



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 _____