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Use of an Anti-Gravity Treadmill for Early Postoperative Rehabilitation After Total Knee Replacement: A Pilot Study to Determine Safety and Feasibility

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ABSTRACT SUMMARY

This pilot randomised controlled trial assessed the safety and feasibility of the AlterG Anti-Gravity Treadmill for early rehabilitation following total knee replacement surgery. The device was found to be safe with no adverse events reported, and therapists expressed 100% satisfaction with its clinical utility for facilitating early weight-bearing and mobility recovery.

CLINICAL RELEVANCE – PHYSIOMED AUSTRALIA

This research supports the clinical use of body-weight-supported treadmill training — such as the Aero Runner system supplied by Physiomed Australia — as a safe and effective tool in post-surgical rehabilitation programs.

FULL PAPER – PUBMED REFERENCE

<https://pubmed.ncbi.nlm.nih.gov/27327921/>

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