

Health Benefits

Bone Mineral Density

Increased bone density

The Power-Plate stimulates the growth of bone tissue. Scientific research has shown that bone-density increases after training on the Power-Plate. Combined with stronger muscles and an improved sense of balance it offers a positive contribution to the battle against osteoporosis and reduces the risk of falling for the elderly in particular.

Study

Title: Effect of 6-month WBV training on hip density, muscle strength, and postural control in postmenopausal women: A randomized controlled pilot study

Author(s) Verschueren et al., University of Leuven

Journal Journal of Bone and Mineral Research, 2004

Duration 6 months, 3 times weekly

Conducted Power-Plate Classic

Results No vibration-related side effects were observed. Vibration training improved isometric and dynamic muscle strength and also significantly increased bone mineral density of the hip. No changes in hip BMD were observed in women participating in resistance training or age-matched controls. Serum markers of bone turnover did not change in any of the groups. These findings suggest that WBV training may be a feasible and effective way to modify well-recognized risk factors for falls and fractures in older women and support the need for further human studies.



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