



QUEENSLAND
PHYSIOTHERAPY

Our Hypervibe

Have you ever used our **Hypervibe** here at Queensland Physiotherapy? Here is some insight into the **technology, evidence behind it**, and the ways in which we use it to **help your recovery**.



Why do we have one?

Since its debut in the 1990's, research and technology has shown an increasing number of therapeutic and fitness benefits from whole body vibration. Doctors, therapists and trainers alike can now choose to use whole body vibration as part of their practice, potentially adding significant value to your recovery and achieving your goals.

What is it?

The machine is designed not to “shake” the user, but rather stimulate the varying levels of ‘hyper-gravity’, through mechanically induced intermittent ground reaction forces. A teeter-totter platform, similar in fashion to that of a see-saw, is used to stand, sit and lie on, among other positions, during use. The platform has a simple but fundamental pivotal motion around a central fulcrum, which can be adjusted in amplitude, hertz and G Force to provide individualized and tailored treatment, targeting mobilization or muscle activation for strengthening.

Why is Hypervibe different

Unlike Hypervibe, only 5% of vibration machines on the market actually meet the criteria for evidence-based benefits of whole-body vibration. Most use a different fundamental platform movement, such as lineal/vertical (up and down), which research has found provides fewer therapeutic benefits and can cause unwanted forces through the spin, as well as increased motion of the head.

When not to use it?

Generally, the Hypervibe is safe to use in many circumstances. Times when therapists may choose not to use it will be decided on an individual basis and often when there is a very acute injury, fracture, in times of pregnancy, recent surgery, or cancer.



FAQS

What to expect

Depending on your injury/goals, your therapist may ask you to sit, stand, kneel, lie on or perform exercises on or around the Hypervibe, with some form of body contact. You will usually work through an exercise or position for a period of 1-4 minutes, depending on your needs. It is common to feel some itching of the skin as blood flow increases, as well as a feeling of fatigue, as you're working against a gravity higher than normal on earth. Please make sure to tell your therapist if you experience any pain.

Benefits from use

- *Improve circulation*
- *Alter pain perception*
- *Promote relaxation*
- *Reduce muscle guarding*
- *Basic balance training*
- *Joint mobilization*
- *Release tight tissues*
- *Improve tissue flexibility*
- *Improve postural stability*
- *Improve muscle power and force*
- *Improve bone density*

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