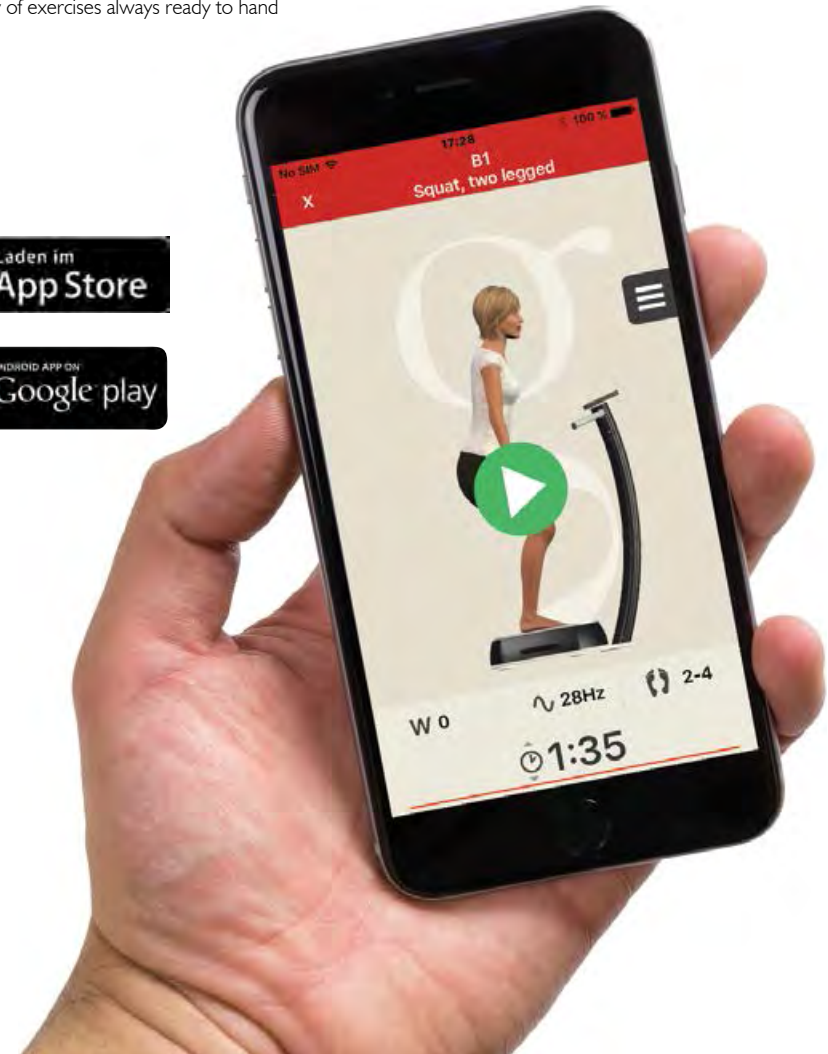
The Galileo Training App is an interactive training manual which will help you create your training plan from more than 200 exercise variants. The exercises are grouped according to 20 training targets. Each exercise can be carried out in up to six degrees of difficulty from easy to hard.

The intuitive operation directly via your end device enables the visualisation of the complete training sequence. The training is made ideally in real-time with the visualised exercise.

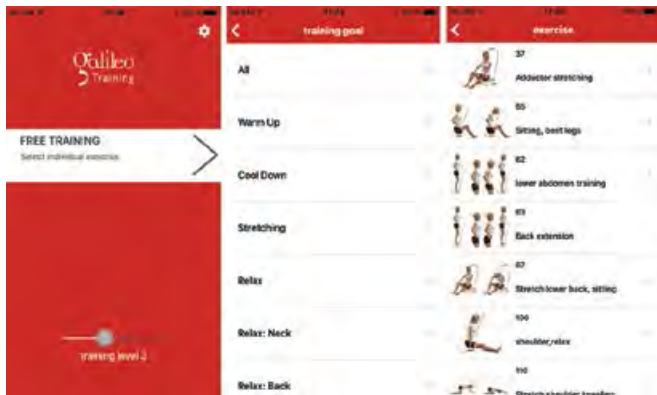
Depending on the selected degree of difficulty, the Galileo Training App suggests all the training parameters (time, frequency, amplitude, Wobbel function), which makes your Galileo training even more fun, is more interesting and easier to use.



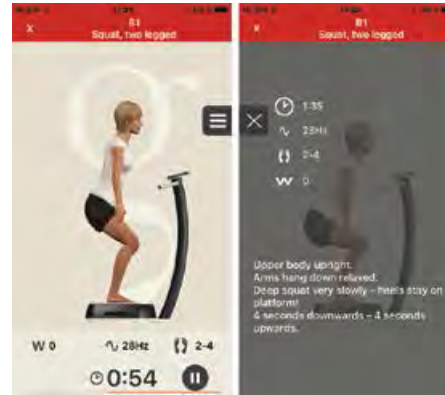
A variety of exercises always ready to hand



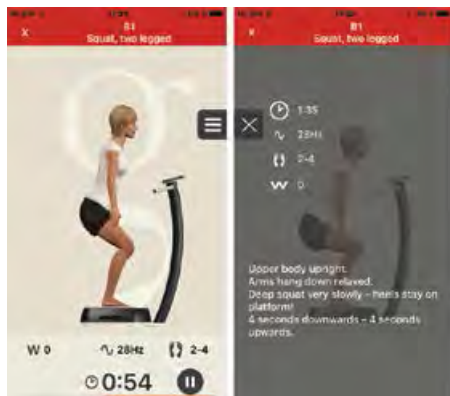
FREE GALILEO APPLICATION SOFTWARE FOR MOBILE DEVICES.



- Flexible training using the Galileo Training App enables the independent selection of exercises from theme based groups (e.g. Warm-up).



- Information is available for each training exercise explaining which points to observe in order to perfectly carry out your training.



- The training is made ideally in real-time with the visualised exercise.

# Galileo® Wobbel function

## Effective training of balance and co-ordination

### Training with random frequency changes.

The Wobbel function allows Galileo training with random changing frequencies. The training frequency (vibrations per second) changes more quickly or slowly depending on the selected degree of difficulty. The speed of the frequency changes can be selected to be an easy, medium or high degree of difficulty. In addition, it is even possible to raise or lower the middle frequency around which the random frequencies are based in the middle of a training session.

The Wobbel function is very suitable for balance and coordination exercises such as required for neurological indications as the user cannot predict how the frequency will change during the course of the training.

## Scope of delivery and specifications

### Wobbel remote control to activate the Wobbel function

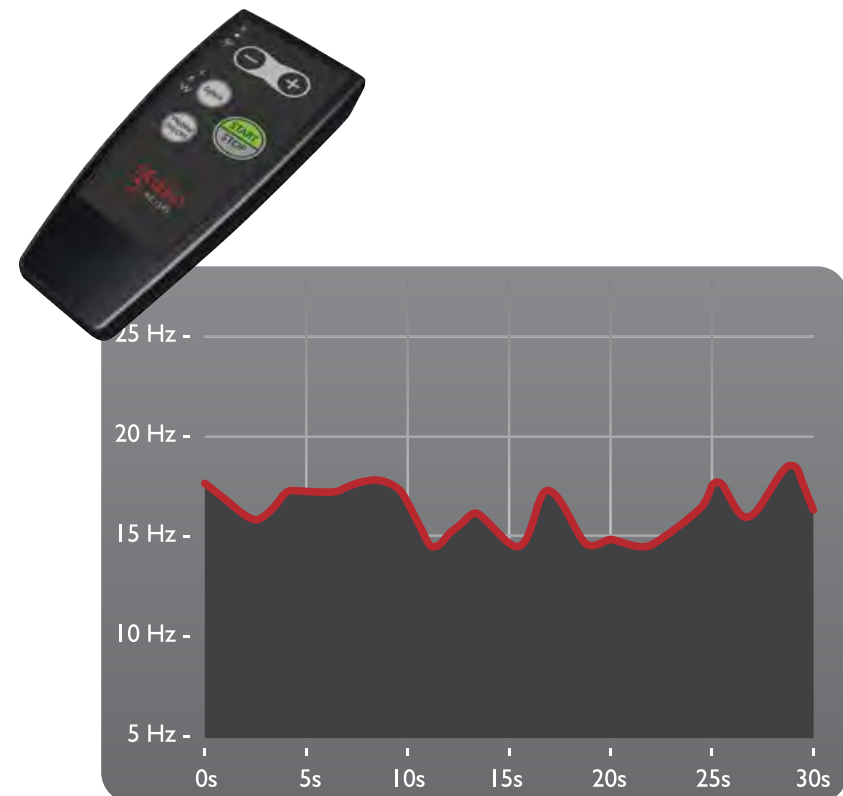
- ▶ With buttons for start/stop, frequency +/-, control of Wobbel mode
- ▶ Dimensions: 150 x 65 x 30 mm
- ▶ Weight: 150 g
- ▶ Including practical hanging strap
- ▶ Batteries included and easy to change

### Functions

- ▶ Selection of difficulty level from easy, medium or difficult
- ▶ Intuitive operation with five buttons
- ▶ Retrofit possible on request
- ▶ Setting of the training time




Integrated control panel with display in the Wobbel selection mode



Wobbel remote control, random frequency changes

## TRAINING OF BALANCE AND CO-ORDINATION.



Use the Wobbel function to spoil your customers with additional training possibilities.

The Wobbel function can in particular be used for balance and co-ordination exercises with neurological indications and efficiently combined with additional tasks for the patients such as ball games or single leg exercises. In addition, the Wobbel function is suitable for increasing motivation in connection with demanding workout exercises with high frequencies.

# Galileo® Smart Coaching<sup>+</sup>



## Automatic frequency adjustment

compensates for wide foot position and stiff body posture

### Training becomes more efficient and safer.

The position of the feet is particularly important for an efficient training session on the Galileo.

During the training session, the Galileo Smart Coaching sensor continuously checks whether the feet of the user are in the ideal position depending on the frequency selected.

When the distance between the feet is too wide this can lead to an unstable standing position. The user cannot hold the position of the feet and as a result the feet slip away. The loudness of Galileo increases considerably until the device itself starts to move. The person who is training is not able to properly follow the downwards movement of the plate. This in turn leads to an easing of the burden including a possible short lifting of the foot and therefore to the described phenomena.

### Automatic frequency reduction.

Galileo Smart Coaching recognises a possible existing discrepancy between the foot position and selected frequency. The frequency is automatically reduced so that the user can enjoy an ideal training session. After the user has corrected the position or posture, the device returns to the frequency which was originally selected.

The display of the Galileo Smart Coaching function depends on the device.

## Scope of functions

### Commissioning and set-up

- The Galileo Smart Coaching function is activated by the respective control element. The Galileo Smart Coaching function has five sensitivity settings.

### Sensitivity settings

- **Level SCI:** the most sensitive setting
- **Level SC5:** the least sensitive setting



Galileo Smart Coaching function on Galileo Med L





Pictures: Shutterstock

## Everything under control with Galileo® Smart Coaching

- › Galileo training more efficient and safer
- › Automatic frequency adjustment according to individual ability
- › Reduced loudness of device
- › 5 sensitivity levels for improved training

A less sensitive setting for the Galileo Smart Coaching function enables a more intensive training session, but at the same time this can lead to higher loudness during the intensive training.

# Galileo® TPM Training plan manager

## Scalable training plan management

### Create and manage training plans.

Use Galileo TPM to quickly, easily and intuitively create and manage training plans for Galileo. You can choose the supplied training plans or create your own individual training plan.

## Scope of functions

### Training plan creation

- The user-friendly interface of Galileo TPM helps you to create your own training plans. First you just define the required training group and the training level and then you select from a list of suggested exercises. The training plan editor then shows you a preview picture of each exercise and depending on the training group and training level proposes appropriate training parameters. These training parameters can be individually adjusted as required.

### Chip card creation

- Use Galileo TPM to create chip cards for all Galileo models with an up-to-date chip option. This enables access control and calculation of the training time. Furthermore, you specify the training parameters or complete training programs.

### Scalable training plan management

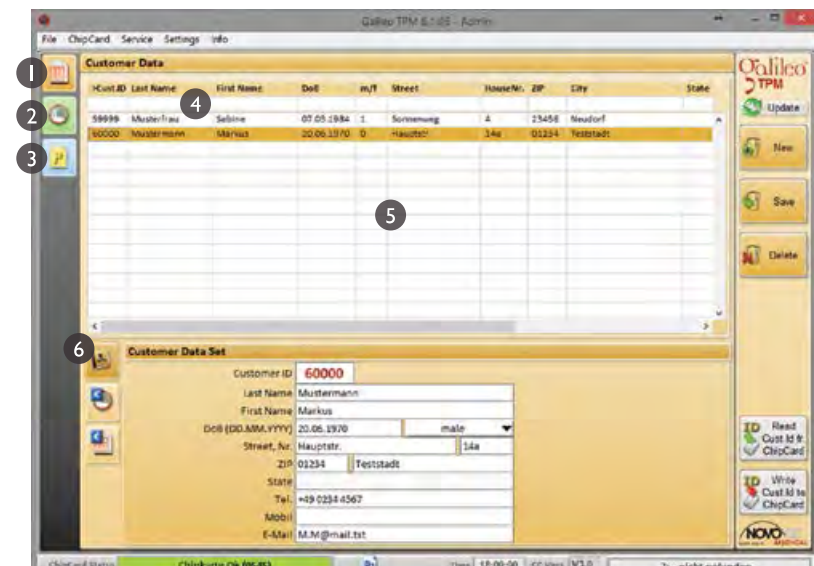
- There are exercise pictures, short instructions and fixed training parameters for each exercise. The easiest method for you is to create and print training plans for your customers. If you create chip cards with Galileo TPM, the respective exercise number is displayed on the control panel of the device, which can be found in the Galileo training manual and on the Galileo training banners and posters.

### Customer management

- Galileo TPM includes a database to manage customers. In the database you see the contact data and training history of each customer. Every time data is saved to the chip card the change is recorded and displayed on the time account. This gives you a constant overview of the training history of each customer. In connection with the auto training mode of Galileo PT you can also read out and adjust the training level of the training groups.

Device class	All Galileo® therapy systems	Galileo® therapy systems with chip option
Manage and print training plans (manual input of training parameters on Galileo device required).	✓	✓
Access control via chip card.		✓
Save training programs on chip card (training parameters are set automatically on Galileo device and exercise number is displayed on the control panel).		✓

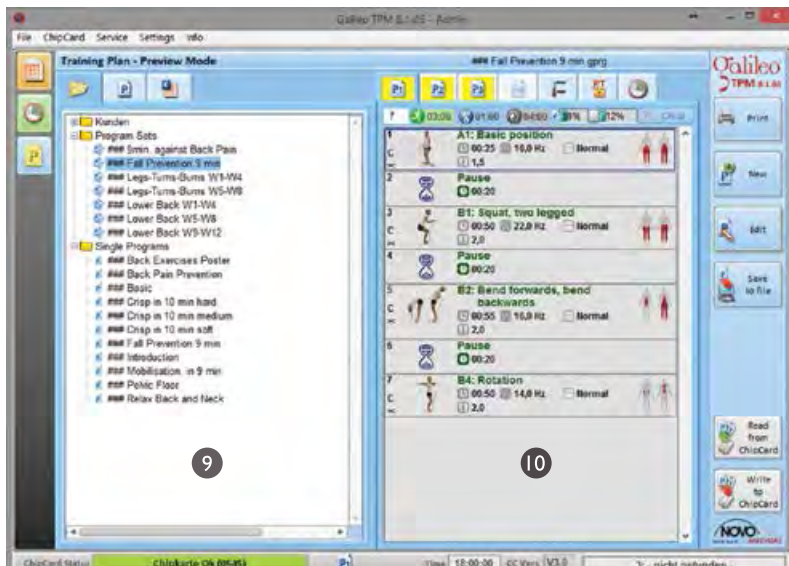
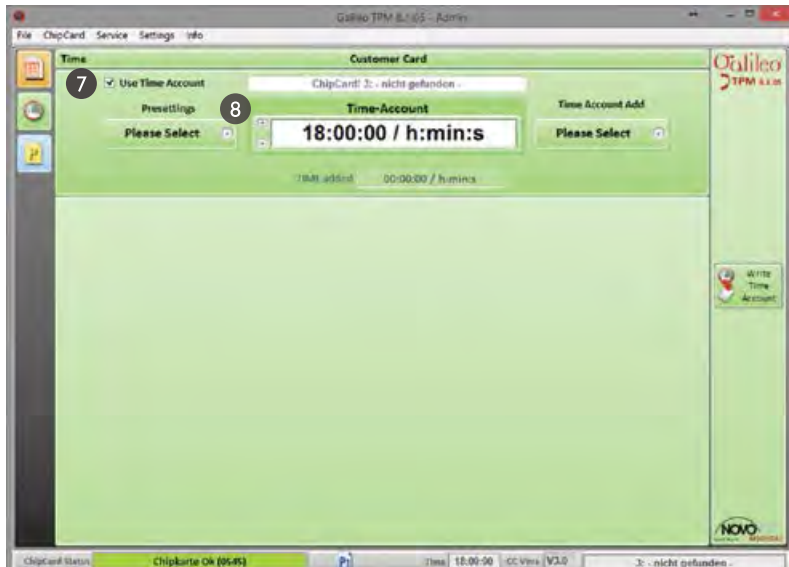
The functions available depend on the device class



Display of customer data

INDIVIDUAL TRAINING PLANS.

USER-FRIENDLY CUSTOMER DATA MANAGEMENT.



Time account screen (above) and training plan preview mode screen (below)

## The interface

### Program parts

1. Customer
2. Time account
3. Training plan – preview mode screen

### Customer data screen

4. Search mask
5. List view of customer data
6. Customer address data screen

### Time account screen

7. Card type with and without time account
8. Time credit

### Training plan preview mode screen

9. Available training plans and training plan sets
10. Training plan preview

# Product overview

All Galileo devices are designed and manufactured by us exclusively in Germany and distributed worldwide. The quality of our medical and training devices is ensured by a certified quality management system for medical products acc. to ISO 13485:2003.

OUR SYSTEMS WITH SEASAW MOVEMENT  
FOR SIDE-ALTERNATING MUSCLE STIMULATION.  
VIBRATION DUMBBELL – THE IDEAL ADDITION  
TO YOUR STANDING DEVICE.



Standing devices	Galileo® Med 35	Galileo® Med 40 Plus	Galileo® Med 40	Galileo® Med L	Galileo® Med L Chip	Galileo® Med L Sensor
Classification	Professional	Professional	Professional	Professional	Professional	Professional
Medical product	Yes	Yes	Yes	Yes	Yes	Yes
Certificate	CE0123	CE0123	CE0123	CE0123	CE0123	CE0123
Holding possibility	Optional	Yes	Yes	Yes	Yes	Yes
Ext. control panel	No	Yes (at hand rail)	Yes (with separate stand)	Yes (with separate stand)	Yes (with separate stand)	Yes (with separate stand)
Integr. control panel	Yes	No	No	Yes	Yes	Yes
Remote control	Yes	No	No	Yes	Yes	Yes
Frequency (from/to)	5..33 Hz	5..33 Hz	5..33 Hz	5..36 Hz	5..36 Hz	5..36 Hz
Amplitude (from/to)	0.. +/-4.7 mm	0.. +/-4.7 mm	0.. +/-4.7 mm	0.. +/-5.2 mm	0.. +/-5.2 mm	0.. +/-5.2 mm
Max. acceleration	20.6 g	20.6 g	20.6 g	27.1 g	27.1 g	27.1 g
Stroke	9.4 mm	9.4 mm	9.4 mm	10.4 mm	10.4 mm	10.4 mm
Footplate (l/w)	547 x 349 mm	547 x 349 mm	547 x 349 mm	580 x 370 mm	580 x 370 mm	580 x 370 mm
Total weight	34 kg	52 kg	62 kg	56 kg	57 kg	58 kg
Dimensions (l/w/h)	683 x 490 x 131 mm	730 x 790 x 1200 mm	683 x 490 x 1051 mm	875 x 710 x 1200 mm	875 x 710 x 1200 mm	875 x 710 x 1200 mm
Max. load	140 kg	140 kg	140 kg	200 kg	200 kg	200 kg
Wobbel function	Yes	No	No	Yes	Yes	Yes
Smart Coaching	Yes	No	No	Yes	Yes	Yes
Option and accessories	· Hand rail	· TPM Training plan manager			Chip option including TPM Training plan manager	Chip option including TPM Training plan manager

Sitting devices	Galileo® Med Chair
Classification	Professional
Medical product	Yes
Certificate	CE0123
Holding possibility	Yes
Ext. control panel	No
Integr. control panel	Yes
Remote control	No
Frequency (from/to)	2..20 Hz
Amplitude (from/to)	0.. +/-6.0 mm
Max. acceleration	9.6 g
Stroke	12.0 mm
Lying-/sitting area (l/w)	480 x 320 mm
Total weight	28 kg
Dimensions (l/w/h)	670 x 400 x 520 mm
Max. load	150 kg
Wobbel function	Yes
Option and accessories	

## LYING AND SITTING DEVICES FOR USERS WITH OR WITHOUT STANDING RESTRICTIONS.



Lying and sitting devices	Galileo® Delta A	Galileo® Med 25 TT
Classification	Professional	Professional
Medical product	Yes	Yes
Certificate	CE0123	CE0123
Holding possibility	–	Optional
Ext. control panel	–	No
Integr. control panel	Yes	Yes
Remote control	Yes	Yes
Frequency (from/to)	–	5..33 Hz
Amplitude (from/to)	–	0.. +/-3.4 mm
Max. acceleration	–	14.9 g
Stroke	–	6.8 mm
Lying/sitting surface (l/w)	1900 x 600 mm (A)	547 x 349 mm
Total weight	114 kg	34 kg
Dimensions (l/w/h)	2400 x 700 x 950 mm (A)	683 x 490 x 131 mm
Max. load	120 kg	120 kg
Smart Coaching		Yes
Wobbel function		Yes
Option and accessories		



Dumbbell system	Galileo® Mano 30
Classification	Semi-professional
Medical product	Yes
Certificate	CE0123
Frequency (from/to)	5..40 Hz
Amplitude (from/to)	2 mm
Max. acceleration	12.9 g
Stroke	4 mm
Dimensions of dumbbell (l/w/h)	280 x 200 x 60 mm
Dimensions of control panel (l/w/h)	250 x 160 x 80 mm
Weight of dumbbell	2.6 kg
Weight of control panel	1.9 kg
Max. additional weight	5 kg
Control panel	Solid plastic housing and broad range mains adapter for input voltages of 100 - 240 V AC
Wobbel function	Yes
Options and accessories	2. dumbbell, Footswitch, Remote control for control panel, Wobbel remote control

Please see from page 10 to find out which device is best suited to your specific requirements with examples and device recommendation. For more information on using Galileo in the private sphere, in paediatrics, with severe disabilities or in the area of fitness, sport or wellness, please ask for our special brochures for Galileo training devices (without medical certification) and Galileo therapy devices (with medical certification).

## The importance of individual terms

### Classification

- It is not always necessary to have the most expensive device. Depending on the training concept, you can choose between a small, compact model, a model with additional functionality and a high-end solution for professional use.

### Medical product

- Therapy systems with a medical certificate must be constructed to observe the safety regulations, whereby according to the law compliance is only necessary as far as the device is to be used in connection with medical indications.

### Frequency

- Concerning this value, a wider frequency range means a larger range of applications.

### Amplitude

- Concerning this value, higher amplitude means that the maximum achievable training intensity is higher.

## From space research implemented directly in training and therapy

Only the technology of Galileo<sup>®</sup> training has already been repeatedly used in space travel studies to maintain bones and muscles.



Picture: Shutterstock

It is an old dream of mankind to overcome the laws of gravity and become weightless. But in practice this can lead to serious problems. Without the effect of gravity on the body the bones and muscles in humans deteriorate. We have participated in research on this problem for ten years to look for solutions which can be used with the ISS international space station or on a trip to Mars.

And our technology has long been in use on the earth: It is used in the area of sport for regeneration after training and competitions, in connection with health promotion in companies and also by doctors and therapists, for example, to help patients who are no longer able to engage in a muscle training program.



Picture: NOVESPACE

### An extract from our project list:

#### 2003–2005 and 2007–2009

##### Berliner BedRest-Study I a. II (BBRI/BBRII)

Centre for muscles and bones (ZMK),  
Berliner Charité

The immense advantages of Galileo training for long-term astronauts are illustrated by the results from the first study which shows Galileo could almost totally prevent the deterioration of muscles and bones of "terrestrial astronauts". The second study served to further improve the training methods, whereby already approx. 15 minutes per week of high intensity training (HIT) on Galileo is sufficient.

#### 2006–2009

##### Parabolic flight campaigns (8., 14. and 15.)

At the German aerospace centre

In the eighth campaign from the German aerospace centre the technical feasibility of Galileo training for future missions to Mars was verified. In the fourteenth campaign the research group concentrated on the adjustment of the nervous system to side-alternating whole body vibrations with Galileo under a lack of gravity.

#### 2010–2011

##### Project Mars 500

Russian space agency Roskosmos  
European space agency  
German aerospace centre

Galileo was on board with the Mars 500 mission. The experiment of the Russian space agency Roskosmos, the European space agency and the German aerospace centre simulated a manned flight to Mars with duration of 520 days and apart from the lack of weightlessness took place under real space conditions. The project was successfully concluded in November 2011.

#### 2012–2015

##### Toulouse BedRest study

Institut de Médecine et de Physiologie Spatiales (MEDES-IMPS)

The latest BedRest study of the European space agency in Toulouse lasting 60 days examined the additional influence of training with a co-ordinated diet. The training used was similar to that used with the BBR studies with a variation of the Galileo HIT. Galileo training is therefore a reference method at the European space agency for effective astronaut training.

# Stay healthy and fit with Galileo® training

Picture: Shutterstock

## Competitive sports

After training or a participation in competitive sports, Galileo is used to improve mobility or increase performance and for a quicker return to the sport after a break.

### German rugby association (DRV)



Novotec Medical is an official sponsor of the German rugby association (DRV).

### Elisabeth Brandau



- Team manager at notebooksbilliger.de Team
- German marathon champion 2012
- German runner-up in cross-country 2012

Galileo training in cycle sports (MTB, marathon, cross country) used for preparation before competitions.

### Cycling Team HTC - Highroad



- Medical care: Dr. Helge Riepenhof

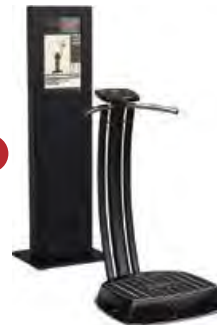
During training camps and round trips Galileo training is used for regeneration after the training or race to improve mobility and increase the max. performance of the cyclists.

## Health promotion

Used in the context of workplace health promotion to prevent work-related restrictions of physical performance.

Only an employee without any physical complaints can perform well. According to the federal German institute for occupational safety and health, however, today already almost 25% of those unable to work are not able to do so due to musculoskeletal disorders. Galileo training can easily be integrated into your working day. In a manually written program with only 5 to 10 minutes two or three times a week the back and leg musculature is relaxed and enhanced, tension is released and muscular imbalances through incorrect posture prevented or corrected.

We are happy to inform you in detail about the applications possibilities with Galileo training in the field of workplace health promotion. Please contact us.



With video!

## Medicine and physiotherapy

Used by many doctors and physiotherapists to help patients who are no longer able to engage in a muscle training program.

### UniReha GmbH, Uniklinik Köln



- Medical director: Prof. Dr. E. Schönau
- "On your feet" – Interdisciplinary treatment concept
- Content: stationary training and training in a home environment
- Targets: improvement of motor skills and ability to stand and walk
- Duration: 1 year, 8 phases

Galileo training for children and young people with musculoskeletal disorders.

Galileo®  
Training



**Galileo<sup>®</sup> training manual.** Exercises for beginners and advanced users. Detailed descriptions for each exercise with pictures, parameter recommendations and further exercise recommendations.



**Information leaflet.** For different target groups in fitness or therapy.



**Vouchers.** For a free trial training or 10 training sessions.



**Banners and flags.** As an eye catcher for your facility. A number of variations and themes.





**Advertising posters.** Various themes for fitness and therapy.



**Training posters.** Poster package with basic exercises and theme-based training posters for body forming, back, pelvic floor, osteoporosis and fall prevention.



**Ceramic cups.** With imprinted logo: Galileo Training; Outside red, white glazed inside.



**Polo shirts.** With sewn-in Galileo logo, available for men and women.



**Leo – our mascot.** With embroidered logo: Galileo Training; Material 100 % polyester, sitting approx. 12 cm high.

G



5 minutes  
to change  
your  
health !



**Galileo<sup>®</sup>**  
Training

[www.galileo-training.de](http://www.galileo-training.de)  
Tel.: +49(0)7231 154 48-30



# Galileo<sup>®</sup> Training



[www.galileo-training.com](http://www.galileo-training.com)

Made in Germany by:



The quality of our medical and training devices is ensured by a certified quality management system for medical products acc. to ISO 13485:2003.

Your contact is: