

## Contraindications and Side Effects of Galileo® Therapy

Medical history must be reviewed before starting Galileo Therapy. Before a therapy plan is established a good knowledge of the current physical condition and possible risks must be assessed! A detailed survey of the user, i.e. via a health questionnaire, regarding the contraindications therefore has to be carried out before the first use of Galileo Therapy. Of course, the individual history of the user must be included.

### Contraindications

The following contraindications must be excluded before the first use of Galileo Therapy:

- Pregnancy
- Acute thrombosis (acute vascular constriction)
- Implants in activated regions of the body (e.g. artificial joints)
- Acute inflammation of the locomotor system active arthrosis or arthropathy e.g. acute inflammation or swelling of joints
- Acute tendinopathy in activated regions of the body (acute tendon inflammation)
- Acute hernia (soft tissue prolapse)
- Acute discopathy (acute problems at the intervertebral disc)
- Fresh fractures in activated regions of the body
- Gallstones or stones in the urinary tract collection system
- Post-surgery wounds and fresh wounds in activated regions of the body or incomplete wound healing
- Rheumatoid arthritis
- Epilepsy due to secondary risk of injury



## Side Effects

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During the initial phase of therapy with Galileo it is especially important that the user is engaged and questioned regularly (e.g. after each therapy session within the initial two weeks) concerning physical sensations and subjective therapy progress. This feedback is a key element for successful adaptation of the exercise plan and to avoid the side effects listed below.

- Nausea and dizziness due to swift, temporary drop in blood pressure
- Quick drop in blood sugar level in diabetics due to high muscular activity
- Itching in activated body parts (esp. lower legs) due to high muscular activity
- Skin lesions or blisters on contact surface (proper therapy instructions!)

The side effects nausea, dizziness, temporary drop in blood pressure or itching are usually harmless and are a sign of too high an intensity of exercise or excessive exercise, especially in untrained subjects. Side effects usually disappear after the first few sessions when the subjects are familiar with the Galileo Therapy system and its effects. Note that a high intensity can easily be avoided by appropriate foot position (low amplitude) and adjustment of time session by session. Due to the increased blood circulation during Galileo Therapy a temporary drop in blood pressure may occur in sensitive persons such as elderly and hypotonic (low blood pressure) subjects. In these cases the supervisor should pay attention to any signs of dizziness in order to prevent falling in the early stages of exercise.

For better preparation to the blood volume shift during Galileo Therapy the patient may warm up on a bicycle or rowing ergometer prior to Galileo Therapy. This is especially important for chronically hypotonic and geriatric subjects.

Diabetics may respond with hypoglycaemia due to intense muscle exercise especially during, or shortly after intense therapy sessions. Always be prepared with glucose.

Skin lesions such as blisters on the platform contact surface can easily be avoided by wearing dry, clean socks or gymnastic shoes with thin soles. Avoid wearing overly cushioned shoes as thick soles may reduce the therapy effect and sturdy soles may damage the therapy platform's surface cover.

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