



TRINITY
REHAB

HOW TECHNOLOGY CAN HELP YOU HEAL: A DEEP DIVE INTO THE ALTER-G® AND EPAT TREATMENT METHODS





How Technology Can Help You Heal: A Deep Dive Into the Alter-G® and EPAT Treatment Methods

Calling all weekend warriors, professional athletes, high-school sports stars, fitness enthusiasts, senior citizens—and just about anyone else who cares about their body! Your answer to keeping your physique in top shape and feeling your best awaits in the advanced technologies and personalized care of Trinity Rehab.

When it comes to our technologies, you're sure to heal up and get on the path to a full recovery with our long list of state-of-the-art equipment and innovative techniques, like our Alter-G Anti-Gravity Treadmill® and our EPAT (Extracorporeal Pulse Activation Treatment) therapies.

Thanks to these industry-leading treatment options, you'll soar through your rehabilitation plan and regain your mobility. Moreover, you won't be held back from completing another marathon, playing in your championship game, or just staying in pace with a busy lifestyle.

Within this *How Technology Can Help You Heal: A Deep Dive into the Alter-G® and EPAT Treatment Methods* eBook, you'll gather more information about the intricacies of these unique modalities and what to expect when utilizing them.

In addition to that, we'll provide you with more details on topics like:

- > **What Is EPAT?**
- > **Injuries Treated with EPAT**
- > **Non-Invasive Benefits**
- > **Your Guide to Alter-G®**
- > **How Alter-G® Can Help You**
- > **Where to Find Alter-G®**

With the useful insight included in this comprehensive guide to EPAT and Alter-G®, you'll arrive at your first appointment knowing which option is ideal for your recovery or fitness aspirations.

So, without further ado, let's dive into the facts about our formidable lineup of advanced treatments and technologies!



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What Is EPAT?

First thing's first: before we jump into the nitty gritty on what EPAT can treat, let's define it!

Simply put, EPAT is also known to professional physical therapists as Extracorporeal Pulse Activation Treatment. This FDA-approved technique sends gentle pressure waves into your muscles, ligaments, or tendons to gradually relieve pain.

How It Can Help You

The unique pressure released through the applicator has been proven to help you get back on your feet and continue down your path to an inspiring comeback. Some of the healing perks of this technology include things like:

- > **Metabolism Stimulation**
- > **Blood Circulation Enhancement**
- > **Healing Process Acceleration and more**

Overall, opting to restore your body with EPAT will kick start your system and boost your muscles' abilities to recover from trauma, injury, strain, or anything else.



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How Is EPAT Administered?

After applying coupling gel to a specific area of your physique, your trainer will release acoustic pressure waves to your skin via an applicator that's moved in a circular motion over the area that's causing you trouble.

Typically, most patients need about three EPAT treatments per week to begin feeling results. For even more convenience, each session lasts only about five to ten minutes, which means that you won't have to take lots of time out of your day to recover from your injury.

Looking for speedy results so that you won't miss out on an important event? If so, EPAT is the answer to your rehabilitation desires.

That's because this treatment provides over 80 percent of patients with benefits after roughly three to four sessions. Thanks to this fast-acting therapy, you may even shorten the distance between you and the recovery finish line.



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Injuries Treated with EPAT

With versatile treatments, like EPAT, comes the ability to administer relief to all different types of injuries, strains, and even generalized pain. Luckily, this multifaceted technology is used to treat a wide range of musculoskeletal conditions, such as:

- > **Hip Tendonitis**
- > **Knee Pain**
- > **Shin Splints**
- > **Golfer's Elbow**
- > **Tennis Elbow**
- > **Shoulder Tendonitis**
- > **Plantar Fasciitis and more**

Non-Invasive Benefits

If you've ever been subjected to intensive surgery in an attempt to mend an issue, you know how tough recovery can be after an operation. Wouldn't you rather skip all of that and find a solution that allows you to stay in pace with your life?

Well, EPAT offers up a non-invasive approach to soothing your pain and injury. How does that benefit you?

By choosing a treatment method that avoids putting you out of commission for days, weeks, or even months, you'll heal up while dedicating the rest of your time to other physical therapy exercises or your daily responsibilities—whether you need to pick up your kids from school, attend an event, or keep up with your work schedule.

Plus, you'll still be able to train and continue with your exercise routines while receiving a therapy that's designed to keep you moving.



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Your Guide to Alter-G®

Below, you'll discover more about the multitude of ways that the Alter-G Anti-Gravity Treadmill® has assisted other athletes, patients, and fitness fanatics in reaching their physical therapy objectives. With these simple guides, you'll know exactly why this option is right for you.

Recovery For Your Injury

You know that weightless feeling you get while walking in a pool? Well, the Alter-G Anti-Gravity Treadmill® serves up a similar method of easing the amount of weight you bear while completing a workout.

Once you step inside the chamber of this machine, your physical therapist will secure you into the belt, all you have to do is choose the percentage of body weight at which you'd like to move.

So, if this is your first time on the treadmill, you might want to start out with something pretty light, like 20 percent.

Of course, our certified physical therapist will recommend the amount of body weight you should utilize while running or walking. That way, you'll be able to recondition your body for regular exercise without the risk of harming your existing injury, or harming yourself in another way.

Additionally, the Alter-G® allows you to raise the weight bearing number by one percent increments. By equipping you with these kind of specific anti-gravity options, you'll customize your time on this machine to match your particular treatment plan, goals, and needs.





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Support for Seniors and Neurological Conditions

Part of what makes the Alter-G® such a huge advancement in physical therapy treatments is that it provides a safe way for Alzheimer's, Parkinson's, and patients suffering from other neurological conditions to practice natural gait patterns, without risking a fall. The secure belt on the treadmill keeps you safe from harm while you continue through your daily walk.

Not only does this provide patients with a way to stay active, but it also helps your body relearn healthy movements after a stroke. After a series of frequent workouts and gait practice, you'll be back to your normal self in no time.

Even if you haven't suffered from a medical condition, the Alter-G® lets you stay young and fit by helping you exercise without worrying about pulling a muscle or losing your balance. You can consider this your ticket to staying in your best shape at any age.





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Advantages for Athletes

The Alter-G Anti-Gravity Treadmill® takes a step beyond your injury by securing professional athletes with a way to train for a game, marathon, or anything else.

So, no matter if you aren't struggling with an ailment, you'll boost your training plan by running at a reduced body weight. By doing so, your physique will get familiar with lengthy runs and more intensive workouts, which ultimately raises your endurance.

With this all-inclusive treadmill, you'll be a force to be reckoned with on the field, track, or anywhere else. Over time, your injured muscle or tendon will build up the strength required for football, long-distance running, sprinting, hiking, and lots more.

Tracking Your Progress

What's another advantage of starting your physical therapy journey by using the Alter-G®? You and your personal therapist will be able to easily monitor your healing progress with the handy feedback gathered up by this machine.

With data options like the Smart Stride system, your trainer will get a first-hand view into your cadence, weight-bearing percentage on each leg, your step length symmetry, and your stance symmetry. Over time, these numbers should begin to even out as your body becomes better able to handle brisk walks or long runs.

And if your therapist notices a limp, or lack of balance in your form, they can use the convenient Video Monitoring System to show you what you need to work on.

Because these videos can be kept in your records, you'll be able to view how your pace and gait has changed during the time you've spent on this treadmill.



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Where Can I Find the Alter-G Treadmill®

Plus, the Alter-G Anti-Gravity Treadmill is available for use at any Trinity Rehab locations throughout New Jersey. That way, you won't need to travel far and wide to find the treatments that are right for your wound, condition, or performance program.

To get yourself set up with an Alter-G® session, all you have to do is contact one of our physical therapy rehabilitation specialists at any of our sites—whether you live near Marlton, Whiting, Somerset, Howell, Hamilton, or anywhere else in New Jersey.

Instead of waiting around and wondering when you'll find the therapy you need, you'll be presented with all the technologies you've been looking for at our fully-equipped facility.

Learn More About Our Physical Therapy Options Today!

At Trinity Rehab, we believe that you deserve to be supported along your journey to a complete, inspiring comeback with top-notch technologies, like EPAT therapy and the Alter-G Anti-Gravity Treadmill®.

Fortunately, our all-inclusive physical therapy locations come adorned with both options so that nothing will stand in the way of your productive day. Take a look at some of the other details about these treatment opportunities by scheduling your free screening, giving us a call, or visiting our website today!

And don't forget to save a copy of this *[How Technology Can Help You Heal: A Deep Dive into the Alter-G® and EPAT Treatment Methods](#)* eBook to your computer. That way, you can return to the information in this guide to refresh your memory on all the ways Alter-G® and EPAT can assist you in achieving your goals.