Elevated Recovery

The Team-Team 22

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Project Description

- Anti-gravity chamber around treadmill
- Reduces effective weight on legs to increase recovery quality of athletes with lower body injuries
- Portable and to be used with any treadmill

Requirements

- Calibrate to different users
- Attach to any treadmill
- Does not alter running form
- Comfortable for the user
- Multiple settings for weight reduction

Design

Our design is to create a portable bubble system that gets assembled around any treadmill. It will incorporate a degree of sealing to the treadmill and the user in order to create a positive pressure inside the bubble to reduce the effective weight of the runner in the bubble. A small fan in a housing with a control system will provide the air and pressure to system for adjusting the amount of lift the bubble will exert on the runner.