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News

Vibration Therapy: The Fastest Growing Trend in Fitness and Rehabilitation

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Vibration therapy is one of the most unique fitness and rehabilitation technologies on the market today. Sought after by many of the top medical centers, sports teams, and health clubs, vibration therapy is one of the fastest growing fitness trends. Backed by over 40 years of research, it's safe, easy and effective for anyone to use. It has applications ranging from elite sports conditioning to training elderly and sedentary individuals. In the short training time of only 10 minutes a day, three times a week, vibration therapy will allow you to achieve a new level of health, fitness and sports performance.

Physical therapists at Rehabilitation Institute of Michigan are using the WAVE vibration therapy system to help patients improve muscle strength, flexibility, range of motion, circulation, and bone density.

WAVE exercise has the competitive advantage over conventional training due to its ability to provide a more effective and efficient exercise without the constraints associated with regular training, such as joint stress, lengthy repetitions and time commitments. Research has shown similar strength gains to conventional resistance training at a fraction of the time. Fifteen minutes of Vibration exercise produces similar results to 1 hour in conventional training. In addition, there is less stress on the joints, ligaments and tendons with Vibration training when compared to regular resistance training. Therefore, the WAVE provides an effective solution to those that may benefit from weight training, but are unable to engage in it.

The movement of the vibration plate with a small amplitude of 2 to 4 mm simulates the body's natural 'stretch reflex' (Tonic Vibration Reflex). This is similar to the knee jerk reaction that occurs when the knee is tapped by a reflex hammer in a doctor's office. Without thinking about it, your body responds with a strong involuntary muscle contraction, leading to your leg 'kicking out'. With the WAVE technology, these strong muscle contractions can be repeated at a rapid rate. At a frequency of 20 to 50 times a second, the WAVE can produce up to 3,000 contractions in 1 minute.

Due to its involuntary effect on muscle contraction, nearly 100% of the muscle fibers are recruited. Compare this to conventional training where there is only on average 40% muscle recruitment. This benefits the rehabilitation patient looking to add stability and strength to all muscles around their joints

The technology was originally designed to treat bone and lean muscle mass loss in cosmonauts who had spent considerable time in a weightless environment, in addition to enhancing power and strength and accelerating recovery in Russian Olympic athletes. Eventually, the technology was introduced to Europe in the early 1990's, where further research was done to validate its effects. Due to its many benefits, the technology has quickly gained acceptance and is now utilized by universities, professional sports teams, and health professionals in the rehabilitation and medical fields.

Rehabilitation Institute of Michigan is one of the nation's largest hospitals specializing in physical medicine and rehabilitation. The Institute is home to many innovative programs, including the Southeastern Michigan Traumatic Brain Injury System (SEMTBIS), one of only 16 federally designated centers of excellence in the U.S. for the treatment of brain injuries, and the Center for Spinal Cord Injury Recovery, a world-class facility designed to implement and study innovative treatments in spinal cord injury recovery. RIM is one of nine hospitals operated by the Detroit Medical Center (DMC). The DMC is proud to be the Official Healthcare Services Provider of the Detroit Tigers, Detroit Red Wings, Detroit Pistons and Detroit Shock.