

What is your **Vibration Therapy I.Q.?**



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Vibration Therapy Benefits

- increase blood & lymph circulation
- reduce pain & inflammation
- promote the immune response
- help joint strength & flexibility
- increase healing of fractures, strains, & sprains
- decrease stress & increase energy levels
- aid in detoxification & removal of wastes from the body

Source: www.vibeforhealth.com

Studies indicate **vibration therapy** may be useful in **muscle rehabilitation** after acute injury.

Source: Does whole body vibration training affect knee kinematics and neuromuscular control in healthy people? Journal of Sports Sciences, Volume 30, Issue 14, 2012 pages 1537-1544

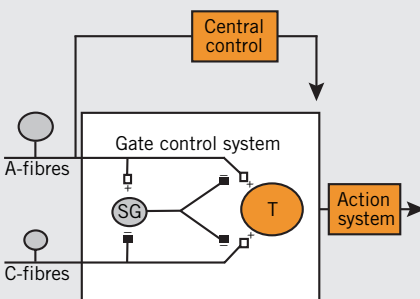
A 2017 clinical study by the **Pain Management Center** in conjunction with **Brigham and Women's Hospital** and **Harvard Medical School** found Intellinetix vibration therapy may significantly reduce pain among those living with arthritis.

In a study comparing the effect of vibration therapy and massage in prevention of Delayed Onset Muscle Soreness, vibration was superior for clinical early reduction of pain.

Source: Vibration Therapy in Management of Delayed Onset Muscle Soreness (DOMS). Journal of Clinical and Diagnostic Research : Jun 2014;8(6):LE01-4.

Gate Control Theory of Pain

The Gate control theory of pain was first proposed in 1965 and ultimately revolutionized pain research. "Gate control" is the term used to describe pain relief by confusing your body's own nerves and distracting away from the pain. Nerve sensations of vibration "shut the gate" on the small, fast sharp pain sensations.



Source: "Theories of pain: from specificity to gate control". Journal of Neurophysiology 109 (1): 5-12.

"In a study of patients suffering acute or chronic musculoskeletal pain of different origin,

69% reported a **reduction of pain during vibratory stimulation** at or around the surrounding area of pain. The maximal duration of pain relief was found when stimulation lasted 25-45 minutes."

Source: Pain alleviation by vibratory stimulation. Lundeborg T, Nordemar R, Ottoson D. 1984 Sep;20(1):25-44.

Studies show osteoporosis patients have experienced significant improvements in bone mineral density and reductions in back pain as a result of vibration therapy.

Source: Prevention of postmenopausal bone loss by a low-magnitude, high-frequency mechanical stimuli: a clinical trial assessing compliance, efficacy, and safety. J Bone Miner Res. 2004 Mar ;19(3):343-51. Epub 2003 Dec 22 .

VIBRATION THERAPY on the KNEE

has been shown to:

decrease pain,
improve range of motion +
enhance quality of life
in patients with osteoarthritis of the knee when used as part of a comprehensive recovery program.

Source: Efficacy of combined local mechanical vibrations, continuous passive motion and thermotherapy in the management of osteoarthritis of the knee. Osteoarthritis Cartilage. 2009 Oct;17(10):1269-74.



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