



**RESEARCH:** Does acute Whole Body Vibration Training (WBVT) improve physical performance for people with Knee Osteoarthritis?\*

**METHODS:** Seventeen (17) individuals with symptomatic knee OA, for whom it was safe to perform WBVT, were recruited.

A vibration platform was used in all WBVT sessions. Participants stood on platform with knees slightly flexed. The total exposure time was 10 minutes.

**RESULTS:** WBVT was well-tolerated in nearly all participants, results showed an acute bout of WBVT was effective in improving ability of individuals with knee OA to perform a step test designed to simulate the task of going up & down stairs. Physical performance was improved. The improved performance is likely due to beneficial effects of WBVT on the neuromuscular system.

Knee pain can come from injury, sprain, tear. It can come from disease like Osteoarthritis or from inflammation such as Bursitis. It can be a deformity or a syndrome, such as runner's knee.

Whole Body Vibration (WBV) has helped improve the symptom of pain in the knee in some people. It is low impact & stresses the bone tissue just enough to cause it to increase in mass & density. Whole Body Vibration eliminates the trauma to sensitive joints & tendons that often makes conventional exercise intolerable.

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