

The history of whole body vibration

Whole body vibration (WBV) technology was developed and refined by the Russian and American space programs to meet the exercise needs of astronauts. Living in zero gravity gives bones and muscles the message that they are not needed. They have nothing to push against. The result is a loss of muscle mass and bone density during space flights. Space researchers created various exercise contraptions attempting to imitate gravity, and found that whole body vibration technology does mimic gravity. Low frequency vibrations with low magnitude force provide enough gravity resistance **to protect and build muscle and bone strength.**

Space scientists shared their results with medical scientists, and research began anew to explore other successful applications of whole body vibration technology. **Medical whole body vibration machines appeared in hospitals and rehabilitation gyms.** Clinical studies revealed **shorter recovery times for joint and muscle injuries.** Whole body vibration simultaneously **toned muscle and improved flexibility.**

Women with osteoporosis, using whole body vibration machines for exercise, built muscle strength and bone faster than with traditional weight-bearing exercise. Researchers also found **whole body vibration programs easier to stay with than conventional exercise regimes.** These and other results are presented in this Web site. . . and they are clinically proven.

The scientists who did the early research made their own vibrating platforms. They researched the safety and usefulness of different vibration speeds. Scientists established a range of vibrations per second, or Hertz, that safely produces healthy results.

Prototype medical-use whole body vibration machines were built, and scientists investigated the effect of safe, low-speed vibration on conditions such as ankle and knee joint injuries. Today, using vibration therapy, scientists are documenting **positive changes in bone density, cerebral palsy, Parkinson's disease, arthritis, multiple sclerosis, emphysema, stroke recovery and varicose veins.**

Whole body vibration wellness machines attracted the attention of sports medicine professionals. The focus of study on whole body vibration exercise expanded into athletic performance. Athletes training with whole body vibration became **stronger with more balance, speed, and endurance, and experienced swifter recovery from fatigue.** Commercial public-use machines appeared in gyms and training centers. Global manufacturers entered the consumer market, educating people around the world about the advantages of low-frequency, low-magnitude whole body vibration resistance exercise.