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Nov 11, 2008 8:16 pm US/Pacific

## NASA-Developed Treadmill Gets Bynum Back On Court



Reporting  
**Lisa Sigell**

LOS ANGELES (CBS) — It's a revolutionary machine that helps everyone from star athletes to everyday joggers recover from leg injuries.

The state-of-the-art treadmill simulates low gravity is credited with getting Lakers center Andrew Bynum back on the court.

On the hardwood he's hard to stop, a force to be reckoned with, but when Andrew Bynum was going through rehab for his knee, the Alter G-trainer was part of his recovery.

"And you couldn't feel impact on your knee at all – you feel impact but it's far less than having to run on the hard wood."

The anti-gravity technology behind the G-trainer was originally developed at NASA. The idea to use air pressure to reduce the weight of a person allowing them to walk or run with less stress on the lower body.

"There's an air compressor within the treadmill unit itself that inflates the self contained bubble that the patient runs in so at the touch of a button we're able to take the patient anywhere from 20 percent of their body weight to 99 percent of their body weight."

"It's helped me tremendously to get the range of motion and get the slight impact every week."

Joshua Huber has not been able to run at all or even walk properly for the past 2 years. After a wakeboarding accident. He's had 4 surgeries. This is the first time he's been able to run.

"This machine its you running, you weigh 30 pounds lighter, or 40 pounds lighter," Huber said. "There's all this pressure that grabs you around the waist and lifts your body up and you feel weightless."

Marathon runners and elite athletes are using the G-trainer to train with less stress to their bodies. They say it gives them that extra edge.

Andrew Bynum says it worked for him.

"It was able to keep me in better shape so when I was able to transition back onto the hardwood I wasn't too lost."

As for Joshua Huber he's not planning on hitting the hardwood, just a chance to do again what he loves.

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"I used to be able to run on the beach a lot, this machine will help me do that I believe."

**Evolution Physical Therapy in Culver City was the public facility shown in this story. The G-trainer there can be used for physical therapy as well as athletic training by the public. Evolution Physical Therapy can be reached by phone (310) 915-6100 or by fax (310) 915-0100.**

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