

**DON'T DO THAT**

Exercise and Training Techniques  
that you should not do

# Do Not Do the Deep Vibration Exercise



In the work place whole body vibration is considered a danger ([Read more here](#)). So it was unusual to see vibration machines brought into the fitness world. Over the last twenty years these machines have become available in some fitness and rehab centers. The key difference from what is found in the workplace and in these centers is that with wellness vibration the exposure is less and at a much lower frequency.

**QUESTION: Do they work? I never really have seen convincing evidence for their use in the general fitness population. Despite years of research and hundreds of studies the true benefits of vibration exercise are still unclear researchers have pointed out.**

Proponents argue that subjecting our bones and muscles to rapid vibrations makes them stronger. They go further stating that it is an answer to diabetes and vascular issues. From what I have seen in the research **IF** there is a benefit, the benefit is usually very small and comparable to people doing any type of exercise. Where it could help is with people who have physical issues, which make it difficult to exercise. This includes the elderly and infirm, and people with muscle and nerve diseases. For instance one study of 40 people with cerebral palsy found that the participants could both walk and stand up better after 20 weeks of whole body vibration (WBV). Although the results are encouraging more research is needed to fully understand the benefits of WBV and who it will help the most. There is much suggestion that it helps in low back pain. **The evidence for WBV as a treatment for LBP remains equivocal.**

**CAUTION:** Researchers suggest vibration can have adverse effects on a number of physiologic systems stating that readily accessible WBV devices markedly exceed ISO guidelines for safety, and extreme caution must be practiced when considering their use.