



Whole Body Vibration

What is whole body vibration?

Whole-body vibration therapy is the therapeutic use of vibration to bring health benefits to the human body. Research suggests that the combination of muscle and sensory stimulation is the key behind its benefits.

What is a whole body vibration plate?

A whole body vibration plate is an electronic exercise machine that vibrates or oscillates at programmed frequencies. Whole body vibration plates/machines range in price from about \$100 to thousands of dollars depending on the technology used. The more expensive plates typically feature multiple vibration modes and/or a control panel raised on supporting columns.

What are the advantages and applications of whole body vibration exercise machines?

Whole body vibration plates, also known as vibration trainers or power plates, are devices that transmit vibrations to the body, stimulating muscle contractions and improving overall physical fitness. Here are some of the potential benefits and uses of whole body vibration plates:

- **Weight Loss:** Whole body vibration plates can help with weight loss by increasing muscle activation, burning calories, and improving metabolism.
- **Improved Muscle Strength:** The vibrations stimulate muscle contractions, which can lead to increased muscle strength and endurance.
- **Improved Bone Density:** Whole body vibration plates have been shown to improve bone density, reducing the risk of osteoporosis and fractures.
- **Improved Blood Circulation:** The vibrations improve blood flow and oxygen delivery to the muscles, reducing muscle soreness and improving recovery times.
- **Pain Relief:** The vibrations can help relieve pain and inflammation in the muscles and joints, making it an effective tool for people with chronic pain.
- **Improved Flexibility:** Whole body vibration plates can help improve flexibility and range of motion by increasing blood flow and reducing muscle stiffness.
- **Low-Impact Exercise:** The vibrations provide a low-impact exercise option, making it suitable for people with joint problems or those who are recovering from injuries.
- **Improved Posture:** The vibrations can help improve posture by strengthening the core muscles and increasing awareness of proper posture.
- **Reduced Muscle Soreness:** The vibrations can help reduce muscle soreness and inflammation after exercise, making it an effective tool for athletes and fitness enthusiasts.
- **Improved Immunity:** Whole body vibration plates have been shown to improve immune function by increasing the production of white blood cells.

Whole Body Vibration *(continued)*

Uses:

- **Fitness Training:** Whole body vibration plates can be used as a standalone exercise tool or in combination with other exercises to improve overall fitness and physical conditioning.
- **Rehabilitation:** The vibrations can be used as a rehabilitation tool for people recovering from injuries or surgery, helping to improve range of motion and strength.
- **Pain Management:** The vibrations can be used to relieve pain and inflammation in the muscles and joints, making it an effective tool for people with chronic pain.
- **Weight Loss:** Whole body vibration plates can be used as a weight loss tool, helping to increase metabolism and burn calories.
- **Improved Posture:** The vibrations can be used to improve posture by strengthening the core muscles and increasing awareness of proper posture.

Overall, whole body vibration plates are a versatile and effective tool that can be used for a variety of purposes, from fitness training to pain management and rehabilitation.

Source: https://search.brave.com/search?q=uses+and+benefits+whole+body+vibration+plate&source=desktop&summary=1&summary_og=f68294deb43845f83ab1ad

A Testimony

I would like to share my experience using a whole body vibration (WBV) plate. I have two primary musculoskeletal problems: 1.) arthritis, pain, swelling, limited range of motion, and knocking inward of my right knee after injuries and surgery; and 2.) arthritis and some calcification of my upper back due to working at a desk most of my life. In addition, I have had insomnia aggravated by tight muscles, a high cortisol level (felt in my upper abdomen), and racing thoughts. I have been exercising several times a week at a moderate intensity for many years.

I started using a WBV plate for ten minutes, three times a day. Sometimes the increased circulation makes my legs feel itchy, but after each session I always feel relaxed muscles. Within 10 days of starting WBV exercise I noticed that the range of motion in my right knee increased while the swelling decreased. I also observed that the inward knocking of the knee was almost gone, and my leg is much straighter. My strengthened knee muscles are helping to pull the knee back into alignment. The range of motion has improved, and the pain is now 99% gone. When I work in the kitchen for an hour or more, typically my upper back gets very tight and painful. By laying on top of the vibration plate, my back is massaged, and the pain goes away. My body is more relaxed at bedtime and do not notice the stress in my abdomen anymore.



Whole Body Vibration *(continued)*

Other articles and videos:

- Utilize the Power of Vibrations to Promote Wellness
<https://articles.mercola.com/sites/articles/archive/2024/07/19/power-of-vibrations-to-promote-wellness.aspx>
- Whole Body Vibration Plate Benefits
<https://lifetimevibe.com/whole-body-vibration-plate-research-exercise-and-health-benefits/>
- Is whole-body vibration a good way to lose weight and improve fitness?
<https://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/whole-body-vibration/faq-20057958>
- Overcoming Pain w/ Whole Body Vibration
<https://m.youtube.com/watch?v=-SGvnYXH3mk>
- Low-intensity Vibration therapy with Professor Clinton Rubin
<https://www.youtube.com/watch?v=G9fqoY3ZATE>
- Whole Body Vibration Exercise Protocol versus a Standard Exercise Protocol after ACL Reconstruction: A Clinical Randomized Controlled Trial with Short Term Follow-Up
<https://pubmed.ncbi.nlm.nih.gov/25177185/>
- Whole-body vibration exercise in postmenopausal osteoporosis
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4440196/>
- Whole body vibration plate workouts:
 - <https://www.youtube.com/watch?v=rgTz1vjuaVw>
 - <https://www.youtube.com/watch?v=R5lhGlxIYhk> <https://www.youtube.com/watch?v=CZTBO5iEbK8>

*Please be sure to do your own research and consult your doctor before attempting whole body vibration exercise. Do not use a vibration machine while pregnant, have blood clots in the lower body, wear a pacemaker or any other cardiac implant, have had 'recent' surgery, 'recent' artificial joints or implants, conditions that affects the spine, tumors, retinal detachment, pulmonary embolism (blood clots around your lungs).

