

ELLIPTIGO

Innovative Rehabilitation and Training



The ElliptiGO is a real asset to my physical therapy practice because I now have an option 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 is a high-performance, fun and effective addition to the traditional rehabilitation activities of swimming, cycling, and the indoor elliptical. Riding the ElliptiGO is a weight-bearing exercise, helping the patient to prevent muscle atrophy and maintain bone density. It's also easy to ride and balance on while providing a great core workout for the rider. Most patients find the ElliptiGO riding experience to be 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 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 gym equipment, patients can enjoy the outdoors while getting an effective workout. It's a unique compliment to their rehab program that not only allows higher intensity workouts earlier, but allows them to take their training to new levels of intensity despite an injury. This 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, whether treated surgically or non-surgically. The ElliptiGO allows patients that are restricted from impact activities to improve their flexibility, maintain or build muscle mass, and complete high-intensity, high-quality aerobic workouts during their rehab.



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

What Conditions Benefit from the ElliptiGO?

The ElliptiGO is a great tool for the treatment of a wide range of orthopaedic conditions. 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

Who Uses the ElliptiGO?

From Olympic marathoners to collegiate track programs, world-class athletes from a variety of disciplines have incorporated the ElliptiGO into their training programs and rehab facilities. They are part of a growing list of elite athletes who use the ElliptiGO as a low-impact running substitute and the ultimate cross-training tool. Some of the current athletes and universities include:



Meb Keflezighi
Olympic Silver Medalist, Marathon



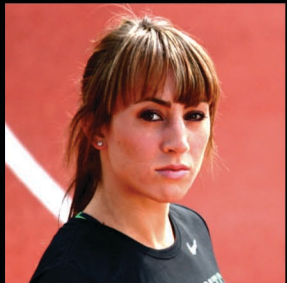
Lauren Fleshman
2-Time U.S. 5,000m Champion



Alysia Montaño
2012 Olympian, 800m



Adam Goucher
2000 Olympian, 5000m



Geena Gall
2012 Olympian, 800m



Sara Hall
2012 USA X-Country Champion



Ed Moran
2:11 Marathoner



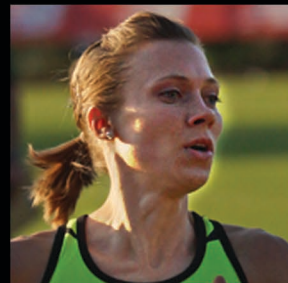
Chelsea Reilly
2012 US Road 10K Champion



Nate Brannen
2-Time Olympian, 1500m



Magda Boulet
2008 Olympian, Marathon



Katie Mackey
8-Time All American



Shannon Rowbury
2-Time Olympian, 1500m

**Stanford University • Rice University • University of Miami • Kansas State
University of Arizona • Furman University • Cal Poly
Portland State University • Grand Valley State University • Elon University**

With more top athletes using the ElliptiGO for cross-training, I think we're going to see even more people using it to avoid injury and over-training. I think everyone could profit from some cross-training and a lot of people are going to work harder on the ElliptiGO than they would on a bike or running in the water. Plus the ElliptiGO is more fun and it's proving to be a way of doing the hard work of running while being less susceptible to injury.

Bob Larsen

Co-Founder, Mammoth Track Club

UCLA Cross-Country and Track and Field Head Coach, 1979-1999

It is surprisingly easy to achieve a wide range of intensities on the ElliptiGO that allow you to replicate almost any type of running workout.

Elliott Heath
10-Time NCAA All American
2011 NCAA Indoor 3K National Champion

A Physical Therapist's Perspective

As a sports physical therapist, understanding the mentality of an athlete is paramount. Their number one goal is to be back in the game and return to the activities they love as quickly as possible. I see so many active people and athletes who are currently injured and can't exercise due to pain, and the ElliptiGO has been the perfect solution.

I started using the ElliptiGO with several clients: 1) a long distance cyclist who fractured her hip and pelvis after a bike accident, 2) a competitive runner who was recovering from a total hip replacement, and 3) a professional tennis player who could not run or be on court due to a knee injury. They loved it. Soon they were riding 8-12 miles outside without pain or strain to their joints. They were getting stronger and recovering quicker.

I put one on a trainer in the clinic so those who were recovering from an injury could initially start indoors and then progress to more advanced training outdoors. For my athletes this was a great solution and I could get them doing cardiovascular training and core strengthening while they were recovering. The biggest benefit is that it provides a high performance workout that is low impact and eliminates joint pain. Not to mention it is super fun!

Lisa Chase, PT, OMPT
Owner, Back 2 Normal Physical Therapy, Inc.



Kveta Peschke
Pro Tennis Player
Wimbledon Doubles Champion



Joshua Johnston, MD - Board Certified Orthopedic Surgeon, Sports Medicine Specialist

The ElliptiGO provides an innovative whole-body cardiovascular and muscular endurance workout without the impact-loading inherent with running or the biomechanical issues associated with cycling. I have recommended it to runners slowed by chronic degenerative disease, patients with overuse and repetitive stress injuries, serious athletes looking for low-impact, high-yield cross-training activities, and to those in post-surgical rehabilitation. The ElliptiGO is simply the most innovative cross-training cardiovascular device on the market.



Stephen Bartol, MD - Board Certified Orthopedic Surgeon, Spine Specialist

I am using the ElliptiGO myself almost every day and I love it! No neck pain, no back pain. I have recommended it to my patients who miss running because of back, hip and knee problems and also cyclists who suffer neck pain on a bike. It is a great workout, no impact and a blast to ride.

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 tool 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, Second Cuneiform

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)



Watch Dr. Leahy talk about the ElliptiGO [Play Video](#)



"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
3 x World Masters Mountain Running Champion



"In a sports-focused orthopaedic surgery practice, I have to tell patients daily that they need to decrease or eliminate their impact exercise. What I am finding with my patients with mild to moderate osteoarthritis is that if they transition to more time on the ElliptiGO as part of their running program, it is a great way for them to keep running and stay in the running culture for many more years to come."

Dr. R. Jacob Kaler, M.D.
Board Certified Orthopaedic Surgeon, Ozark Orthopaedics

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

bbrown@elliptigo.com • 443-690-0570

www.elliptigo.com