



RESEARCH: Whole Body Vibration Therapy for Diabetic Peripheral Neuropathic Pain.*

METHODS: The aim of the study was to describe a case of type II diabetic peripheral neuropathic pain treated with Whole Body Vibration therapy after a failed trial of conventional drugs and interventional pain management. A 71-year-old male had chronic diabetic peripheral neuropathic pain in his both feet for about 5 years. He tried multiple pain medications and various interventional pain treatment without significant pain relief.

RESULTS: After 8 weeks of Whole Body Vibration treatment the patient's pain level, balance, and gait patterns significantly improved. These findings illustrate the importance of considering Whole Body Vibration as a complimentary treatment in patients with diabetic peripheral neuropathic pain.

Peripheral Neuropathy describes damage to the peripheral nervous system. It can affect the legs, feet, arms or hands.

Peripheral Neuropathy is characterized by the dysfunction of the small nerve fibers in the epidermis. Some of the symptoms are pain, tingling sensations, discoloration, atrophy, burning, weakness, sensitivity to touch, sensitivity to hot or cold and malfunction of the sweat glands.

Whole Body Vibration (WBV) is a new modality which can be used for relief in most people. Research shows that WBV is proven to be an alternate natural treatment of pain relief.

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