

Health Benefits

Pain Reduction

Pain dampening

Due to increased blood circulation and the extra stimulation of the nerves, pain is diminished. The increase in muscle tension during training often leads to a reduction of residual tension which also reduces pain

Study

Title: Power-Plate Stimulates Recovery After Anterior Cruciate Ligament Rupture

Author(s) Bastian et al., Lutrina Klinik

Journal Deutsche Zeitschrift fur Sport Medizin, 2004

Duration 10 weeks, 2/3 per week

Conducted Power-Plate Classic

Results Combining physical therapy with Power-Plate leads to less reduction of muscle tissue than with physical therapy only. Training on the Power-Plate can lead to an accelerated increase of muscle thickness, recovery of the coordinative abilities and improvement of the muscular flexibility. As a result, this special kind of therapy can be used for stabilizing joints and preventing additional trauma. Power-Plate also reduces the sensation of pain.

Title: Proprioceptive vibration training as a follow-up after cruciate ligament surgery.

Author(s) Artico Sportklinik, Villingen-Schwenningen

Duration 12 weeks, two to three times weekly

Conducted Power-Plate Classic

Results Faster rehabilitation and comeback in work and sports. Clearly improved development of strength and faster build-up of atrophied muscle mass. Distinctly improved capacity and efficiency in control of the patella.



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