

Whole Body Vibration

WBV is a neuromuscular treatment method that uses low to moderate vibration stimulus to improve muscular strength, power and restore the harmonic frequency of the body's musculature.



The vibrations stimulate the body's natural stretch reflexes and causes small muscle contractions, which in turn activate nerves in the spinal cord. The continual activation and stimulation of the nervous system via the spinal cord and brain create a learned response which permits the WBV to assist with lasting changes and clinical results.

Perth Integrated Health Clinic

WBV 3000 used at:

PIHC Northern Districts

Unit 12, 8 Booth Place
Balcatta
Phone: 08 92405266

PIHC Performance Enhancement Centre

Melville Aquatic
Fitness Centre
Marmion Street
Booragoon
Phone: 08 93648626

Further Information

(E): ianwee@pihc.com.au

(W): www.pihc.com.au/wbv

Further Information on WBV 3000:
Clinical Applications: www.pihc.com.au/wbv
Sales Agents for WBV: www.wbv.net.au
National Agent: 1300 368 669

Perth Integrated Health Clinic

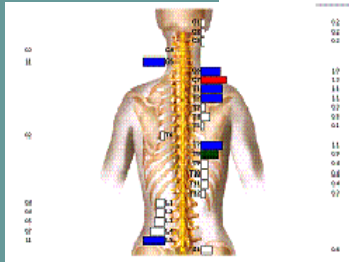
Neuro-Muscular Occupational Therapy
Physiotherapy and Exercise Physiology

Whole Body Vibration



Whole Body Vibration at PIHC

- Perth Integrated Health Clinic are the independent clinical researchers and national training practitioners for WBV
- Practitioners at Perth Integrated Health Clinic are also appointed as a resource for other clinicians for WBV programs
- Research by Perth Integrated Health Clinic in 2007 has proven the objective clinical benefits of WBV for low back and neck pain using thermal EMG



- Subjective reports included feeling less tension, stiffness and pain; and increased flexibility, energy, motivation, strength, stability and confidence in movement

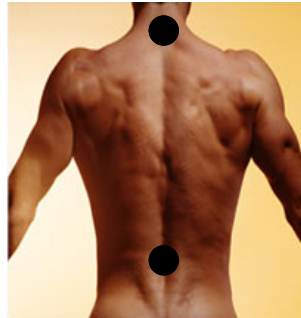
Whole Body Vibration Applications

Specific protocols within Whole Body Vibration at the Perth Integrated Health Clinic include:

Occupational Therapy & Physiotherapy

For the clinical management of neuro-muscular pathology of muscle, ligament and joint based conditions. These include ankle, knee, hip, low back, paraspinal, mid back and neck conditions:

- WBV is used in conjunction with static hands on treatment at the onset of care



- The use of vibration at harmonic frequencies stimulates and aids in the mobilisation of soft tissue and joints – through the principle of resonance
- An assistive treatment aid in the recovery and maintenance phase of care where patients are invited to undertake their own WBV program PRIOR to seeing the practitioner

Exercise Physiology & Personal Training

Muscle conditioning and retraining in the absence of pathology:

- Improve proprioception in lower leg joints
- Increase tendon strength and endurance of the legs
- Decrease occurrence of back spasms
- Improve ankle, knee and hip stability
- Exercise programs tailored to the patient
- Weight loss, in conjunction with Wellness Programs and other treatment modalities available at PIHC including the Key Module, Dietary and Nutritional consultation and specified exercise programs, to achieve overall results

