

The Core Stim - *Healthy Vibration*

The Core Stim is a New Adaptation of an Old Idea.

The center of the human body or core is the spinal column. This could be compared to the center of an apple, which has a core. The spinal column, discs, ligaments, tendons, muscle and soft and hard tissue of the spine work together as a functional synergetic unit.

Research has shown that muscles respond to approximately 2,800 rpm's. Ligaments respond to a much slower vibration or approximately 270 rpm's. This translates into frequencies of roughly 45 and 4.5 Hertz (pulses per second), respectively.

The Core Stim has the ability to address both muscle and ligament soft tissue rehabilitation with a controlled variable speed and a direct power source.

The Core Stim is a modified Jig Saw with a specialized, adaptive machined tip. There is a variable speed control that is calculated to have a positive influence on soft tissue.

Research has shown that “up and down” motion is more effective than side-to-side motion. That is, linear vibration or tapotement is more effective than circular or orbital motion. This is why the newest of vibrators have an “up and down” motion, compared to a side to side.

Core Stimulation is safe and effective and has been utilized in health therapy for many years. The Core Stim is variable speed with a plug in cord, which guarantees no battery “let down.”



Core Muscle Stimulator