

ElliptiGO Case Study: Brian Pilcher

Gender: Male

Age Range: 55-60

Event Focus: 5K, 8K, 10K, Marathon

Injury: Debilitating hip and knee pain when running.

Diagnosis: Significant deterioration of cartilage in hips and torn labrum with bone on bone friction. Athlete underwent arthroscopic surgery and shaved the bone down to anchor the labrum in place. Hip pain subsided and knee pain shortly followed. Athlete was unable to run without pain.

Phases of Recovery:

Phase I: Athlete rode ElliptiGO daily for 60 minutes for two months.

Phase II: Athlete increased ElliptiGO volume to 12-15 hours weekly for ten months; three 3-hour rides and 2-3 one hour rides. He also increased the intensity to include long hill climbs and fast paced flat rides.

Phase III: Athlete began to weave in short 1-2 mile runs on the treadmill and slowly built up to 5-8 mile runs three-to-four times per week over the period of eight weeks. At three weeks into this phase he was able to race a 5K and at the end of this phase successfully raced a 10K.

Results: Athlete's ElliptiGO training mileage over the course of a year enabled him to win national championships in the 5K and 10K after just three months of running.