



# **Mechanical Drop Piece (MDP) Owner's Manual**

[www.vibeforhealth.com](http://www.vibeforhealth.com)

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**All products sold by Vibe For Health Institute are guaranteed to meet your satisfaction; if not, simply return the product within 30 days for a complete refund!**

**Mechanical Drop Piece:** all parts & accessories are covered against the chance of manufacturing defects & equipment malfunction, excluding breakage resulting from normal wear & tear, for a period of up to one (1) year after the unit is received.

***In the event of warranty disagreements, Vibe for Health reserves the right to ultimately decide whether to provide compensation and/or repair service on any and all of its products.***

In case of equipment breakage or malfunction, please notify:

**Vibe For Health**  
**(866) 520-4270, ext. 1**  
**[care@vibeforhealth.com](mailto:care@vibeforhealth.com)**

A brand new unit will be shipped to you if it is not possible to have your old unit repaired and returned to you within seven business days.

Vibe For Health will reimburse all shipping costs (Standard Ground only).

For questions or concerns, please contact Vibe For Health at (866) 520-4270, or e-mail us at [care@vibeforhealth.com](mailto:care@vibeforhealth.com).

**About CLEAR Institute**  
***(Chiropractic Leadership, Educational Advancement, & Research)***

CLEAR Institute is a non-profit organization dedicated to advancing the chiropractic profession through leadership, education, & research. It was an idea conceived in 1998 by Dr. Dennis Woggon, who has run a successful chiropractic practice since 1974. Founded in 2000, the original intent of CLEAR was to provide advanced professional training to chiropractors and chiropractic students on all aspects of practice; diagnostics, treatment protocols, and management. As the organization evolved to meet the needs of its clients, our focus began to narrow as our vision expanded. Today, we address the most challenging aspects of treatment that chiropractors are likely to encounter in their day-to-day practice; cases such as whiplash associated injuries and soft tissue injuries, as well as the most challenging spinal condition of all: scoliosis.

Our specialty, however, is not limited merely to the treatment of scoliosis. CLEAR Institute works closely with a variety of other companies to provide chiropractors with assistance in patient education, case management, insurance billing & coding, x-ray analysis, spinal rehabilitation exercises, and functional testing. Our goal is to guide chiropractors every step of the journey as they become true "spinal experts," able to quickly and accurately diagnosis, treat, and understand the intricacies of the spinal engine.

Thank you sincerely for your interest in CLEAR Institute; with your help, we hope to spread a message of hope and healing across the world; chiropractic CAN help scoliosis, and CLEAR Institute will lead the way!

**About Vibe For Health**

CLEAR Institute acquired Non-Profit status in January of 2009, necessitating the separation of our equipment sales with our educational seminars & research division. Vibe For Health was founded to fulfill the need for high-quality, effective vibration therapy equipment & other products geared around the goal of achieving structural spinal corrections. Vibe For Health is unlike most other chiropractic sales companies, however, in that we will never promote any products that have not proved their efficacy through objective clinical evidence. Doctors with thriving practices do not always have the time to research the myriad products on the market to ensure they obtain the best value & results for their investment; Vibe For Health is committed to performing this research for you, in the form of extensive clinical studies conducted by chiropractors with decades of experience, backed up by motion x-ray imaging that allows us to see the corrective benefits of our equipment in real-time.

If you are a chiropractor who is interested in achieving the best possible structural corrections in your patients' spines, Vibe For Health will always remain a company that you can depend upon to deliver the best possible product quality, service, & support.

A percentage of every sale from Vibe For Health is donated towards furthering chiropractic research into scoliosis treatment & spinal correction. Thank you for your support!

## Introduction to Vibration Therapy

Vibration therapy is generally regarded as the “New Wave” in healthcare, and many chiropractic offices are considering incorporating some form of vibration therapy into their practice. However, it is important to understand that not all vibration therapy devices are created equal. Vibe For Health was the first company in the United States to apply for & receive a patent on vibrational products in the healthcare field, and our motivation is not **profit-biased**, but **results-based**. Research has consistently shown that different tissues in the body respond differently to different frequencies. If you are trying to stimulate bone cell production, for example, there is one frequency to which those cells are “tuned-in.” As an example, FM radios are frequency-modulated; if you want to listen to your favorite station with the best possible sound quality, you need to tune in as closely as possible to that specific frequency. AM radios are amplitude-modulated, and also have specific numbers which give you the best possible signal. These two factors – frequency & amplitude – are very important in determining whether or not WBV therapy will be beneficial, ineffective, or harmful.

There is valid reason for the educated consumer to be skeptical of vibration therapy equipment currently being advertised to achieve health benefits. According to one research article published in 2008, *“Currently, many companies advertise the use of WBV as an effective means by which muscle strength and bone mass (in addition to other physiological benefits) can be obtained. While some scientific evidence support these claims (e.g., accretion of bone mass), the recommended advertisements should be viewed with caution since appropriate standards for use of vibrating platforms have not been established and validated for any segment of the population.”* It is important to recognize that Vibe For Health has done its research to ensure our products deliver upon their promises; indeed, our vibration therapy equipment is developed & engineered for results first & foremost – the inventor himself uses these items in his active practice of 35+ years for the benefit of his own patients.

The MDP has its origins in research-based, applied clinical science. Almost twenty years ago, a team of researchers traced a higher incidence of back pain among professional truck drivers to the vibration of the diesel engine<sup>1</sup>. It was hypothesized that this frequency relaxed the ligaments and intervertebral discs, increasing compression of the lumbar spine while it was in a loaded state. Many studies performed since then have confirmed and built upon these findings, indirectly opening new windows in the realm of spinal rehabilitation<sup>2,3</sup>. By relaxing the tendons and ligaments with this same frequency **while the spine is in a non-weight-bearing or unloaded state**, the effectiveness of chiropractic adjustments can be greatly increased. Years of clinical experience have proved the truth of this statement; the Vibrating Traction was patented in 2003 and currently there are hundreds being used in chiropractic offices around the world, with positive results reported by all. The MDP (Mechanical Drop Piece) is the next step at unlocking the benefits of this patented frequency to achieve even more impressive spinal corrections in your patients, especially in the pelvic & thoracic spinal regions (where the V/T applies primarily to the cervical & lumbar areas).

For more information about vibration therapy, please visit the Research section of [www.vibeforhealth.com](http://www.vibeforhealth.com) for additional articles about the positive & negative effects of vibration therapy, and why vibration applied incorrectly or at the wrong frequency may be ineffective or even harmful.

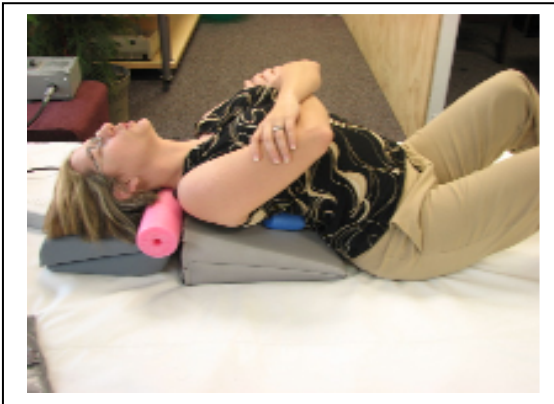
## Using the MDP in your Clinic

The MDP utilizes the same specific frequency as the V/T, but the two pieces of equipment have inimitable functions. Where the V/T applies primarily to the cervical & lumbar spine in the sagittal dimension, treating the loss of the normal spinal curves in these areas, the MDP affects the thoracic & pelvic spine in an axial/coronal plane, addressing translation & rotation. The V/T is a smaller fulcrum, applying force to the sagittal pivot points of the spine to facilitate lordotic restoration. The MDP uses a larger fulcrum to affect larger spinal angles, such as the DUD/DLD, and also uses more force & a greater displacement to affect the massive ligaments of the pelvic girdle, reducing rotation of the sacral base & innominates. It can be used in scoliotic patients as well as non-scoliotic patients; the benefits will be most apparent in patients with a great deal of pelvic rotation (as measured by the Sacral Base Line on an A-P Lumbar x-ray), and in patients with a large Dorsal-Upper Dorsal angle.

The Mechanical Drop Piece (MDP) can be used in a number of ways to supplement the Chiropractic adjustment; we highly recommend that you take five minutes to view the complimentary Protocol DVD included with your purchase to see the MDP in action. The MDP was designed to be used to relax and mobilize the spine before the adjustment in the MIX phase of care. The time for use is between 5 and 15 minutes, depending upon patient tolerance & in accordance with the severity of the condition being treated.

**You may also use a Vibrating Traction unit underneath the lumbar curve simultaneously with the MDP as the frequencies will NOT cancel one another out. This is due to the fact that the mechanism of vibration transference is different between the two devices.**

### Treating DUD angles (scoliotic & non-scoliotic patients):



Lay the MDP upon the table with the raised part of the incline pointing to the head of the table. The patient should be placed supine with the top of the shoulders just slightly above the top of the MDP. A foam wedge may be placed under the rib arch in scoliotic patients, with a 25 pound chest weight on the anterior chest of the patient opposite the rib arch to further de-rotate the thoracic spine. It is most effective to provide support above the patient's shoulders to maintain the cervical lordosis while the patient is on the MDP; a triangular spinal support is most effective for this. Depending

upon patient size & tolerance, 3 to 10 pounds of traction should be applied to the cervical spine to prevent uncomfortable bouncing or jarring of the patient's head & shoulders during treatment.

### Treating rib arching & thoracic rotation (scoliotic patients only):



Rotate the MDP 90 degrees so that the raised end of the inclined plane is on the right side of the table (underneath the rib arch for a typical right thoracic scoliosis), or to the left side in an atypical configuration. The patient will be positioned on the MDP with the rib arch on the raised part of the inclined plane; their shoulder should be hanging slightly off the edge to ensure that patient positioning does not change during treatment. A 25 pound chest weight should also be placed on the opposite of rib hump to further de-rotate the spine. Support the patient's cervical lordosis with spinal rolls and/or fulcrums built up to the appropriate level, depending upon patient size & tolerance. It is also

important to apply 3 to 10 pounds of traction (again, depending upon patient size & tolerance) to the cervical spine before the unit is turned on.

### Treating pelvic rotation (scoliotic & non-scoliotic patients):



The MDP can effectively de-rotate the pelvis by means of relaxing taut ligaments, such as the sacro-tuberous, that are affected by pelvic rotation. The MDP is placed with the raised end of the inclined plane under the posterior ilium (as determined by A-P Lumbar analysis). The cervical spine should be tractioned with 3-10 pounds of weight, and both the cervical and lumbar lordosis need to be supported with spinal rolls and/or fulcrums. You may place a V/T under **either** the lumbar **or** cervical curve while the other uses a spinal support. Do NOT

use more than one V/T simultaneously as this may cause cancelation of the two concurrent frequencies.

**Important Note:** It is a good idea to have the patient lay stationary for 10 to 30 seconds after the MDP has shut off before they get up. This will allow stabilization of the affected area. Also, it is very common for patients to note a slight aggravation of symptoms for the first one or two minutes while using the MDP. This is due to the relaxing effect that the vibration has upon the soft tissues, momentarily increasing the spinal loading. However, as the muscles relax and allow the vibration into the core of the body, the discs will liquefy and allow the normal spinal angles to re-establish, thereby decreasing the pressure on the spinal column.

If you have any questions about treatment protocols, please contact Vibe For Health at [care@vibeforhealth.com](mailto:care@vibeforhealth.com), or call us at (866) 520-4270, extension 4.

## Recommended Billing Codes

When billing for usage of the Mechanical Drop Piece, Vibe For Health recommends using the following codes. However, please keep in mind that it is ultimately the responsibility of the doctor to decide which codes and fees are appropriate. If you have any questions regarding the definitions or applications of any code, please refer to the most recent edition of the CPT Manual.

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**97110**      **Exercise Therapy**

**97112**      **Neuromuscular Re-education**

**97012**      **Mechanical Traction (intended for ACUTE CARE ONLY)**

**97530**      **Therapeutic Procedure**

Highest RVU

Must be supervised by primary physician throughout duration

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## **Research & Literature on Vibration Therapy**

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