

Whole Body Vibration—Contraindications

It is always advisable to consult with your physician before starting any exercise program. Ongoing research in the field of Whole Body Vibration (WBV) indicates that many people can actually benefit from this form of exercise. However, if you suffer from any of the following contraindications it is imperative that you discuss Whole Body Vibration therapy with your physician before beginning any training program with vibration equipment.

Relative Contraindications: Gentle, gradual WBV may be able to help with these conditions, but use the WBV with caution. You may also need additional therapies and/or supplements to tolerate the WBV and to gain its benefits. If you have these conditions do not use WBV without guidance from a qualified natural health practitioner familiar with WBV, and the approval of your doctor. (See also the list of Absolute Contraindications below these “Relative Contraindications” – do not use WBV at all if you have any of the Absolute Contraindications).

- Pregnancy
- Epilepsy
- Gallstones, Kidney stones, Bladder stones
- Articular Rheumatism and Arthrosis
- Heart failure
- Cardiac dysrhythmias
- Cardiac Disorders (Post MI)
- Metal or synthetic implants (e.g.. some older types of pacemakers, artificial cardiac valves, recent stents, or brain implants)
- Chronic back pain (after fracture, disc disorders or spondylosis)
- Severe Diabetes Mellitus with peripheral vascular disease or neuropathy
- Tumors (excluding metastases in the musculoskeletal system)

- Spondylolisthesis without gliding
- Movement Disorder and Parkinson
- Chondromalacia of the joints of the lower extremities, osteonecrosis and chondrosis
- Arterial circulation disorders
- Venous insufficiency with ulcus cruris
- Morbus Sudeck Stadium II (CRPS)
- Postoperative wounds
- Acute Rheumatoid Arthritis
- Joint replacements – **no WBV for 6 months after joint replacement surgery**, after that WBV can help strengthen the bone to implant bonding.

Absolute contraindications: Please do not use any WBV device at all if you have any of the following:

- Acute Inflammations, Infections and/ or Fever
- Acute Arthropathy or Arthrosis
- Acute Migraine
- Fresh (surgical) Wounds
- Recent fractures (wait 6 weeks after a simple fracture, 12 weeks after a compound fracture or those repaired with implants)
- Implants of the spine
- Acute or Chronic Deep Vein Thromboses or other thrombotic afflictions
- Acute disc related problems, Spondylosis, gliding Spondylolisthesis or Fractures
- Severe Osteoporosis with BMD < 70mg/ml • Spasticity (after stroke/ spinal cord lesion...)
- Morbus Sudeck Stadium I (CRPS I)
- Tumors with metastases in the musculoskeletal system
- Vertigo or Positional Dizziness
- Acute Myocardial Infarction

- Joint replacements (within 6 months of replacement surgery)
or if you have any concerns about your physical health!