

PHYSIO4ALL

revitalise – bounce – be healthy

Whole Body Vibration (WBV)

What is WBV?

WBV has in recent years attracted much interest for its applications in healthcare, due to its positive effects on circulation, muscle function, bone density, balance and mobility. Russian scientists developed the technology in the 1970s to maintain muscle and bone strength in their cosmonauts. WBV in a healthcare setting involves standing, sitting and/or exercising on a vibrating plate. It has a vibration belt which gives great relief around the lumbar and hip region, and a massager for hands and arms. It is set at an amplitude that IS SAFE AND TOLERATED BY ALL.



Physiological Effects of WBV

- Increases tissue circulation (esp. peripheral tissue blood flow)
- Increases intrinsic muscle activation
- Increases soft tissue extensibility
- Stimulates bone healing and increases bone density
- Increases the release of Serotonin (AKA the “Happy Hormone”)

Health benefits from WBV

- Reduction in pain and muscle spasm
- Improved posture and reactivation of deep stabilizing muscles
- Improved general muscular strength
- Improved flexibility & joint mobility
- Reduction in chronic oedema
- Improved skin integrity and rate of wound healing
- Improved general body tone

Information for Referral for WBV

Contraindications:

- Pacemaker
- Recent fracture
- Acute thrombosis
- Gall or kidney stones
- Epilepsy

Precautions:

We require medical clearance:

- For those with metallic implants
- During pregnancy

Musculoskeletal conditions that will benefit from WBV

- Back/Pelvic/Hip or Neck/Shoulder pain
- Foot and Ankle dysfunction
- Joint stiffness after trauma/surgery
- Fractures
- Muscle imbalances/weakness in lumbopelvic region
- Poor balance

Speak to us about recommended treatment options.

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