



FINDINGS: Whole Body Vibration (WBV) exercises, in many instances, yield quick and visible results. After only ten minutes on a Whole Body Vibration platform one often sees that the skin of the lower leg is colored pink. This is a sign that the blood vessels in that area are open and circulation is returning. Some people report feeling a ‘tingly’ sensation after the exercise that results as the blood starts following again.

Bulging and painful varicose veins are caused by valve leakage in the blood vessels. Due to gravity, blood would normally flow back into the lower extremities. The only way the body is able to pump the blood back to the heart is using these valves, preventing the blood from flowing back down and “pooling” in the ankles and feet. A Whole Body Vibration machine greatly stimulates the circulation of blood thus increasing the oxygen levels substantially. This in turn will improve the return flow of the blood to the heart if the vibration exercises are done on a regular basis.

Varicose veins are diseased blood vessels that can no longer efficiently carry blood back to the heart.

WBV Exercise tips:

- Slowly raise your toes rocking back onto your heels while machine is vibrating.
- With your hands, massage around varicose veins, always rubbing towards the heart.
- Sitting on a higher chair or stool, bend knees to a 90° angle & gently rest your feet on the vibrating plate for a few minutes.
- Additionally, Whole Body Vibration exercise stimulates production of collagen which strengthens blood vessels.

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