

Vibration Plate – User Safety Precautions and Advise

If you have a medical condition or are recovering from an injury or surgery, discuss with your doctor or care provider before you begin ANY new activity or therapy to ensure it is suitable for your level of health and overall goals. Adequate hydration, nutrition and rest/recovery are significant factors in achieving your lifestyle goals.

In general, using proper positioning and duration, whole body vibration (WBV) exercise or therapy has been shown to be a safe, low impact activity that almost anyone can benefit from even in non weight bearing applications to expedite recovery and improve overall health.

Healing vs Hurtful Vibes

Due to similar terminology, there can be a misunderstanding between the “good” health and exercise benefits you get from vibration platforms/plates and what is known as “bad” effects referred to as “whole body vibration exposure” through occupational vibration in a workplace. Those lacking experience/knowledge about “vibration exercise” or “vibration therapy” make assumptions, or businesses selling competing equipment make claims of potential harm; you must understand the two are just not the same. This has created a lot of debate over the years, yet, to date, **there have been no ill effects known to be associated with the use of a proper vibration plate** other than what over exercising, or fatigue may present.



Occupational Vibration is linked to exposure during a task or in a workplace where vibration from vehicles, equipment or tools transfers to the arms, hands or other areas of the body often for long periods and may have [harmful health effects](#). Tools like jackhammers and tampers created very high frequencies (over 100 hz) that can affect the hands, arms and shoulders while drivers/operators that remain seated in heavy equipment or trucks for long periods may suffer effects in the back, neck, hips and legs. These industries and manufacturers are regulated and must comply to safety and operational requirements outlined in [ISO Guidelines](#).



Vibration Exercise or Therapy is short in duration and low in frequencies (up to 100 hz). Weight bearing exercises or slightly modified positions are performed on the plate surface while small micromovements stimulate your body and its systems to balance & stabilize on it. Exercise positions can be static, and muscle groups will fatigue quickly under these rapid, low impact movements significantly reducing time spent doing an



exercise or overall routine.

General daily use is recommended to be no more than 30 minutes total. Try shorter sessions more often throughout the day for self care, recovery applications, when you suffer poor mobility or fatigue easily. Adjustments can be made to accommodate poor mobility, fatigue, or instability. Talk to your trainer or therapist about an appropriate routine of positions for your goals.

Vibration Plate – User Safety Precautions and Advise cont.

Precautions to Consider

Poor Stability/Fatigue - If you are at high risk of falling or you easily fatigue, use a stool or chair and begin use in a seated position with feet on the plate until you feel confident in progressing to standing.

Pregnancy - It is not typically recommended you start any new or strenuous exercise if you are pregnant. If you are a seasoned vibration plate user, your body has, to a degree, become used to this activities and may be okay to continue use or vary your use depending on your current level of health. If you were an active jogger, you likely would not stop running but you might modify how you run and your routine as your condition progresses.



CONTRAINDICATIONS

Please seek clarity prior to starting a vibration plate program and discuss suitability with your doctor or care provider if you are dealing with any of the following:

Seizures - if you are prone to seizures, experience them as triggered if you perform exercise/massage activities or take medication where this is a potential side effects use as guided by an experienced WBV or medical professional.

Recent Surgery/Injury/Implants (Fractures, Joint Replacements, Screws, Rods, Fusions, Pacemakers, Lenses, IUDs, Mesh Inserts et) – For recent implants (including pacemakers, joint replacements, etc) or fracture of any kind, ensure your doctor or care provider has given you the okay to resume weight -bearing activities. Adhere to the recovery period and activities or specific positions or activities they may have advised you not to perform. If you have had recent injuries, new medical diagnoses, or procedures, your recovery related to the procedure will dictate your ability to use a machine and the time frame. It is also related to your level of experience using the machine. You can use a machine, in many cases even the same day but understand there will be modifications to what you can do and qualified guidance is recommended.

Gall or kidney stones – if you currently have stones passing, pain may result from any form of exercise. As such, we do not recommend using standing positions or using your device at all if pain is severe, until they have passed and you are able to perform your daily activity without pain or limitations.

Severe/Chronic inflammation – Vibration plates can offer symptom relief while being a viable low impact form of exercise. As every individual is unique, it can affect inflammation in different ways. Seek qualified guidance to assess the best approach for your condition.

Severe Deep Vein Thrombosis (DVT) or Blood Clots – Blood clots can be a symptom of an underlying issue, and all factors need to be considered if undergoing any new activity. Do not use a vibration plate if you know or suspect you may have clots without first discussing associated risks with your care provider. As use and experience grows with these devices, we can look forward to a better understanding about the advantages and potential applications vibration plates can offer to many seeking alternatives.

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