

Science of Vibration – Efficacy of Whole Body Vibration in Clinical, Sports & Fitness Settings

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Introduction:

The Perth Integrated Health Clinic (PIHC) conducted a pilot research in 2007 to explore the clinical efficacy of the WBV 3000 machine in relation to neuromuscular conditions.

The results of this research which proved a decrease of neuromuscular conditions of the cervical and lumbar region, increased range of motion and decrease nociception, formed the fundamentals of incorporating the WBV 3000 in our clinical setting.

The Science of Vibration

By applying variations in resonance on the body via the use of oscillating plates, the WBV 3000 is able to influence the muscle tone, signals back to the spinal cord reflex arc which in turn assists in the modification of pain sensation, as well as increase range of motion and thus function.

Disciplines

Physiotherapists, Occupational Therapists, Exercise Physiologists, Sports Scientists and Podiatrists now use the WBV 3000 as an adjunctive clinical tool.

Clinical Applications

Clinical applications till date in the Neuromuscular and Biomechanical field include its usage for patients suffering from Lumbar, Lumbosacral overstrain, Paraspinal as well as Mid Thoracic conditions.

In the Neurological field patients with Parkinson's, Multiple Sclerosis and Peripheral Neuropathy conditions regain significant levels of mobility and function hence greater independence.

Sports Medicine

WBV 3000 is also used to assist in the development of core strength and muscle conditioning amongst our cohort of elite sports people, especially in the field of Cycling and Swimming both at the international, national and state levels. Other sports that use the WBV 3000 in the clinical setting include: Gymnastics, Football, Soccer, Netball and Basketball.

Fitness & Wellness

WBV 3000 is also used by patients as a home device and its implementation at various health clubs and centres such as the City of Melville's Lifestyle Services Centre in Western Australia.

Evidence based information on the use of the WBV 3000 is easily available for review at: www.wbv.net.au/users

WBV 3000 Development

PIHC has been responsible for the provision of clinical training and program training for the WBV 3000 staff and sales agents nationally in 2008 and 2009.

Research & Bibliography

Refer to: www.pihc.com.au/wbv

