



**RESEARCH:** Effect of 6-Month Whole Body Vibration (WBV) Training on Hip Density, Muscle Strength, & Postural Control in Postmenopausal Women.\*

**METHODS:** Seventy volunteers (age 58–74) randomly assigned to a Whole Body Vibration training group (WBV, n 25), a resistance training group (RES, n 22), or a control group (CON, n 23). The WBV group & the RES group trained 3X weekly for 24 weeks. The WBV group performed static & dynamic knee-extensor exercises on a vibration platform, which mechanically loaded the bone & evoked reflexive muscle contractions.

**CONCLUSIONS:** No vibration-related side effects observed. Vibration training improved isometric & dynamic muscle strength (15% & 16%) & significantly increased BMD of hip (0.93%).

These findings suggest WBV training may be a feasible & effective way to modify well recognized risk factors for falls and fractures in older women.

Whole Body Vibration (WBV) is a potential therapy for age-related hip bone density. WBV may also give relief in the symptoms of pain in the hip from arthritis.

WebMD describes hip replacement surgery as a procedure in which a doctor surgically removes a painful hip joint with arthritis & replaces it with an artificial joint. This last resort procedure is intended to relieve a painful hip joint, making walking easier.

WBV may help you avoid surgery & may also help with rehabilitation after surgery.

(801) 901-1117 • [info@lifetimevibe.com](mailto:info@lifetimevibe.com) • [lifetimevibe.com](http://lifetimevibe.com)

Learn more at [lifetimevibe.com/health/hip-pain](http://lifetimevibe.com/health/hip-pain)

