

CONTRA INDICATIONS OF WHOLE BODY VIBRATION TRAINING

| Contra indication | Precaution | Possible consequence |
|---|------------------------|---|
| Epilepsy (Severe) headache | | Fractures; damage of body tissue due to falling Fainting; visual disorder; out of conscious; fractures; damage of body tissue |
| | Cognitive impairment | Fractures; damage of body tissue due to falling |
| | Dementia | Fractures; damage of body tissue due to falling |
| | Dropouts | Fractures; damage of body tissue due to falling |
| Blurred vision and serious ocular disease | | Fractures; damage of body tissue due to falling |
| Acute hernia, discopathy, spondylolysis | | Damage of the spine |
| Serious cardiovascular disease; Serious degrees of decompensated chronic heart failure | | Acute decompensation |
| | High-risk hypertension | Acute decompensation |
| Pacemaker | | Heart failure; asystolic |
| Acute thrombosis | | Heart attack, TIA or stroke; Lung emboli |
| | Severe diabetes | Fainting; visual disorder; out of conscious; fractures; damage of body tissue due to falling; gastroparese, gastroparalysis |
| Low extremity ulcers | | Non-healing, infection |
| Recent infections | | Increase of inflammation |
| Tumors | | Metastasis; |
| Recent wounds from surgery | | Non-healing, infection |
| Recent fractures | | Non-healing |
| Acute tendonitis | | Non-healing |
| | Rheumatoid arthritis | Non-healing/Damage to the joint |
| Hip and knee implants | | Migration |
| Recently placed alien implants like pins, screws, plates and coils | | Migration |
| Pregnancy | | Miscarriage |
| Recently placed IUD` s (intra uterine devices) | | Pregnancy, migration |
| | Gallstones | Nausea; Vomiting, Pain, Biliair Obstruction |
| | Kidney stones | Nausea; Vomiting, Pain, Urogenital Obstruction |

Never use the Power Plate if one or more contra indications is applicable, without consulting your physician (ask for the list of contra indications).

GENERAL GUIDELINES FOR USING THE POWER PLATE

Inexperienced users should always use the Training Poster and the introduction programme for guidance (see David for details).

Wear comfortable footwear and sportswear.

Always use the vibromat when doing exercises during which you touch the vibration platform without shoes or with parts of your body other than your feet.

Remove any loose jewellery, watches etc.

Always stop exercising immediately if feeling dizzy or light-headed.

Before, during and after training make sure to hydrate yourself properly.

Inexperienced users shouldn't over do training; 3 times a week is optimal.

Always inspect the Power Plate for broken or worn parts prior to using the machine.

Exercises that can be performed unilaterally should be repeated with the same intensity on both sides.

For the best results select a vibration frequency of 30Hz, 35Hz or 40Hz for strengthening and stretching, with 40Hz or 50Hz for massage.

Dynamic (moving) exercises should be performed under control with good technique.

Be careful when stepping down from the Power Plate.

Always put your weight on the middle of the platform to ensure best durability of the Power Plate.

Never sit on the platform with a straight back.

Never put your head or belly on the platform.

Inexperienced users should never use additional weights.

The vibration platform should never carry more than 140 kg/308 lbs.

Inexperienced users of the Power Plate should refrain from training in the "high-amplitude" modus, until comfortable with the vibration.

Never do the stretching exercises quickly, let the tension increase slowly.