

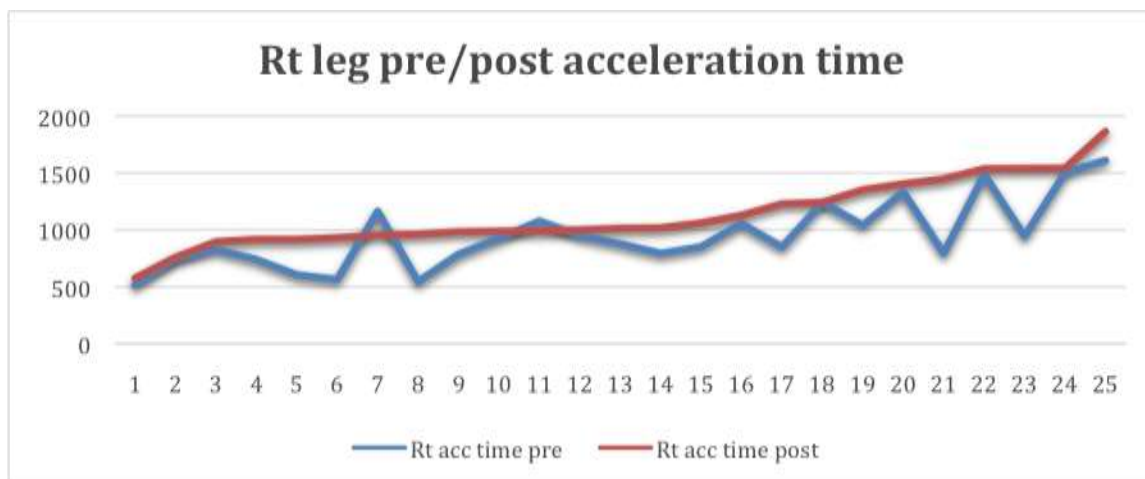
Vascular and Glucose Effects of the Jigglin' George New Life Exerciser

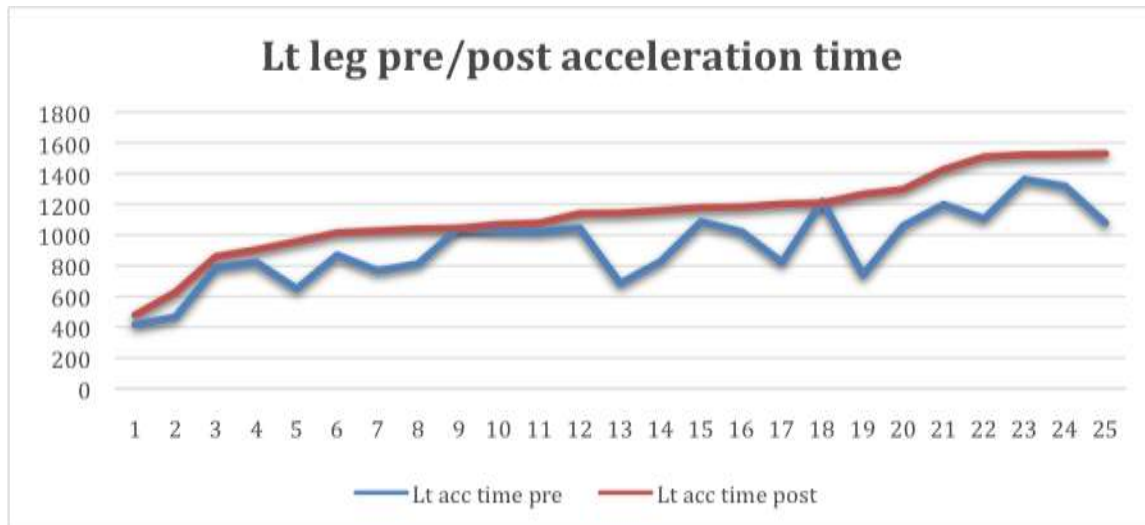
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Study Objective: We conduct this study to determine the effects using vascular ultrasound on posterior tibial artery blood flow after fifteen minutes of use on the Jigglin' George New Life Exerciser. We also use point-of-care glucose testing in diabetic patients to determine efficacy of the machine to lower blood glucose levels after fifteen minutes of use.

Methods: This was an open trial with two phases: In phase one, twenty-five patients received vascular waveform ultrasound imaging, ankle-brachial index, and heart rate measurements pre and post fifteen minutes of use of the Jigglin' George New Life Exercise. Phase two consisted of blood glucose testing of 147 fasting (two hours) adult-onset diabetic patients both pre and post fifteen minutes of Jigglin' George use using a simple point-of-care device.

Results: In phase one, 25 patients were tested. Ankle-brachial index and vascular velocity data were inconclusive, but heart rate decreased in 16 patients, or 64%. There was an average of 5% decrease per patient. Also of note, vascular acceleration time (time for vessel to change from diastolic to systolic pressure) increased in 23/25 patients, or 92% of patients. In phase two, 147 patients had a mean 21 point drop in blood glucose level using point-of-care testing after fifteen minutes of use on the exerciser.





Conclusion: Fifteen minutes of use on the Jigglin’ George New Life Exerciser appears to decrease heart rate, although the mechanism of this is unclear. In general, this appears to be a positive as people with lower heart rates could have greater cardiovascular health, as many times athletes with superior cardiovascular conditioning will demonstrate lower heart rates. However, vascular acceleration time was increased in 92%, potentially secondary to the creation of anaerobic exercise. This phenomenon has been described in other studies, and appears to be recreated in this trial. It can be concluded that fifteen minutes of use on the Jigglin’ George New Life Exerciser creates a condition of anaerobic exercise, thereby increasing vascular acceleration time, and promoting health of peripheral blood vasculature.

Phase two studies demonstrated a 20+ point reduction in blood glucose levels utilizing bedside point-of-care devices in 147 adult-onset diabetic patients who had been fasting for at least two hours. This was after fifteen continuous minutes of use on the machine. Once again mechanism is speculative, but it appears relatively consistent, with 111 of 147 patients, or 76%, having at least some drop of their blood glucose levels. This demonstrates additional cardiovascular benefits from using the device.

These trials have shown benefit from use of the Jigglin’ George New Life Exerciser. When combined with diet, medication, and other therapies, use of the machine appears to provide cardiovascular benefit to diabetic patients, as well as potential benefits to non-diabetics as well. The Jigglin’ George New Life Exerciser is an excellent modality to maintain flexibility and movement for those confined to a bed or with limited mobility.