Member Protocol for Vibration Training

Introduction
Vibration training (VT) utilizes the body’s natural stretch reflex to elicit muscle contractions. VT causes a rapid stretch to the muscle tendon which makes the muscle contract to oppose the stretch. Currently in the fitness and rehabilitation settings, VT is delivered via a vibrating platform to the lower extremities, trunk, and/or upper extremities. It is provided at a quick, continuous rate, resulting in thousands of muscle contractions in minutes. Studies have consistently demonstrated VT’s ability to increase muscle fiber recruitment during training sessions, suggesting that individuals can achieve a safe and more efficient workout.

Potential Benefits
• Improved Lymphatic System Mobility and the Resulting Reduction of Internal Toxicity
• Increased Muscle Fiber Recruitment and Strength
• Improved Circulation
• Decreased Tone and Spasticity
• Improved Flexibility
• Improved Balance
• Reduced Bone Density Loss
• Improved Proprioception
• Improved Body Composition
• Increased Rate of Weight Loss

Contraindications & Precautions (MD approval required.)
• Neoplastic Disease of the Spine (i.e. multiple myeloma and invasion of the spine, metastasis to the spine, osteosarcoma of a long bone, etc.)
• Pregnancy
• Pacemaker
• Acute Thrombosis (within the past 6 months)
• Tumors
• Fresh Fracture
• Hip and Knee Replacements
• New Hardware (pins, screws, cages, etc. within the past 12 months)
• Gallstones
• Kidney or Bladder Stones
• Severe Cardiovascular Disease
• Unhealed Wounds from Surgery
• Pressure Ulcers
• Acute Hernia
• Herniated Disc
• Ocular Disease
• Spasticity
• Cancer
• Epilepsy
• Severe Diabetes
• Active Migraines or Severe Headaches
• Acute Tendonitis
• Recently Placed IUDs (Intra Uterine Devices)
• New Inflammations
• High-Risk Hypertension
• Autonomic Dysreflexia
• Orthostatic Hypotension

I have read and understand this protocol, and know it is my responsibility to inform NextStep Raleigh when I have any of the above listed contraindications & precautions.

Printed Full First and Last Name

Signature

Date