How can Whole Body Vibration Exercise Help with Taming MS Symptoms?

Whole Body Vibration Exercise and MS:

What are whole body vibration exercises and how can it help with reducing the symptoms of multiple sclerosis?

Whole body vibration uses sonic vibration that helps to exercise the muscles in a way that your body responds as if it is working out much more strenuously than it actually is, helping the muscles increase muscle strength, as well as giving your body other benefits without causing an over exertion of the body.

In the case of MS fatigue can be a big factor that can make it more difficult for those with this diagnosis to exercise and still be able to end up with the benefits that we need to help us to be able to physically function better. Often many types of exercises make MS fatigue so much more overwhelming that it may take at least 1 to 2 days of rest after doing these type of exercises for those with MS to recover.

Doing the whole body vibration exercises helps those with MS to gain the benefits without the overwhelming fatigue resulting.

Can whole body vibration help with regenerating nerve cells and MS?

The thinking of the overall medical community is changing more towards the idea that intense physical therapy or exercise can help to regenerate the nerves that are connected to the muscles that are being exercised. When the muscles are pushed in certain ways, this actually can help to stimulate the nerves to redevelop neural pathways or possibly even repair or rebuild the damaged nerves.

It is easier to understand this idea if we look at the way this works with people that have had a severe stroke, as an example. In the case of patients that have had a severe stroke, it has been verified by the medical community that intense physical therapy, done over a period of time can help to restore the function of different parts of the body, which were not functioning previously as a direct result of reduced or blocked blood flow during the stroke, which resulted in damage to the brain or other parts of the nervous system.

But are there other types of exercise that help those with the diagnosis of Multiple Sclerosis to be able to gain the benefits of intense physical therapy without adding to the more extreme MS fatigue that many people with MS are already experiencing?

The overall answer is -- Yes.

There are several ways to exercise and accomplish what is needed for those of us with M S, to help restore balance, increase muscle strength, increase nerve function and a whole host of other benefits to our bodies.

How does doing whole body vibration exercises help those of us that have been give the diagnosis of multiple sclerosis?

- Whole body vibration exercises help those with MS exercise in ways that help provide the benefits of working out without creating large amounts of fatigue, which is typically a problem already for those of us that have already been diagnosed with multiple sclerosis. Whole body vibration exercises can benefit those with many different types of health conditions, but it is a very good way to help reduce the symptoms of Multiple Sclerosis in many ways.

Whole body vibration exercises offer the following benefits:

- Provides benefits of both anaerobic and aerobic exercise
- Increases physical strength, dexterity, and endurance
- (MS fine finger movements , or MS dexterity, increases stamina, reduces MS fatigue)
- Increases balance and coordination (MS balance)
- Increases flexibility, range of motion and mobility (decreases muscle tightness and increases mobility - the abilities to walk and stand)
- Reduces arthritic pain, joint and ligament stress
- Enhances critical blood flow throughout the body (oxygenation and lymph drainage) (increases how well your body can detoxify and helps with MS brain function, since the brain is getting more oxygen to help it to function better).
- Increases secretion of hormones that are important in regeneration and repair processes, such as HGH (Human Growth Hormone), IGF-1, and testosterone
- Increases bone density
- Improved pelvic floor function (this can help to reduce MS bladder problems or incontinence)
- Relieves menopausal symptoms
- Increases the “happiness” hormones serotonin and neurotrophine, substances that support our thinking process (this helps to reduce depression in Multiple Sclerosis and reduces MS insomnia)
- Decreases the stress hormone cortisol (reduces MS stress)
- Rehabilitates injuries and ailments
- Enhances strength and fast twitch muscles (reduces MS spasms or MS spasticity and increases smoothness of muscle function)
- Enhances conventional training results
- Speeds training recovery
- Accelerates weight loss
- Enhances pain reduction (reduces MS pain)
- Improves collagen production (joint repair)
- Reduces appearance of cellulite (reduces weight gain and helps to tone the body)
- Tightens Facial Muscles
- Eliminates the effects of MS stress
- Relieves tension and chronic pain in ankles, knees, lower back and neck

Multiple Sclerosis symptoms that can be reduced using whole body vibration exercises include:

- reduce fatigue
- reduce insomnia
- increase stamina
- reduce spasms or spasticity
- reduces muscle tightness
- reduces pain
- improves muscle strength
- exercises the muscles and joints without adding stress to body
- increase balance

- increase muscle strength
- exercise and strengthen many different muscle groups that are weaker with most that have MS
- reduce depression and anxiety
- reduces stress levels
- relaxes the nervous system for MS
- reduces exacerbations and relapses for those with MS
- reduces loss of bladder control or incontinence
- improves hand dexterity or fine finger movement)
- helps to promote mobility (standing and walking)
- improves nerve function by stimulating the nerves while exercising the muscles they are connected to
- helps to redevelop neural pathways and reduce nerve signal confusion by retraining the body over a period of time if the vibrational exercises are done consistently over a period of time and on a regular basis.
- reduces muscle tightness in legs and lower back
- increases oxygenation of the brain and on a cellular level throughout the body by increasing circulation and by causing the body to exercise at a cardiovascular improvement level
- increase physical muscle strength, endurance and dexterity
- stimulates the nerves by stimulating the muscles connected to the nerves