

**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 First and Last Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_