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

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.



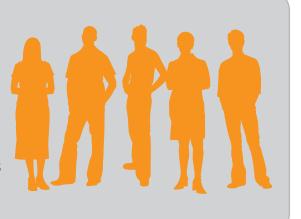
Studies show osteoporosis patients have experienced significant improvements in bone mineral density and reductions in back pain as a result of vibration therapy.

> loss by a low-magnitude, high-frequency compliance, efficacy, and safety.

22 million people

live with some form of peripheral neuropathy.

Incorporation of vibration into therapeutic protocols may offer promise.



or chronic musculoskeletal pain of different reported a reduction origin, of pain during vibratory at or around the surrounding area of pain. The maximal duration of pain relief was found when stimulation

"In a study of patients suffering acute

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

lasted 25-45 minutes."

VIBRATION THERAPY on the KNFF 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, continous passive motion and thermotherapy in the management of ostearthtis of the knee. Osteoarthritis Cartilage. 2009 Oct;17(10):1269-74.



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