

ElliptiGO Case Study: Simon Gutierrez

Gender: Male

Age Range: 40-45

Event Focus: Mountain Running

Injury: Medial Meniscus tear in knee followed by necrosis in the femur (dying of bone) due to faulty surgery.

Phases of Recovery:

Phase I: One month - no weight bearing activity. The primary goal was to save the leg - at this point there was no goal to run again. Athlete cycled daily with no resistance for one month. Several months later, athlete's leg was 85% healed and he transitioned to weight-bearing activity.

Phase II: Non-impact, weight-bearing activity. Athlete used the elliptical machine daily for 30-45 minutes for six weeks and slowly built up cardiovascular fitness and muscular strength without impact on the knee.

Phase III: Athlete learned of the ElliptiGO and started using it for daily workouts (30-60 minutes) at a hard intensity and sprinkled in very easy effort minutes of running in between workouts. After several weeks, he tested his mile time and was able to run sub-6 minute pace. He continued to train hard on the ElliptiGO and build up his running time at very easy efforts until he was able to run again at race-ready fitness.

Results: Eighteen months post surgery, he was able to return to podium level racing fitness as well as improve previous race distance finish times.