



Category: Industry

Workshop Title: The Use of Whole-Body Vibration in Clinical Practice: Side Alternating Vibration Platform

Workshop Organizer(s): Angel Lim

In person Speaker(s):

- Goh Shi Min, Senior Physiotherapist (BMEC Pte Ltd); Lim Angel, Senior Physiotherapist (BMEC Pte Ltd)
- Dr Bjoern Buehring- William S. Middleton Memorial Veterans Hospital
- Chris Baur - Galileo Training / Novotec Medical GmbH

Virtual Speaker(s): TBA

Workshop Time: 13:45 - 15:15

Attendee Engagement:

Attendees will enjoy a live feel and demonstration of side alternating whole body vibration device.

Attendees will discuss in small groups the benefits and limitations of the device in different clinical population. There will be interaction between experienced clinical professionals, potentially stroke survivors and technology expert from Galileo / Novotec Medical GmbH

Abstract:

As a therapy, whole body vibration (WBV) was explored by a Russian scientist – Vladimir Nazarov, who tested vibration on cosmonauts in an effort to decrease the loss of muscles and bone mass in space. The decrease in bone density increases the risk of fractures, as such, cosmonauts and astronauts are forced to return to Earth earlier and not stay out for extended periods.

Today, the use of vibration equipment is expanding quickly. It is now not only widely used in physical rehabilitation and professional sports, but also increasingly popular for beauty and wellness applications. There are many published papers on the effects of WBV. These effects include: muscle strength and toning, improving balance and fall risks, improving bone density, heightened secretion of hormones associated with exercise, so on and so forth.

Due to the science behind how WBV works, it is especially useful for the populations with limited cardiovascular health, those with mobility impairments due to physical limitations or injuries, as well as those who are in need of an accelerated training program.

The workshop will include “hands-on” demonstration for participants and live case treatment for stroke survivor(s). We will include discussion on the limitations and benefits of a side-alternating WBV device, as well as generation of creative ideas from participants on exercises that can be done on the WBV device.