



RESEARCH: Does Acute Whole Body Vibration Training Improve Physical Performance for People with Knee Osteoarthritis?*

METHODS: Seventeen individuals with symptomatic knee OA. Participants stood

on WBV platform, knees slightly flexed. Total exposure time was 10 minutes.

RESULTS: WBVT well-tolerated by nearly all participants. Results show WBVT effectively improved ability to perform a step test designed to simulate the task of going up & down stairs. Improved performance likely due to beneficial effects of WBVT on the neuromuscular system (improved balance & increased muscular strength & power). Pain levels following the step test decreased on average 28% five minutes after WBVT.

Low impact exercise is very important for people with arthritis.

When exercising with arthritis:

- Focus on certain movements & an overall balanced workout for entire body.

It's important to:

- Focus on range of motion, strengthening & other exercises to help alleviate symptoms.

Don't:

- Don't focus on just the painful area. This throws your body's balance off, potentially overworking the problem area & perpetuating arthritis symptoms of inflammation or cartilage deterioration.

(801) 901-1117 • info@lifetimevibe.com • lifetimevibe.com

Learn more at lifetimevibe.com/health/arthritis

