

Health Benefits

Fibromyalgia

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: Use of vibration-assisted exercise in fibromyalgia patients

Author(s) Waylonis et al.
Journal 2006

Duration 8 weeks, twice weekly

Conducted Power-Plate Next Generation Results Twenty patients, all of whom met the official criteria for fibromyalgia, were invited to perform a training schedule on a vibration machine, specifically targeting the tender point areas associated with this particular syndrome. Ten of the twelve patients who completed the programme preferred the Power Plate Machine to the Galileo. Although both groups showed improvements on both the Pain/Affect Visual Analog Scale and the Physical Functioning Scale, the patients who completed the program improved in 16 total items, while those who discontinued showed an improvement in 8 total items. Of the 8-item difference between the two groups, the most noticeable improvements made by the group who completed the programme included decreased pain in the last 48 hours (particularly after the training sessions), decreased number of workdays missed in the last seven days, increased days felt good in the last seven days, and decreased anxiousness and depression. Moreover, the completed group also showed higher levels of physical activities by showing improvements in 7 items on the Physical Functioning Scale, while the group who dropped out showed improvements in only 2 items. Patients who completed the program showed more improvements than those who did not. In a post-program survey, ten of the twelve patients who completed the program showed interest in continuing in such a program, even if it means paying for the machine usage. Additionally, a follow-up study is being conducted to see the effects of the same exercises without vibratory assistance.



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