

Ph: (618) 9226 1239
Ph: (618) 9364 8626
Fax: (618) 9226 1259
Mob: 0418 806 362
Email: danae@pihc.com.au
Web: www.pihc.com.au
www.ianwee.com.au



Clinical Research Bibliography for Whole Body Vibration

Bautmans et al (2005): The feasibility of whole body vibration in institutionalised elderly persons and its influence on muscle performance, balance and mobility: a randomised control trial. *BMC Geriatrics* [Electronic] 5:17 Available <pubmedcentral/14712318>

Bosco et al (1999): Adaptive responses of human skeletal muscle to vibration exposure. *Clinical Physiology* 19: 183-187

Bruyere et al (2005): Controlled whole body vibration to decrease fall risk and improve health related quality of life of nursing home residents. *Archives of Physical Medicine and Rehabilitation* 86: 303-307

Cochrane DJ and Stannard SR (2005): Acute whole body vibration training increases vertical jump and flexibility performance in elite female field hockey players. *British Journal of Sports Medicine* 39: 860-865

Cochrane et al (2004): The short-term effect of whole body vibration training on vertical jump, sprint and agility performance. *Journal of Strength and Conditioning Research* 18: 828-832

Fjeldstad et al (2007): Body composition changes after eight months of resistance training with and without vibration in women. *Medicine and Science in Sports and Exercise* [Electronic] Available <Ovid Science Journals 01959131>

Fontana et al (2005): The effect of weightbearing exercise with low frequency, whole body vibration on lumbosacral proprioception: A pilot study on normal subjects. *Australian Journal of Physiotherapy* 51: 259-263

Hazell et al (2007): Skeletal muscle EMG changes during whole body vibration: The influence of frequency and amplitude. *Medicine and Science in Sports and Exercise* [Electronic] <Ovid Science Journals 01959131>

Rittweger et al (2002): Treatment of chronic lower back pain with lumbar extension and whole body vibration exercise. *Spine* 27: 1829-1834

Russo et al (2003): High frequency vibration training increases muscle power in postmenopausal women. *Archives of Physical medicine and Rehabilitation* 84: 1854-1857

Van Nes et al (2006): Long-term effects of 6 week whole body vibration on balance recovery and activities of daily living in the post-acute stage of stroke: A randomised controlled trial. *Stroke* 37: 2331-2335

INCORPORATING:

•
OCCUPATIONAL
THERAPY

•
PODIATRY

•
EXERCISE
PHYSIOLOGY

•
COUNSELLING

•
HEALTH SERVICES

health

Ph: (618) 9226 1239
Ph: (618) 9364 8626
Fax: (618) 9226 1259
Mob: 0418 806 362
Email: danae@pihc.com.au
Web: www.pihc.com.au
www.ianwee.com.au

Perth
Integrated
Health Clinic
West Perth - Cunderdin - Melville

41 Havelock Street • West Perth • WA 6005



INCORPORATING:

•
OCCUPATIONAL
THERAPY

•
PODIATRY

•
EXERCISE
PHYSIOLOGY

•
COUNSELLING

•
HEALTH SERVICES

Van Nes et al (2004): Short-term effects of whole body vibration on postural control in unilateral chronic stroke patients: preliminary evidence. *American Journal of Physical Medicine and Rehabilitation* 83: 867-873

Vella C (2005): Whole body vibration training. IDEA Fitness Journal [Electronic] URL <http://www.wbv.net.au/research.html>

Verschueren et al (2004): Effect of 6 month whole body vibration training on hip density, muscle strength and postural control in postmenopausal women: A randomised controlled pilot study. *Journal of Bone and Mineral Research* 19: 352-359

Last entry

health

ABN: 73 069 383 900
ACN: 009 383 900

wbv
WHOLE BODY VIBRATION