

What is your **Vibration Therapy I.Q.?**

Vibration Therapy Benefits

- increase blood & lymph circulation
- reduce pain & inflammation
- promote the immune response
- help joint strength & flexibility
- increase healing of fractures, strains, & sprains
- decrease stress & increase energy levels
- aid in detoxification & removal of wastes from the body

Source: www.vibforhealth.com

Studies indicate **vibration therapy** may be useful in **muscle rehabilitation** after acute injury.

Source: *Does whole body vibration training affect knee kinematics and neuromuscular control in healthy people?* Journal of Sports Sciences, Volume 30, Issue 14, 2012 pages 1537-1544

5 minutes of low level vibration therapy was as effective at reducing muscle soreness after strenuous exercise as a 15 minute massage in a recent clinical study.



Source: *To Compare the Effect of Vibration Therapy and Massage in Prevention of Delayed Onset Muscle Soreness (DOMS)* Journal of Clinical and Diagnostic Research : JCDR. Jan 2014; 8(1)133

22 million people

live with some form of peripheral neuropathy.

Incorporation of vibration into therapeutic protocols may offer promise.

Source: sciencedirect.com



Studies show osteoporosis patients have experienced significant improvements in bone mineral density and reductions in back pain as a result of vibration therapy.



Source: *Prevention of postmenopausal bone loss by a low-magnitude, high-frequency mechanical stimuli: a clinical trial assessing compliance, efficacy, and safety.* J Bone Miner Res. 2004 Mar ;19(3):343-51. Epub 2003 Dec 22 .

VIBRATION THERAPY on the **KNEE**

has been shown to:

decrease pain,
improve range of motion +
enhance quality of life
in patients with osteoarthritis of the knee when used as part of a comprehensive recovery program.

Source: *Efficacy of combined local mechanical vibrations, continuous passive motion and thermotherapy in the management of osteoarthritis of the knee.* Osteoarthritis Cartilage. 2009 Oct;17(10):1269-74.

"In a study of patients suffering acute or chronic musculoskeletal pain of different origin, **69%** reported a **reduction**

of pain during vibratory stimulation

at or around the surrounding area of pain. The maximal duration of pain relief was found when stimulation lasted **25-45 minutes.**"

Source: *Pain alleviation by vibratory stimulation.* Lundeberg T, Nordemar R, Ottoson D. 1984 Sep;20(1):25-44.



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