

Health Benefits

Balance & Coordination

Improved flexibility

Intense circulation and warming of the muscles and tendons will enhance flexibility of the body as well as loosening tension, coagulation and adhesion of body tissues.

Study

Title: The feasibility of WBV in institutionalised elderly persons and its influence on muscle performance, balance and mobility: a randomised controlled trial

Author(s) Bautmans et al., University of Brussels
Journal BMC Geriatrics, 2005

Duration 6 weeks

Conducted Power-Plate Next Generation Results Training-induced changes in timed up-and-go and Tinetti-test were better for WBV compared to a control group, who performed similar static exercises without added WBV. In an alternative analysis (Worst Rank Score & Last Observation Carried Forward) the differences in change remained significant on the Tinetti body balance and total score. No other significant differences in change between both groups were observed. In nursing home residents with limited functional dependency, six weeks static WBV exercise is feasible, and is beneficial for balance and mobility. The supplementary benefit of WBV on muscle performance compared to classic exercise remains to be explored further.



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