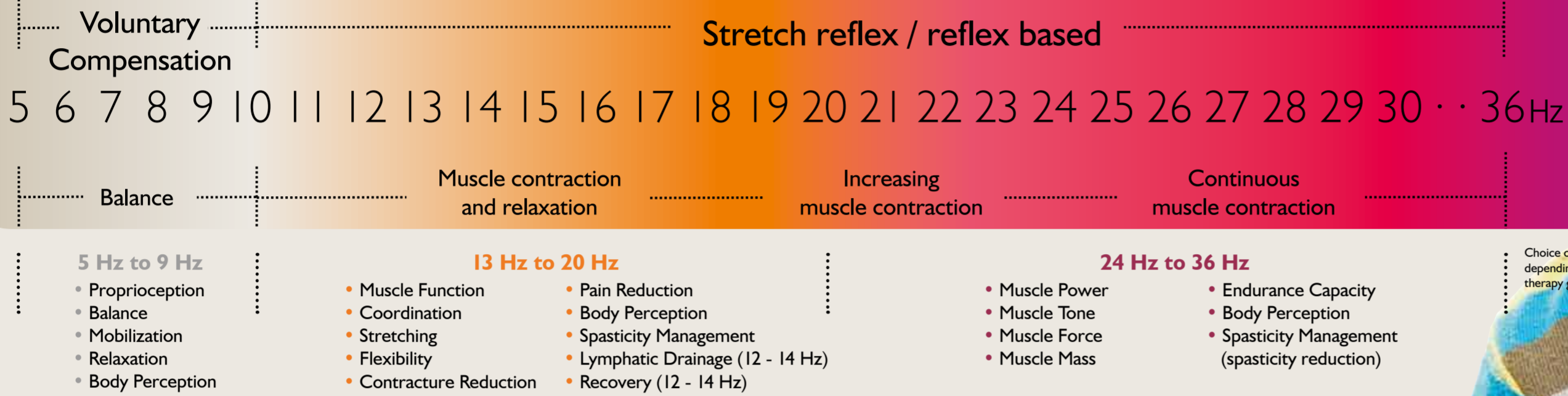




Benefits for children

- Stimulation of the neuromuscular system in a physiologically correct way
- Improves postural control, gait, walking speed, and mobility
- Improves muscle power (strength and power), coordination and function
- Increases sense of joint position, balance and proprioception
- Improves ROM, flexibility and mobility
- Intramuscular coordination & neurological communication optimizes plasticity
- Reduces spasticity in minutes and manages with regular use
- Higher bone mass, muscle mass density and osteoporosis prevention
- Reduces contractures with increased ROM and flexibility
- Improves blood flow, micro-circulation and the lymphatic system

Before first use:
For contraindications, please refer to the technical manual.



Strength (Power/Force)

2:00 24-33 Hz I-3 I-3

K401 Static Squat
Movement similar to sitting down on a chair. Slow downward movement, bend max. 90°. Slowly straighten up again, straighten knees. Pay attention to leg axis!

Strength (Power/Force)

2:00 24-33 Hz I-3 I-3

K402 Dynamic Squat
Movement similar to sitting down on a chair. Slow downward movement, bend max. 90°. Slowly straighten up again, straighten the knees. 4 seconds down - 4 seconds up. Pay attention to leg axis!

Strength (Power/Force)

2:00 24-33 Hz I-3 I-3

K403 Deep Squat
Movement similar to sitting down on a chair. Slow downward movement. Deep squat position, approx. 90°. Heels stay down! Pay attention to leg axis! (distance between the knees 10 cm)

Strength (Power/Force)

2:00 24-33 Hz I-3 I-3

K410 Toe stand
Raise heels as far as possible. Hold final position for 20 seconds. Slowly return heels to starting position. 4 seconds down - 4 seconds up. Increase the level of difficulty - without holding on!

Strength (Power/Force)

2:00 24-33 Hz I-3 I-3

K420 Tall Kneeling with mat
Place thin mat on top of Galileo. Kneel. Feet remain on floor. Knees symmetrical around zero line. Keep upper body upright. To increase difficulty: lift toes off floor.

Stretching

2:00 16-18 Hz I-3 I-3

K415 Hamstring Stretch & trunk bend
Bend over and place hands on low surface in front. Straight legs, slowly stretch legs backward. Hold position 10 seconds. Slowly straighten up again. Repeat.

Stretching

2:00 24-33 Hz I-3 I-3

K416 Achilles Tendon Stretch
Let heels protrude off back of unit. With knees straight push heels towards floor. Hold end position 10 seconds, come back up and repeat downward.

Balance

1:00-2:00 14-5 Hz 0 I-3

K490 Single Leg Balance
Narrow basic stance, knees slightly bent. If possible, do not hold. Raise legs a few inches (forward or backward). Distribute weight on sole of standing leg. Max. foot position 2.5. Change after 15 sec.

Application recommended 10 times per week, 15 minutes session, choose exercises depending on your goal.

Repetition Duration in minutes Frequency Position / Amplitude Wobble

Visit us on the internet at www.galileo-therapy.com

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