

How Much Whole-Body Vibration is Safe?

There are established standards to determine how much WBV is beyond a safe level, and mathematical formulas have been created to measure the total force that is put into the body by WBV. When this force exceeds a certain amount, long-term local or general tissue damage may result. This is an important factor to consider when incorporating WBV into your daily routine.

It is very important to ensure that the proper frequency, amplitude, & method of transmission are used with WBV. One study published in 2007 states⁴²:

- *Excessive, chronic whole-body vibration (WBV) has a number of negative side effects on the human body, including disorders of the skeletal, digestive, reproductive, visual, and vestibular systems.*
- *Whole-body vibration training (WBVT) is intentional exposure to WBV to increase leg muscle strength, bone mineral density, health-related quality of life, and decrease back pain.*
- *The purpose of this study was to quantitatively evaluate vibration exposure and biodynamic responses during typical WBVT regimens.*

Volunteers stood on a WBV platform on one leg and on both legs; then, the researchers measured the dose of vibration and compared it to established safety standards. They found that:

- *The estimated Vibration Dose Value associated with typical RV [one-legged] and VV [standing] training regimens... exceeds the recommended daily vibration exposure as defined by ISO 2631-1.*
- *ISO standards indicate that 10 min of WBVT is potentially harmful to the human body.... More research is needed to explore the long-term health hazards of WBVT.*

As research continues to demonstrate, WBV used incorrectly is at best [ineffective](#), and at worst, can have [unintended consequences upon your health](#). Vibe For Health has reviewed the [research](#) on WBV to ensure that our specific platform can deliver the [results](#) we promise, without any possibility of negative effects.

When we developed the Vibe, we looked at the current standards for vibration safety from the European Union, the Canadian Centre for Occupational Health & Safety, and the International Standard Organization (ISO), and built the Vibe in accordance with these guidelines to ensure that the protocols we recommend for the Vibe do not exceed the published safety standards for WBV. If you are considering buying a WBV platform from another company, we encourage you to contact that company and ask if they have performed similar testing on their device to ensure that it complies with these values.