

Vibrapro

Originally famous to combat the effects of micro-gravity on cosmonauts, this whole body vibration training has been adapted for high level fitness training. The root of Vibration training dates back to the 1960's and uses Rhythmic Neuromuscular Stimulation (RNS) –a technical term to describe “cyclical vibrations” capable of improving the condition of the joints relatively quickly. The Vibrapro is a motorized exercise system involving a special vibrating platform, a reinforced support shaft and a one-touch control panel.

Mechanical vibrations are transmitted to your body from the vibration plate, which induces rigidity of the muscle through rapid contraction and vibration in a short span of time. It burns energy and improves strength with minimal stress on the joints and ligaments. It does not require whole body movement (i.e. walking, climbing, etc.) and is therefore not so limited so it can deliver many more repetitions per unit time and exercise sessions.

There are numerous benefits of using the Vibrapro:

1. Enhances physical performance;
2. Helps with rehabilitation;
3. Excellent for Stroke, spinal cord and Parkinson's patients in recovery;
4. Muscles & bones – strengthens, tones and produces faster response time;
5. Develops explosive power essential in sports;
6. Increases overall muscle performance;
7. Increases blood flow warming/cooling the muscle before/after a game;
8. Increases oxygenation in the blood;
9. Raises testosterone levels allowing faster muscle recovery;
10. Raises growth hormone levels, which assists in repairing and regenerating tissue;
11. Lowers cortisol levels, which helps minimize the effects of stress;
12. Washes out lactic acid and excess amino acids in the body;
13. Eliminates the effects of stress on joints, ligaments and tendons;
14. Reduces acute and chronic lower back pain due to muscle strain;
15. Stimulates the neuromuscular system and the neuromuscular pathways;
16. Less stress on the cardiovascular system;
17. Improves postural reflexes;
18. Increases flexibility;
19. Increases range of motion essential in sports;
20. Improves balance & coordination;
21. Improves mobility due to the natural locomotor cross-over pattern of vibration.

The Vibrapro treatment is 30 minutes in length; however, some people need to build up to that time (due to the motion), so we often start at 10-20 minutes, and eventually build up to 30 minutes.